



AUSTRALIAN JUDO UNION

# Grading Syllabus

Revised 2015

## Contents

Purpose of this revision	4
Guide and Explanatory Notes for Examiners	5
Compulsory Prerequisite Requirements for all Rank Examinations	10
Infants (Under 6 Years)	11
Go-Kyu (5 <sup>th</sup> Kyu / White Belt – Yellow)	11
Yon-Kyu (4 <sup>th</sup> Kyu / White Belt – Orange Stripe)	12
San-Kyu (3 <sup>rd</sup> Kyu / White Belt – Green Stripe)	13
Ni-Kyu (2 <sup>nd</sup> Kyu / White Belt – Blue Stripe)	14
Ik-Kyu (1 <sup>st</sup> Kyu / White Belt – Brown Stripe)	15
Sub -Junior (Under 10 Years)	16
Go-Kyu (5 <sup>th</sup> Kyu / Yellow Belt – 3White Stripes)	16
Yon-Kyu (4 <sup>th</sup> Kyu / Orange Belt – 3White Stripes)	17
San-Kyu (3 <sup>rd</sup> Kyu / Green Belt – 3 White Stripes)	18
Ni-Kyu (2 <sup>nd</sup> Kyu / Blue Belt – 3 White Stripes)	20
Ik-Kyu (1 <sup>st</sup> Kyu / Brown Belt –3 White Stripes)	21
Junior (Under 13 Years)	23
Go-Kyu (5 <sup>th</sup> Kyu / Yellow Belt – 2 White Stripes)	23
Yon-Kyu (4 <sup>th</sup> Kyu / Orange Belt - 2 White Stripes)	24
San – Kyu (3 <sup>rd</sup> Kyu/ Green Belt –2 White Stripes)	25
Ni-Kyu (2 <sup>nd</sup> Kyu / Blue Belt – 2 White Stripes)	27
Ik-Kyu (1 <sup>st</sup> Kyu / Brown Belt –2 White Stripes)	28
Sub Senior (Under 16 Years)	31
Go-Kyu (5 <sup>th</sup> Kyu / Yellow Belt – 1 White Stripe)	31
Yon-Kyu (4 <sup>th</sup> Kyu / Orange Belt –1 White Stripe)	32
San-Kyu (3 <sup>rd</sup> Kyu / Green Belt –1 White Stripe)	34
Ni-Kyu (2 <sup>nd</sup> Kyu / Blue Belt –1 White Stripe)	35
Ik-Kyu (1 <sup>st</sup> Kyu / Brown Belt –1 White Stripe)	37

## Contents

Senior Kyu	39
Go-Kyu (5 <sup>th</sup> Kyu / Yellow Belt )	39
Yon-Kyu (4 <sup>th</sup> Kyu / Orange Belt)	41
San-Kyu (3 <sup>rd</sup> Kyu / Green Belt)	42
Ni-Kyu (2 <sup>nd</sup> Kyu / Blue Belt )	44
Ik-Kyu (1 <sup>st</sup> Kyu / Brown Belt )	46
Dan Grades	49
Ni-dan (2 <sup>nd</sup> Dan / Black Belt)	50
San-dan (3 <sup>rd</sup> Dan / Black Belt)	51
Yon-dan (4 <sup>th</sup> Dan / Black Belt)	52
Go-dan (5 <sup>th</sup> Dan / Black Belt)	53
Master Dan Roku-dan (6 <sup>th</sup> Dan / Red & White or Black Belt)	54
Shichi-dan (7 <sup>th</sup> Dan / Red and White or Black Belt)	54
Hachi-dan (8 <sup>th</sup> Dan / Red or Black Belt)	54
Batsugun	54
Techniques	56
Fundamental Terminology	59
Shia Terminology	60
Elementary Terminology	60
Intermediate Terminology	61
Advanced Terminology	62
Examiner's Checklist	63
Moral Code of Judo	64

## Purpose of this revision

Since 2013 when the previous Grading Syllabus was produced The Australian Judo Union Inc. in pursuit of its objectives of promoting and developing judo as a recreational activity has restructured its organisation and introduced an online member's database on the Australian Judo Union website as a teaching and reference tool for instructors and examiners.

There is a need to revise the 2013 Grading Syllabus to ensure that terminologies and procedures referred to in the Grading Syllabus are consistent with the organisation structure and online database requirements.

