

SJA Syllabus - Part I

6th Kyu (White Belt & Yellow Tags)

O Soto Gari	Major Outer Reaping
Ippon Seoi Nage	One Arm Shoulder Throw
Seoi Otoshi	Shoulder Drop
Ryo Hiza Seoi Otoshi	Two Knee Shoulder Drop
Ko Soto Gake	Minor Outer Hook
Daki Ko Soto Gake	Hugging Minor Outer Hook
Uchi Mata	Inner Thigh Throw
Mune Gatame	Pillow Hold
Kesa Gatame	Scarf Hold
Makure Kesa Gatame	Pillow Scarf Hold
Kuzure Kesa Gatame	Broken Scarf Hold

5th Kyu (Yellow Belt & Orange Tags)

O Goshi	Major Hip Throw
Obi Goshi	Belt Hip Throw
O Uchi Gari	Major Inner Reaping
O Uchi Gake	Major Inner Hook
O Soto Gaeshi	Major Outer Reap Counter
Uchi Mata Sukashi	Inner Thigh Sidestep
Tani Otoshi	Valley Drop
Uki Waza	Floating Throw
Kubi Nage	Neck Throw
Koshi Guruma	Hip Wheel
Eri Seoi Nage	Double Collar Throw
Kata Eri Seoi Nage	Single Collar Shoulder Throw
Yama Arashi	Mountain Storm Throw
Soto Maki Komi	Outer Winding Throw
Kami Shiho Gatame	Upper Four Quarters
Kuzure Kami Shiho Gatame	Broken Upper Four Quarters
Kata Gatame	Shoulder Hold

4th Kyu (Orange Belt & Green Tags)

O Soto Gake	Major Outer Hook
O Soto Otoshi	Major Outer Drop
De Ashi Barai	Advanced Foot Sweep
Tsubame Gaeshi	Swallow Swoop Counter
Sasae Tsurikomi Ashi	Drawing, Propping Ankle Throw
Hiza Guruma	Knee Wheel
Uchi Maki Komi	Inner Winding Throw (Sacrifice)
Ko Uchi Gari	Minor Inner Reaping
Ko Soto Gari	Minor Outer Reaping
Ko Ho Soto Gari	Rear Minor Outer reaping
Nidan Ko Soto Gari	Two Step Minor Outer Reaping
Uki Goshi	Floating Hip
Tai Otoshi	Body Drop
Morote Kata Sode Tai Otoshi	Two hand Single Sleeve Body Drop
Ashi Guruma	Leg Wheel
Ko Uchi Gake	Minor Inner Hook
Tate Shiho Gatame	Top Four Quarters
Yoko Shiho Gatame	Side Four Quarters
Ushiro Yoko Shiho Gatame	Reverse Side Four Quarters

3rd Kyu (Green Belt & Blue Tags)

Ken Ken Uchi Mata	Hopping Inner Thigh
O Soto Guruma	Major Outer Wheel
O Guruma	Major Wheel
Tsurikomi Goshi	Drawing Hip
Morote Seoi Nage	Double arm Shoulder Throw
Yoko Guruma	Side Wheel
Tomoe Nage	Stomach Throw
Yoko Tomoe Nage	Side Stomach Throw
Sumi Gaeshi	Corner Throw
Yoko Otoshi	Side Drop
Yoko Wakare	Side Separation Throw
Yoko Gake	Side/Lateral Hook
Hane Goshi	Spring Hip Throw
Uri Nage	Rear Throw.
Ushiro Hiza Ura Nage	Rear Knee Lift Throw
Ushiro Goshi	Reverse Hip Throw
Obi Otoshi	Belt Lifting Drop
Ushiro Kesa Gatame	Reverse Scarf Hold

2nd Kyu (Blue Belt & Brown Tags)

Harai Goshi	Sweeping Loin
Nami Juji Jime	Normal Cross Strangle
Gyaku Juji Jime	Reverse Cross Strangle
Kata Juji Jime	Single Cross Strangle
Hadaka Jime	Naked Strangle
Okuri Eri Jime	Sliding Collor Strangle
Kata Ha Jime	Single Wing Strangle
Koshi Jime	Hip Strangle
Ryote Jime	Both Hands Strangle
Tsuki Komi Jime	Drawing Strangle
Sangaku Jime	Triangular Strangle
Sode Guruma Jime	Sleeve Wheel Strangle
Sode Jime	Sleeve Strangle
Kata Te Jime	One Hand Choke
Kata Te Kata Ashi Jime	One Hand One Leg Strangle

1st Kyu (Brown Belt & Black Tags)

