

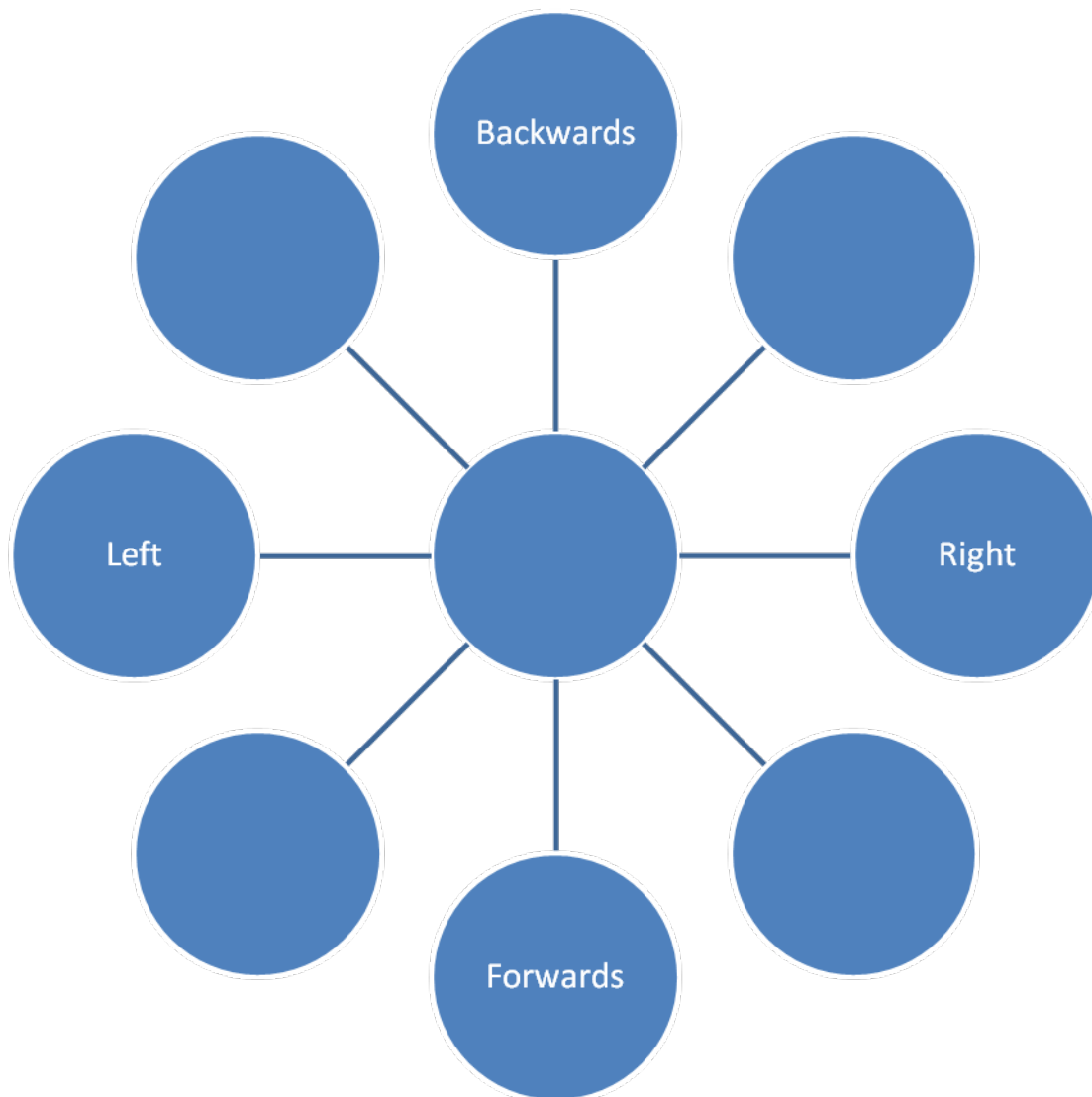
Judo Ireland

Senior Grading Syllabus (Updated May '10)