The online database is a service provided by the Australian Judo Union to all affiliated clubs as a means of economically and reliably recording and monitoring the progress of their students and ensuring that students are fulfilling participation requirements for their grades. It is anticipated that over time that this database will become the primary reference point to review the participation history of any AJU member.

The Australian Judo Union encourages all club instructors to take advantage of the online member's database and record the participation history and any noteworthy information which is relevant to the member. Information may include tournaments attended, seminars attended or delivered, refereeing and tournament table history, demonstrations attended, school and citizenship awards, grading history, qualifications such as first aid certificates and respective renewal dates, Work with Children type clearances and renewal dates, formal education qualifications and skills and achievements which may be useful to the AJU.

Provision to enter this information has been provided in the Comments field of the member's database.

## Guide and Explanatory Notes for Examiners

### 1. Club Attendance Register

Club instructors should maintain an attendance register as a record of judoka's dojo attendance. The minimum waiting periods between gradings are based on one weekly dojo attendance. Grading examiners should peruse the attendance register before commencing a grading examination as evidence of regular dojo attendance. Grading examiners may at their discretion proportionally increase or reduce a waiting period in accordance with the judoka's dojo attendance. Club events such as demonstrations at school fetes should also be recorded as dojo attendance.

### 2. AJU Participation – All ranks below Senior 2<sup>nd</sup> kyu

Club instructors are encouraged to introduce their students to AJU events (viz competitions, seminars). Instructors should use their discretion when entering individual students who have a rank lower than 2<sup>nd</sup> kyu in any age division. As a general rule students should commence to experience competition and other appropriate AJU events by the time they reach the rank of 2<sup>nd</sup> kyu in U/16 age division. . The examiner has the discretion to determine if the service/participation history of a candidate is adequate to meet eligibility requirements for the examination.

Club instructors are encouraged to record their student's participation history into the "Member's" database which is available to club instructors via the AJU website.

All club instructors with a rank of shodan or higher will be able to update and approve their student's rank and issue a grading certificate up to the rank of Senior 3<sup>rd</sup> Kyu

### 3. AJU Participation – All Ranks Senior 2<sup>nd</sup> kyu and higher

All examinations for students seeking promotion to senior 2<sup>nd</sup> kyu or higher will require the approval of the Executive Director – Technical Standards or Chief Executive Officer to record the new grading into the Member's database and to issue a Grading Certificate.

An application for approval of a grading to a senior 2<sup>nd</sup> Kyu from a student who does not have a history of participating at AJU events and making a service contribution to the AJU in any form must be referred to the Executive Director – Technical Standards. The Executive Director – Technical Standards will consider the application for grading and either approve the application subject to conditions which may substitute any deficiency in service contribution or decline the application.

As a general rule the maximum competition age of 30 years will be adopted however, examiners may substitute competition experience with an appropriate service contribution such as refereeing, coaching, tournament administration or experience on a committee.

All candidates seeking promotion to Shodan or higher must complete an application for Dan Rank Examination Form and forward it with supporting information to the Executive Director – Technical Standards. When a candidate is applying for promotion to dan rank and the candidate has little or no contest history and has little participation service history involving AJU events, the Executive Director – Technical Standards may structure a grading examination with a higher degree of difficulty including a line up of higher ranked judoka or if this is not possible, decline the application for grading and advise the candidate or club instructor accordingly.

If the Executive Director – Technical Standards and Senior Yudansha are satisfied that the candidate has fulfilled sufficient prerequisite requirements then the Senior Yudansha will appoint an appropriate Grading Panel .

#### 4. Gradings from Other Organisations

If a member has previously graded with another organisation, the member must provide evidence of their grading and rank to the satisfaction of the Executive Director –Technical Standards and Senior Yudansha of the AJU for the AJU to accept their grade/rank. However, once the member's grading is accepted any future gradings must be supervised and controlled by Senior Yudansha of the AJU and examined to A.J.U standards for the member to progress to a higher rank within the AJU.

The Australian Judo Union Inc. acknowledges that its members may also be members of another association and may seek or may qualify for a grading from that organisation. In order for the Australian Judo Union Inc. to recognise the grading the candidate must apply to the Executive Director-Technical Standards for permission to sit the grading examination at least 60 days prior to the date of the grading. The Executive Director- Technical Standards will assess the application to recognise the grading on a case by case basis against the minimum standards for that grading as described in this syllabus. The Executive Director- Technical Standards has the authority to apply any conditions to harmonise the grading when giving an approval or if the circumstances of the grading are unable to be harmonised with AJU standards the Executive Director –Technical Standards may decline the application for permission.

