



FREESTYLE JUDO SOUTH AFRICA ORGANIZATION ALLIANCE MUDANSHA (UNDER BLACK BELT) SYLLABUS

Gokiyū (5th Class Green Belt)

GENERAL REQUIREMENTS FOR GONKYU

1-APPLICANT MUST BE A MINIMUM AGE OF 10-12 YEARS OLD.

3-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.

4-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.

5-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.

6-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.

7-APPLICANT MUST HAVE ACTIVELY STUDIED AND TRAINED FOR A MINIMUM PERIOD OF TIME OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)

8-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.

9-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).

10-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)

1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO GOKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:

2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.

1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.

½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.

2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONKYU).

3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE YONKYU).



TIME IN GRADE SCALE

10 promotion points earned
7 promotion points earned
5 promotion points earned
3 promotion points earned
2 or less promotion points earned

1 years' time in grade as Rokkyū
1 ½ years' time in grade as Rokkyū
2 years' time in grade as Rokkyū
2 ½ years' time in grade as Rokkyū
3 years' time in grade as Rokkyū

NAGE WAZA (THROWING TECHNIQUES)

GOALS-EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES. APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.

APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:

KUZUSHI - UNBALANCE or BALANCE BREAKING

TSUKURI - FIT IN or ENTRY

KAKE - EXECUTE TECHNIQUE

DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)

1-APPLICANT SELECTS AND DEMONSTRATES **FIVE (3)** TECHNIQUES FROM THE DAI IKKYO.

Dai- <u>ikk</u> yo (group 1)							
De- ashi- harai	Hiza- guruma	Sasae- tsurikomi- ashi	Uki- goshi	Osoto- gari	O- goshi	Ouchi- gari	Seoi-nage

2-APPLICANT SELECTS AND DEMONSTRATES **THREE (3)** TECHNIQUES FROM THE DAI NIKYO.

Dai- <u>ni</u> kyo (group 2)							
Kosoto- gari	Kouchi- gari	Koshi- guruma a	Tsuriko- mi- goshi	Okuri- ashi- harai	Tai- otoshi	Harai- goshi	Uchi- mata



3-APPLICANT SELECTS AND DEMONSTRATES THREE (3) TECHNIQUES FROM THE DAI SANKYO.

Dai-sankyo (group 3)							
<u>Kosot o- gake</u>	<u>Tsurig oshi</u>	<u>Yoko- otoshi</u>	<u>Ashi- guruma</u>	<u>Hane- goshi</u>	<u>Harai- tsuriko mi-ashi</u>	<u>Tomoe- nage</u>	<u>Kata- guruma</u>

4-APPLICANT SELECTS AND DEMONSTRATES TWO (2) TECHNIQUES FROM THE DAI YONKYO.

Dai-yonkyo (group 4)							
<u>Sumi-gaeshi</u>	<u>Tani- otoshi</u>	<u>Hane- makikomi</u>	<u>Sukui- nage</u>	<u>Utsuri- goshi</u>	<u>O- guruma</u>	<u>Soto- makikomi</u>	<u>Uki- otoshi</u>

5-APPLICANT SELECTS AND DEMONSTRATES TWO (2) TECHNIQUES FROM THE DAI GOKYO.

Dai-gokyo (group 5)							
<u>Osoto- guruma</u>	<u>Uki-waza</u>	<u>Yoko- wakare</u>	<u>Yoko- guruma</u>	<u>Ushiro- goshi</u>	<u>Ura- nage</u>	<u>Sumi- otoshi</u>	<u>Yoko- gake</u>



6-APPLICANT SELECTS AND DEMONSTRATES ONE (1) TECHNIQUES FROM THE HABUKARETA WAZA.