柔道



Kuzushi: Breaking Balance



6th Kyu - White Belt

Ukemi: Break falls

- Backward Roll
- Side Fall
- Backward Break fall

Kuzushi: Breaking Balance

- Break Balance to Front

Nage Waza: Throwing Techniques

Morote Seoi Nage



O Soto Gari



O Goshi



Osaekomi Waza: Holding Techniques

Kesa Gatame



Kami Shiho Gatame



Terminology

Hajimi (Start) **Matte** (Stop) **Sore Made** (The End)
Sensei (Teacher) **Rei** (Bow) **Dojo** (Judo Hall)

5th Kyu - Yellow Belt

Ukemi: Break falls

- Forward Roll
- Forward Fall
- Four Point Landing

Kuzushi: Breaking Balance

- Break Balance to Rear

Nage Waza: Throwing Techniques

Ko Uchi Gari



Uki Otoshi



Ippon Seoi Nage



O Uchi Gari

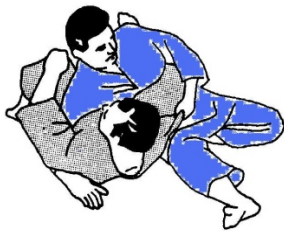


Uki Goshi



Osaekomi Waza: Holding Techniques

Kuzure Kesa Gatame



Kata Gatame



Shimi Waza: Strangles

**Nami Juji Jime
(Both Thumbs In)**



Kansetsu Waza: Armlocks

Juji Gatame



Gonosen No Kata: Form Of Counters

O Soto Gari
Hiza Guruma

Countered by
Countered by

O Soto Gari
Hiza Guruma

O Uchi Gari

Countered by

De Ashi Harai / Okuri
Ashi Harai

Terminology

Sensini (Students)

Tatame (Mat)

Judogi (Judo Suit)

Toketa (Hold Broken)

Obi (Belt)

Osaekomi (Holding or Hold On)

4th Kyu - Orange Belt

Ukemi: Break falls

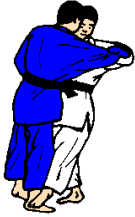
- Full Break falls

Kuzushi: Breaking Balance

- Break Balance to Sides
- Break Balance to Corners

Nage Waza: Throwing Techniques

Sasae Tsurakomi Ashi



Hiza Guruma



Tai Otoshi



Kata Guruma



Tani Otoshi



Harai Tsurikomi Ashi



Ko Soto Gake



Tsuri Goshi



Osaekomi Waza: Holding Techniques

Tate Shiho Gatame

Mune Gatame



Shimi Waza: Strangles

Gyaku Juji Jime
(Both Thumbs Out)



Kata Juji Jime
(1 Thumb In, 1 Out)



Kansetsu Waza: Armlocks

Ude Gatame



Ude Garami



Gonosen No Kata: Form Of Counters

De Ashi Harai
Ko Soto Gake

Countered by
Countered by

De Ashi Harai
Tai Otoshi

Ko Uchi Gari

Countered by

Sasae Tsurikomi Ashi

Nage No Kata: Form of Throws (Te Waza)

Uki Otoshi

Ippon Seoi Nage

Kata Guruma



Terminology

Ippon (10 Point Score)
Koka (3 Point Score)

Wazari (7 Point Score)

Yuko (5 Point Score)