#### 5. Examiner's Discretion

The grading standard is to the minimum AJU standard as specified. Grading examiners at their discretion may apply a higher standard when it is appropriate for the progress of the judo student. Grading examiners are permitted to use discretion to substitute techniques with other recognised

techniques, skills and knowledge which are of an equivalent level of skill as the technique being substituted.

6. Examination of breakfalls – up to 5<sup>th</sup> kyu

Judoka with a rank of 5<sup>th</sup> kyu or lower should demonstrate ukemi at the beginning of the grading examination to determine if they are safe to breakfall. A judoka who has been assessed as not safe to breakfall by the grading examiner should not be permitted to continue with the grading examination.

7. Examination of breakfalls - 3<sup>rd</sup> kyu and higher

A grading examiner may assess the ukemi of a candidate who has a rank higher than 3<sup>rd</sup> kyu ukemi by observing the candidate perform as uke during randori or nage no kata.

8. Examination Partners

Examiners should, when possible, pair a candidate with a rank lower than 3<sup>rd</sup> kyu with a student who has a rank of at least 3<sup>rd</sup> kyu to act as uke.

9. Assessment of Tachi Waza

Candidate's skills should be broken down and assessed against the following elements of tachi waza. Examiner's however, should use their discretion and take into consideration the candidate age and physical abilities.

appropriate positioning as tori

moving and throwing uke in the correct direction

demonstrated correct/appropriate kuzushi/unbalancing skill

turned in /fitted incorrectly

use of appropriate hand grips

demonstrated appropriate arm and sleeve control

clean execution of the throw

support and consideration to uke



Tori must throw uke with a reasonable amount of speed and force but not excessive to render uke unable to complete the demonstration of techniques for the grading. An examiner should stop an examination when a candidate seeking promotion to 3<sup>rd</sup> kyu or higher rank in any age division generally fails to demonstrate appropriate consideration and support for uke..

#### 10. Assessment of Katame Waza

This syllabus requires examiners to ensure that all students practice katame waza in a safe manner. . Examiners are required by this syllabus to examine the student's knowledge and understanding of maitta – tapping off or calling I surrender. Students must be placed in a variety of positions in hold downs. For example, if a student is placed in a hold down and is unable to breath the student must demonstrate the appropriate maitta signal as uke and the appropriate understanding and response as tori.

Students who are demonstrating shime waza (strangles) and kansetsu waza (joint locks) must demonstrate appropriate and correct use of maitta during the demonstration.

The Australian Judo does not support the notion that you should never give up. This attitude defies the judo maxim of mutual respect and mutual welfare. When uke refuses to surrender the student is denying that he/she is defeated and if they are injured as a consequence they are no longer able to practice judo until they recover from their injury. According to mutual respect and mutual welfare principles uke should acknowledge when they are defeated and then practice escape techniques or appropriate movements to avoid be placed into a katame waza technique. This will demonstrate continuing and ongoing learning in the student's study of judo.

## Compulsory Prerequisite

### Requirements for all Rank Examinations

1. Must be a financial member of the A.J.U.
2. Must be a member in good standing and/or not be subject to any investigation or disciplinary action.
3. Must possess a clean and compliant Judo Uniform.
4. Regular weekly dojo attendance. (Once per week)

## Infant (Under 6 Years)

### U/6 Years - Infant

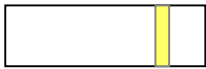
#### Rok-Kyu (6<sup>th</sup> Kyu / White Belt

Comply with all Compulsory Requirements 1 – 4.

### U/6 Years - Infant

#### Go-Kyu (5<sup>th</sup> Kyu / White Belt – Yellow Stripe)

#### Minimum Requirements



3 months as 6<sup>th</sup> kyu (regular weekly training)

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

2 throws from 1<sup>st</sup> kyo.

#### **Katama Waza (Hold Downs)**

1 hold down

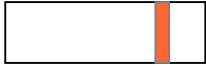
#### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Purpose of ukemi.
3. Basic dojo hygiene and etiquette.
4. Forms of sitting and bowing.