- OBI OTOSHI - BELT DROP



- SEOI OTOSHI - SHOULDER DROP



- YAMA ARASHI - MOUNTAIN STORM



- O SOTO OTOSHI - MAJOR OUTER DROP



- DAKI WAKARE - HOLDING SEPARATION THROW



- HIKKOMI GAESHI - PULLING COUNTER THROW

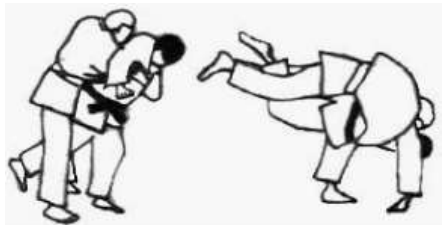




▪ TAWARA GAESHI - BALE COUNTER THROW



▪ UCHI MAKIKOMI - INNER WINDING THROW



7-APPLICANT SELECTS AND DEMONSTRATES ONE (1) TECHNIQUES FROM THE SHINMEISHO NO WAZA.

- MOROTE GARI - BOTH HANDS REAP
- KUCHIKI DAOSHI (OR TAOSHI) - DEAD TREE DROP
- KIBISU GAESHI - HEEL COUNTER THROW (*Grab the inside/outside heel and push back (Ko-Uchi)*)
- UCHI MATA SUKASHI - INNER THIGH AVOIDANCE THROW (*Evade and hand throw*)
- **DAKI AGE** - **HOLDING LIFTING THROW** (*Pick up till shoulder height _Illegal*)
- TSUBAME GAESHI - SWALLOW FLIGHT COUNTER THROW
- KO USHI GAESHI - MINOR INNER THROW COUNTER (*when attacked K/U evade and twist & throw*)
- O UCHI GAESHI - MAJOR INNER THROW COUNTER (*Clip his attacking foot or the other foot*)
- O SOTO GAESHI - MAJOR OUTER THROW COUNTER (*Counter with the same throw*)
- HARAI GOSHI GAESHI - SWEEPING HIP THROW COUNTER (*like utsuru goshi, but sweep the standing leg*)
- HANE GOSHI GAESHI - SPRINGING HIP THROW COUNTER (*Pick up, Twist and sweep the standing leg*)
- **KANI BASAMI** - **CRAB SCISSORS THROW**
- O SOTO MAKIKOMI - MAJOR OUTER WINDING THROW
- **KAWAZU GAKE** - **LEG ENTWINGING THROW** (*Grab uke's neck hook from the inside and fall with*)
- SODE TSURIKOMI GOSHI - SLEEVE LIFTING PULLING HIP THROW
- IPPON SEOI NAGE - ONE ARM SHOULDER THROW

RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES

GOAL-DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.

1-DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.

2-DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.



RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUND FIGHTING TECHNIQUES

GOAL-DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUND FIGHTING.

- 1-DEMONSTRATE ANY THROW TO ANY OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY THROW TO ANY KANSETSU WAZA.
- 3-DEMONSTRATE ANY THROW TO ANY SHIME WAZA.

RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUND FIGHTING SKILL TO ANOTHER GROUND FIGHTING SKILL

GOAL-DEMONSTRATE HOW TO LINK ONE GROUND FIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.

- 1-DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
- 3-DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK).
- 4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).
- 5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE).

FUSEGI / DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA (THROWING TECHNIQUES)

GOAL-DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.

- 1-DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).

KATAME WAZA (GRAPPLING TECHNIQUES)

THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUND FIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.

OSA EKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES

GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.

APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM

GENERAL NEWAZA SKILLS

GENERAL SKILLS AT NEWAZA/GROUND FIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT'S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG



CONTROL, HIP CONTRAL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUND FIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM.

IMPORTANT- (WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)

DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT

1-DEMONSTRATE THREE (3) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR "GUARD")

1-DEMONSTRATE AT LEAST THREE (3) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT'S LEGS WHO IS IN A POSITION SEATED ON HIS/HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE "GUARD").

1-DEMONSTRATE AT LEAST THREE (3) METHODS TO CONTROL OPPONENT'S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES

GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.

1-**UDEHISHIGI JUJI GATAME** (JUJI GATAME)/CROSS-BODY ARMLOCK

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2-**UDE GARAMI**/ARM ENTANGLEMENT (BENT ARMLOCK)

A-BASIC FROM TOP IN THE "UP" POSITION.

B-BASIC FROM TOP IN THE "DOWN" POSITION.

3-**WAKI GATAME**/ARMPIT LOCK

APPLICANT MUST DEMONSTRATE THE BASIC APPLICATION OF WAKI GATAME.