Sode Tsurikomi Goshi	Sleeve Drawing Hip Throw
Kata Eri Sode Tsurikomi Goshi	Single Collar Sleeve Drawing Hip Throw
Kata Sode seoi Otoshi	Single Sleeve Shoulder Drop
Kuzure Kami Shiho Garami	Broken Upper Four-Quarters
Kesa Garami	Scarf Hold Arm Lock
Ude Garami	Figure Four Arm lock
Ude Gatame	Straight Arm Lock
Juji Gatame	Step Over Arm Lock
Ude Hisigi Juji Gatame	Step Over Arm Lock with Strangle
Juji Ashi shiho Gatame	Cross Leg Four Quarters Hold
Gyaku Kesa Garami	Reverse Scarf Entangled Armlock
Waki Gatame	Arm Pit Lock
Hiza Garami	Knee Arm Lock

1st Dan (Black Belt)

Okuri Ashi Barai	Sweeping Ankle
Uki Otoshi	Floating Drop
Maki Komi	Winding Throw
Harai Maki Komi	Winding Sweeping Loin Throw
Uchi Maki Komi	Inner Winding Throw (Version 2)
Morote Gari	Double Leg Grab
Ashi Garami	Leg Arm Lock
Kani Basami	Scissors Technique
Tawara Gaeshi	Bale Throw
Kata Uchi Ashi Dori	Single Inner Leg Grab
Kata Soto Ashi Dori	Single Outer Leg Grab
Te Guruma	Hand Wheel
Kata Guruma	Shoulder Wheel

2nd Dan

Utsuri Goshi	Switching Hip
Maki Tomoe Nage	Winding Stomach Throw
Ryo Ashi Tomoe Nage	Two Feet Circle Throw
Sangaku Gatame	Triangular Hold

3rd Dan

Line Out, Katame No Kata and interpretation of Renraku, Renzoku and Kaeshi Waza Katas.

SJA Syllabus

Part II

NAGE-NO-KATA: Formal Techniques of Throwing

1. Te-Waza – Hand Techniques

Uki Otoshi	Floating Drop
Ippon Seoi Nage	One Arm Shoulder Throw
Kata Guruma	Shoulder Wheel

2. Koshi-Waza- Hip Techniques

Uki Goshi	Floating Hip
Harai Goshi	Sweeping Loin
Tsurikomi Goshi	Drawing Hip

3. Ashi-Waza – Leg Techniques

Okuri Ashi Barai	Sweeping Ankle
Sasae Tsurikomi Ashi	Drawing, Propping Ankle Throw
Uchi Mata	Inner Thigh Throw

4. Masutemi-Waza – Sacrifice Techniques

Tomoe Nage	Stomach Throw
Uri Nage	Rear Throw
Sumi Gaeshi	Corner Throw

5. Yoko-Sutemi-Waza – Side Sacrifice Techniques

Yoko Gake	Side/Lateral Hook
Yoko Guruma	Side Wheel
Uki Waza	Floating Throw

Referee Terminology:

Hajime	Begin/ start
Matte	Stop/ wait
Waza-Ari	Score of 7 Points
Ippon	Winning score – 10 Points
Hike-Wake	Drawn contest
Hantei	Decision request
Hansoku-Make	Loss of contest through- -Forbidden actions
Shido	Penalty point
Sono-Mama	Do not move (Freeze)
Yoshi	Continue
Osaekomi	Hold is on (Start Timing)
Toketa	Hold is broken (End Timer)
Sore-Made	That is all/ end of Contest

Hand signals for all of the above and the following can be found at shodanjudo.club

Adjustment of Judogi
Medical Assistance / Examination
Non Combativity / Passivity
False Attack / Negative Judo

Go-No-Sen-Waza /Counter Techniques & Rennake-Waza / Combination Techniques

Students must demonstrate an understanding of the technicalities of Judo through the use of combinations and counters. This is a key requirement in Gradings from green belt onwards. Some may have been taught but students need to create and perfect as many of their own as possible in order to show a true understanding. The same technique cannot be shown twice at each grading, which adds to the importance of knowing several of each.

General Judo Terminology

Fusen-Gachi	Win by Default	Yoko Ukemi	Side Breakfall
Kiken-Gachi	Win by Withdrawal	Ushiro Ukemi	Back Breakfall
Yusei-Gachi	Win by Superiority Compound Win	Zenpo Kaiten Ukemi	Shoulder Roll
Shiban	Referee	Mai Ukemi	Front Breakfall
Kansetsu-Waza	Arm Lock Technique	Migi	Right
Shime-Waza	Strangling Technique	Hidari	Left
Ne-Waza	Ground Technique		
Tachi-Waza	Throwing Technique		
Uke	Person receiving action		
Tori	Person taking action		
Tatami	Judo Mat		
Za Rai	Kneeling Bow		
Ritsu Rai	Standing Bow		
Uchi-Komi	Practice to the Point of Balance		
Nage-Komi	Practice by completing the throw		
Randori	Free Practice		
Jigotai	Defensive Posture		
Kyu	Student Grade		
Dan	Master Grade		
Toku Waza	Favourite Technique		

Judo Suit Terminology

JUDO GI – Judo Suit

SO DE	SLEEVE
ERI	COLLAR/ LAPEL
OBI	BELT
ZUBON	TROUSERS