## U/6 Years - Infant

### Yon-Kyu (4<sup>th</sup> Kyu / White Belt – Orange Stripe)

#### Minimum Requirements



3 months as 5<sup>th</sup> Kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

3 throws from 1st kyu

#### **Katama Waza (Hold Downs)**

2 hold downs

1 escape

#### **Randori**

Candidates must demonstrate a basic understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

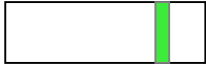
#### **General Knowledge**

1. Name the Mother School of Judo, location and beginning date.
2. Purpose of Ukemi.
3. Basic dojo hygiene and etiquette.
4. Forms of sitting and bowing.

## U/6 Years - Infant

### San-Kyu (3<sup>rd</sup> Kyu / White Belt – Green Stripe)

#### Minimum Requirements



3 months as 4<sup>th</sup> kyu (regular weekly training)

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

4 throws from 1<sup>st</sup> kyu

2 combinations

2 counters

#### **Katame Waza (Hold Downs)**

3 hold downs

2 escapes

#### **Randori**

Improved randori skills over 4<sup>th</sup> kyu standard.

Candidates must also demonstrate an understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte!, osae – komi, ippon etc.

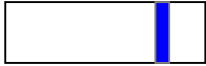
#### **General Knowledge**

1. Name the Mother School of Judo, location and beginning date.
2. Purpose of Ukemi.
3. Basic dojo hygiene and etiquette.
4. Purpose of 'warming up' and 'cooling down' exercises.
5. Wearing and folding of Judogi.
6. Forms of sitting and bowing.

## U/6 Years - Infant

### Ni-Kyu (2<sup>nd</sup> Kyu / White Belt – Blue Stripe)

#### Minimum Requirements



6 months as 3<sup>rd</sup> Kyu (regular weekly training)

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

6 throws from 1<sup>st</sup> Kyu

1 combinations from 1<sup>st</sup> kyu (performed to koka standard)

1 counter from 1<sup>st</sup> Kyu

#### **Katame Waza (Hold Downs)**

4 hold downs

1 roll overs

1 moving past knees

3 escapes

#### **Randori**

Improved randori skills over 3rd kyu standard

Candidates must also demonstrate a confident and consistent understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

#### **Knowledge**

1. Name the Mother School of Judo, location and beginning date.
2. Purpose of Ukemi.
3. Basic dojo hygiene and etiquette.
4. Purpose of 'warming up' and 'cooling down' exercises.
5. Wearing and folding of Judogi.
6. Forms of sitting and bowing.

## U/6 Years – Infant

### Ik-Kyu (1<sup>st</sup> Kyu / White Belt – Brown Stripe)

#### Minimum Requirements



6 months as 2<sup>nd</sup> Kyu (regular weekly training)

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

8 throws from 1<sup>st</sup> kyu

2 combinations from 1<sup>st</sup>kyo

2 counters from 1<sup>st</sup>Kyo

#### **Katama Waza (Hold Downs)**

5 hold downs

2 roll overs

2 moving past knees

3 escapes

#### **Randori – Line up**

Improved randori skills over 2nd kyu standard.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

#### **Leadership and Responsibilities**

Candidates are expected to be able to assist coaches by shepherding other Mon students into correct dojo etiquette and behaviour as Ni- Kyu.

## **Knowledge**

1. Name the Mother School of Judo, location and beginning date.
2. Purpose of Ukemi.
3. Basic dojo hygiene and etiquette.
4. Purpose of 'warming up' and 'cooling down' exercises.
5. Wearing and folding of Judogi.
6. Forms of sitting and bowing.

## Sub -Junior Yonen (Under 10 Years)

### Rok-Kyu (6<sup>th</sup> Kyu / White Belt

Comply with all Compulsory Requirements 1 – 4.

## U/10 Sub - Junior

### Go-Kyu (5<sup>th</sup> Kyu / Yellow Belt – 3 White Stripes)

#### Minimum Requirements



3 months as 6<sup>th</sup> Kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

4 throws from 1 st Kyo.

#### **Katama Waza (Hold Downs)**

1 hold down

## **General Knowledge**

1. Name the Mother School of Judo, location and beginning date.



2. Knowledge and understanding of the moral code of judo.
3. Purpose of Ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
  
6. Wearing and folding of Judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
  
9. Shiai Bowing and Fundamental Terminology – see p. 58

## U/10 Years Sub - Junior

### Yon-Kyu (4<sup>th</sup> Kyu / Orange Belt –3 White Stripes)

#### Minimum Requirements



3 months as 5<sup>th</sup> Kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

6 throws from 1<sup>st</sup> Kyu

#### **Katama Waza (Hold Downs)**

2 hold downs

1 escape

## **Randori**

Candidates must demonstrate basic skills in randori and display an understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

## **General Knowledge**

1. Name the Mother School of Judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of Ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of Judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).