4-**UDE GATAME**/ARM LOCK (STRAIGHT ARMLOCK)

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES

GOAL-HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKES, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKES AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.

APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.

1-**HADAKA JIME**/NAKED CHOKE (SQUARE GRIP)

2-**HADAKA JIME**/FIGURE 4 VERSION NAKED STRANGLE

3-**JUJI JIME**/CROSS CHOKE FROM BOTTOM



4-**JUJI JIME**/CROSS CHOKE FROM TOP ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.
 5-**OKURI ERI JIME**/SLIDING LAPEL CHOKE (BASIC APPLICATION)
 6-**KATA HA JIME**/SINGLE WING CHOKE (BASIC APPLICATION)

Osaekome-Waza: Holding technique



Kesa-gatame
Scarf hold



Mune-gatame
Chest hold



Yoko-Shiho-gatame
Side four quarters hold



Tate-shiho-gatame
Lengthwise four quarters hold



Kami-shiho-gatame
Upper four quarters hold



Kata-gatame
Side Control Hold / Shoulder Hold / Side Choke



Kensetsu-Waza: Arm locks Techniques



Ude-gatame
Arm lock



Waki-gatame
Armpit arm lock



Juji-gatame
Cross armlock



Ude-garami
Entangled armlock



Ude-garami from Kuzure-kesa-gatame
Entangled armlock from Broken scarf hold

Performance Skills Ne-Waza:



Juji-gatame "over the shoulder roll entry"
Cross armlock



Juji-gatame "entry from beneath"
Cross armlock



Shime-Waza: Choking technique



Hadaka-jime
Naked strangle



Hadaka-jime against Uke in prone position
Naked strangle



Gajaku-Juji-jime
Normal cross strangle



Gyaku-juji-jime – uki on top (between Tori's legs)



Okuri-eri-jime
Sliding collar strangle



Okuri-eri-jime



Uke attempts seoi-otoshi dropping attack



Kata-ha-jime



Kata-ha-jime



Uke in "all fours" position from a failed attack.
Single collar strangle





GENERAL KNOWLEDGE

1. What are the two divisions of throwing techniques, in English and Japanese?
 1. Standing Techniques – Tachi Waza
 2. Sacrificing Techniques – Sutemi Waza
2. What are the three divisions of standing throwing techniques, in English and Japanese?
 1. Hand Techniques – Te Waza
 2. Hip Techniques – Goshi Waza
 3. Foot & Leg Techniques – Ashi Waza
3. What are the two divisions of sacrifice throwing techniques, in English and Japanese?
 1. Back Sacrificing Techniques – Ma Sutemi Waza
 2. Side Sacrificing Techniques – Yoko Sutemi Waza
4. What are the ordinal numbers between and including one and ten, in Japanese?
 1. Ichi
 2. Ni
 3. San
 4. Shi
 5. Go
 6. Roku
 7. Sichi
 8. Hachi
 9. Ku
 10. Ju



JAPANESE VOCABULARY

	English	Japanese
1	Note! (referee's call for slight penalty)	Shido!
2	Loss by rule violation (referee's call)	Hansoku Make!
3	Decision! (call by referee for judges' decision)	Hantei!
4	Don't move! (referee's call)	Sono Mama!
5	Continue! (referee's call)	Yoshi!
6	Fundamental natural posture	Shizen Hontai
7	Fundamental defensive posture	Jigo Hontai
8	Sweeping action done with the leg	Harai/Barai
9	Reaping action done with the leg	Gari
10	Dashing action done with the leg	Gake/Kake
11	Springing action done with the leg	Hane
12	Throw (noun)	Nage
13	Technique(s)	Waza
14	Throwing Technique(s)	Nage Waza
15	Hand	Te
16	Hand Techniques	Te Waza
17	Foot or Leg	Ashi
18	Foot techniques	Ashi Waza
19	Big or major	O
20	Little or minor	Ko
21	Waist or hip	Goshi/Koshi
22	Waist or hip techniques	Koshi Waza
23	Outside	Soto
24	Inside	Uchi
25	Internal force or spiritual energy	Ki
26	Shout to gather inner strength	Kiai