3rd Kyu - Green Belt

Ukemi: Break falls

- Full Break falls

Kuzushi: Breaking Balance

- Full Kuzushi

Nage Waza: Throwing Techniques

Ko Soto Gari



O Guruma



Uchimata



Tsurikomi Goshi



Okuri Ashi Harai



Yoko Otoshi



Tomoe Nage



Ashi Guruma



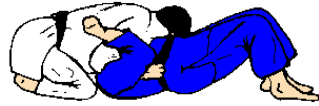
Harai Goshi



Osaekomi Waza: Holding Techniques

Yoko Shiho Gatame

**Kuzure Kami Shiho
Gatame**



Shimi Waza: Strangles

Okuri Eri Jime



Kata Ha Jime



Hadake Jime



Kansetsu Waza: Armlocks

Hiza Gatame



Ashi Gatame



Gonosen No Kata: Form Of Counters

Kube Nage
Koshi Guruma

Countered by
Countered by

Ushiro Goshi
Uki Goshi

Hane Goshi

Countered by

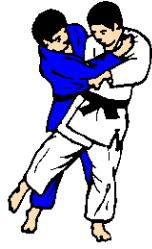
Sasae Tsurikomi Ashi

Nage No Kata: Form of Throws (Koshi Waza)

Uki Goshi

Harai Goshi

Tsurikomi Goshi



Terminology

Sone Mama (Freeze)

Yoshi (Continue)

Tori (Attacker or
Thrower)

Uke (Defender)

Hansoku-Make (Disqualification)

2nd Kyu - Blue Belt

Ukemi: Break falls

- Full Break falls

Kuzushi: Breaking Balance

- Full Kuzushi

Nage Waza: Throwing Techniques

O Soto Guruma



Sukui Nage



Yoko Gake



O Soto Makikomi



Uki Waza



De Ashi Barai



Sumi Gaeshi



Hane Goshi



Osaekomi Waza: Holding Techniques

Ushiro Kesa Gatame

Makura Kesa Gatame



Shimi Waza: Strangles

Tsurikomi Jime



Katsugi Jime



Ryote Jime



Kansetsu Waza: Armlocks

Waki Gatame



Kanuki Gatame



Gonosen No Kata: Form Of Counters

Harai Goshi

Countered by

Utsuri Goshi

Uchi Mata

Countered by

Te Guruma / Sukui Nage

Kata Seoi

Countered by

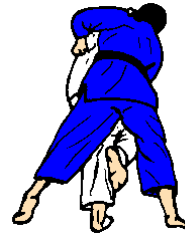
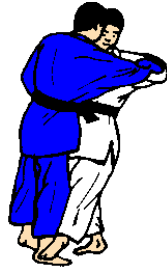
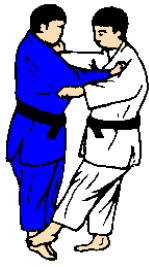
Sumi Gaeshi

Nage No Kata: Form of Throws (Ashi Waza)

Okuri Ashi Harai

Sasae Tsurikomi Ashi

Uchi Mata



Terminology

Hansoku-Make
(Disqualification)

Shido (3 Point Penalty)

Keikoku(7 Point Penalty)

Chui (5 Point Penalty)

1st Kyu - Brown Belt

Ukemi: Break falls

- Full Break falls

Kuzushi: Breaking Balance

- Full Kuzushi

Nage Waza: Throwing Techniques

Hane Makikomi



Koshi Guruma



Utsuri Goshi



Yoko Wakare



Yoko Guruma



Ushiro Goshi



Uranage

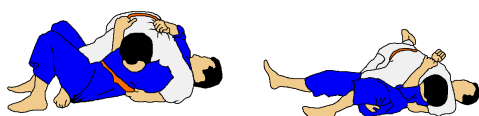


Sumi Otoshi



Osaekomi Waza: Holding Techniques

**Kazure Yoko Shiho
Gatame**



Shimi Waza: Strangles

Sode Guruma



Nage No Kata: Form of Throws (Ma Sutemi Waza)

Tomoe Nage



Ura Nage



Sumi Gaeshi



Nage No Kata: Form of Throws (Yoko Sutemi Waza)

Yoko Gake

Yoko Guruma

Uki Waza



Terminology

Tachiwaza (Standing Techniques)

Katamewaza (Grappling Techniques)

Shimewaza (Strangles)

Osaekomiwaza (Holding Techniques)

Kansetsuwaza (Armlocks)