## U/10 Years – Sub - Junior

### San-Kyu (3<sup>rd</sup> Kyu / Green Belt – 3 White Stripes)

#### Minimum Requirements



6 months as 4<sup>th</sup> Kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

### **Tachi Waza (Throws)**

8 throws from 1 st kyo  
2 combinations  
2 counters

### **Katame Waza (Hold Downs)**

3 hold downs  
2 entries  
2 escapes

### **Randori – Line up**

Demonstrate improved randori skills over 4<sup>th</sup> kyu standard.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

### **Knowledge**

1. Name the Mother School of Judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of Ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of Judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).

## U/10 Years – Sub - Junior

### Ni-Kyu (2<sup>nd</sup> Kyu / Blue Belt – 3 White Stripes)

#### Minimum Requirements



6 months as 3<sup>rd</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

12 throws from 1<sup>st</sup> kyo and 2<sup>nd</sup> kyo

3 combinations from 1<sup>st</sup> kyo

3 counters from 1<sup>st</sup> kyo

#### **Katame Waza (Hold Downs)**

4 hold downs

3 entries

3 escapes

#### **Randori**

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

#### **Knowledge**

1. Name the Mother School of Judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of Ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of Judogi.
7. Forms of sitting and bowing.

8. Fundamentals of, and ability to demonstrate:

- a) Forms of unbalancing.
- b) Proper gripping.
- c) Body movement and walking.
- d) Posture.
- e) Pivoting (Tai-Sabaki).

## U/10 Years – Sub - Junior

### Ik-Kyu (1<sup>st</sup> Kyu / Brown Belt – 3 White Stripes)

#### Minimum Requirements



12 months as 2<sup>nd</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

16 throws from Go kyu from 1<sup>st</sup> and 2<sup>nd</sup> kyo.

4 combinations from 1<sup>st</sup> and 2<sup>nd</sup> kyo

4 counters from 1<sup>st</sup> and 2<sup>nd</sup> kyo

#### **Katama Waza (Hold Downs)**

5 hold downs

4 entries

4 escapes

#### **Randori –**

Candidates must demonstrate more advanced randori skills than of 2<sup>nd</sup> kyu.

Must respond correctly to refereeing calls and instructions during randori.

## **Leadership and Responsibility**

Candidates are expected to assist coaches with the teaching and demonstration of warm up exercises and breakfalls and will be examined on their ability to assist their coaches.

## **Knowledge**

1. Name the Mother School of Judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of Ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of Judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
9. Shiai Bowing
10. Fundamental Terminology – see p. 59
11. Shiai & Elementary Terminology – see p. 60
12. Intermediate and Advanced Terminology – see p.p. 61 & 62

## Junior (Under 13 Years)

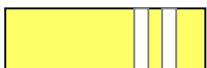
### U/13 Years Rok-Kyu (6<sup>th</sup> Kyu / White Belt)

Comply with all Compulsory Requirements 1 – 4.

## U/13 Years Junior

### Go-Kyu (5<sup>th</sup> Kyu / Yellow Belt – 2 White Stripes)

#### Minimum Requirements



3 months as 6<sup>th</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

6 throws from 1<sup>st</sup> kyo.

#### **Katama Waza (Hold Downs)**

1 hold down

1 escape

#### **Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of judogi.

7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
9. Shiai Bowing and Fundamental Terminology – see p. 59

## U/13 Junior

### Yon-Kyu (4<sup>th</sup> Kyu / Orange Belt – 2 White Stripes)

#### Minimum Requirements



3 months as 5<sup>th</sup> Kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

8 throws from 1<sup>st</sup> kyu

1 throw from 2<sup>nd</sup> kyu

#### **Katama Waza (Hold Downs)**

2 hold downs

#### **Randori**

Randori skills more improved than 5<sup>th</sup> kyu.

Candidates must also demonstrate understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.



## **Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
9. Shiai Bowing and Fundamental Terminology – see p. 59
10. Shiai Terminology – see p. 60

## U/10 Junior

### San-Kyu (3<sup>rd</sup> Kyu / Green Belt – 2 White Stripes)

#### Minimum Requirements



6 months as 4<sup>th</sup> Kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

12 throws from 1<sup>st</sup> and 2<sup>nd</sup> kyu

2 combinations from 1<sup>st</sup> kyu

2 counters from 1<sup>st</sup> kyu

## **Katame Waza (Hold Downs)**

3 hold downs

1 escape

## **Randori**

Demonstrate improved randori skills over 4<sup>th</sup> kyu standard.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

## **Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
9. Shiai Bowing and Fundamental Terminology – see p. 59
10. Shiai & Elementary Terminology – see p. 60

## U/13 Junior

### Ni-Kyu (2<sup>rd</sup> Kyu / Blue Belt – 2 White Stripes)

#### Minimum Requirements



12 months as 3<sup>rd</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

18 throws from 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> kyos

3 combinations from 1<sup>st</sup>kyo

3 counters from 1<sup>st</sup> kyo

#### **Katama Waza (Hold Downs)**

4 hold downs

2 escapes

#### **Randori**

improved randori skills over 3<sup>rd</sup> kyu standard.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

#### **Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:

- a) Forms of unbalancing.
- b) Proper gripping.
- c) Body movement and walking.
- d) Posture.
- e) Pivoting (Tai-Sabaki).

9. Shiai Bowing and Fundamental Terminology – see p. 59

10. Shiai & Elementary Terminology – see p. 60

11. Intermediate Terminology – see p. 61

## U/13 Junior

### Ik-Kyu (1<sup>st</sup> Kyu / Brown Belt – 2 White Stripes)

#### Minimum Requirements



12 months as 2<sup>nd</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

24 throws from 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> kyos.

4 combination movements including 4 different throws from 1<sup>st</sup> and 2<sup>nd</sup> kyos

4 counter throws to 4 different throws from 1<sup>st</sup> and 2<sup>nd</sup> kyos

#### **Katama Waza (Hold Downs)**

5 hold downs

3 escapes

## **Randori –**

Improved contestrandori skills over 2<sup>nd</sup> kyu standard.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

## **Leadership and Responsibilities**

Candidates are expected to be able to referee sub junior randori/shiai and accurately call scores and effectively control a contest in accordance with AJU Contest rules for yonen.

Candidates are expected to assist coaches with the teaching and demonstration of warm up exercises and breakfalls and will be examined on their ability to assist their coaches. Opportunities to openly demonstrate these skills at AJU seminars will be credited towards the candidate's time as 2<sup>nd</sup> kyu.

## **Knowledge**

1.

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
9. Shiai Bowing and Fundamental Terminolgy – see p. 59

10. Shiai & Elementary Terminology – see p. 60

11. Intermediate and Advanced Terminology – see p.p. 61 & 62

## Sub Senior (Under 16 Years)

### U/16 Rok-Kyu (6<sup>th</sup> Kyu / White Belt)

Comply with all Compulsory Requirements 1 – 4.

## U/16 Sub Senior

### Go-Kyu (5<sup>th</sup> Kyu / Yellow Belt – 1 White Stripe)

#### Minimum Requirements



3 months as 6<sup>th</sup> Kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

8 throws from 1<sup>st</sup> kyu

#### **Katama Waza (Hold Downs)**

4 hold downs

2 Turnovers

2 Passing the legs

#### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.

6. Purpose of 'warming up' and 'cooling down' exercises.
7. Wearing and folding of Judogi.
8. Forms of sitting and bowing.
9. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
10. Shiai Bowing and Fundamental Terminology – see p. 59

## U/16 Sub Senior

### Yon-Kyu (4<sup>th</sup> Kyu / Orange Belt – 1 White Stripe)

#### Minimum Requirements



3 months as 5<sup>th</sup> Kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

8 throws from 1<sup>st</sup> kyu

8 throws from 2<sup>nd</sup> kyu

#### **Katama Waza (Hold Downs)**

4 hold downs

2 Turnovers

2 Moving past the legs

2 escapes



## **Randori**

Candidates must demonstrate understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

## **Kata**

Nil

## **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Wearing and folding of Judogi.
8. Forms of sitting and bowing.
9. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
10. Shiai Bowing and Fundamental Terminology – see p. 59
11. Shiai Terminology – see p. 60

## U/16 Sub Senior

### San-Kyu (3<sup>rd</sup> Kyu / Green Belt – 1 White Stripe)

#### Minimum Requirements



6 months as 4<sup>th</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

8 throws from 1<sup>st</sup> kyo,

8 throws from 2<sup>nd</sup> kyo

8 throws from 3<sup>rd</sup> kyo

2 combination movements to include throws from 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> kyos.

2 counter throw techniques to include throws from 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> kyos.

#### **Katame Waza (Hold Downs)**

6 hold downs

4 Turnovers

4 Passing the legs

4 escapes

#### **Randori**

Demonstrate improved randori skills over 4<sup>th</sup> kyu standard.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

#### **Kata**

Nage no kata – first set as uke and tori.

## General Knowledge

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Wearing and folding of Judogi.
8. Forms of sitting and bowing.
9. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
10. Shiai Bowing and Fundamental Terminology – see p. 59
11. Shiai & Elementary Terminology – see p. 60

## U/16 Sub Senior

### Ni-Kyu (2<sup>nd</sup> Kyu / Blue Belt – 1 White Stripe)

#### Minimum Requirements



12 months as 3<sup>rd</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

### **Tachi Waza (Throws)**

8 throws from 1st kyo  
8 throws from 2<sup>nd</sup> kyo  
8 throws from 3<sup>rd</sup> kyo  
8 throws from 4<sup>th</sup> kyo

4 combination movements to include throws from 1<sup>st</sup> and 2<sup>nd</sup> kyos  
4 counter throw techniques to include throws from 1<sup>st</sup> and 2<sup>nd</sup> kyos.

### **Katama Waza (Hold Downs)**

6 hold downs  
4 Turnovers  
4 Passing the legs  
5 escapes

### **Randori**

Improved randori skills over 3<sup>rd</sup> kyu standard. Candidate must start to demonstrate proficiency in left and right hand side techniques.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

### **Kata**

Nage no kata (first 3 sets as uke)

### **Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Wearing and folding of Judogi.
8. Forms of sitting and bowing.
9. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.

- b) Proper gripping.
- c) Body movement and walking.
- d) Posture.
- e) Pivoting (Tai-Sabaki).

10. Shiai Bowing and Fundamental Terminology – see p. 59

11. Shiai & Elementary Terminology – see p. 60

12. Intermediate Terminology – see p. 61

## U/16 Sub Senior

### Ik-Kyu (1st Kyu / Brown Belt – 1 White Stripe)

#### Minimum Requirements



12 months as 2<sup>nd</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

40 throws from go kyo

2 combination movements to include throws from 1<sup>st</sup> and 2<sup>nd</sup> kyos.

2 counter throw techniques to include throws from 1<sup>st</sup> and 2<sup>nd</sup> kyos.

#### **Katama Waza (Hold Downs)**

6 hold downs

4 Turnovers

4 Moving past the legs

5 escapes

## **Randori**

Improved randori skills over 2nd kyu standard. Candidate must demonstrate improved standards at left and right handed techniques.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

## **Kata**

Nage no kata (first 3 sets uke and tori)

## **Leadership and Responsibilities**

Candidates are expected to be able to referee sub junior randori/shiai and accurately call scores and effectively control a contest in accordance with AJU Contest rules for juniors.

Candidates are expected to assist coaches with the teaching and demonstration of warm up exercises and breakfalls and will be examined on their ability to assist their coaches. Opportunities to openly demonstrate these skills at AJU seminars will be credited towards the candidate's time as 2<sup>nd</sup> kyu.

## **Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Wearing and folding of Judogi.
8. Forms of sitting and bowing.
9. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.

d) Posture.

e) Pivoting (Tai-Sabaki).

10. Shiai Bowing and Fundamental Terminology – see p. 59

11. Shiai & Elementary Terminology – see p. 60

12. Intermediate and Advanced Terminology – see p.p. 61 & 62

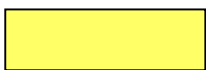
## Senior

### Rok-Kyu (6<sup>th</sup> Kyu / White Belt

Comply with all Compulsory Requirements 1 – 4.

## Senior

### Go-Kyu (5<sup>th</sup> Kyu / Yellow Belt ) Minimum Requirements



3 months as 6<sup>th</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

8 throws from 1 st Kyo.

#### **Katama Waza (Hold Downs)**

4 hold downs  
2 Turnovers  
2 Moving past the legs

### **Shime Waza (strangles)**

2 Strangles

### **Kansetsu Waza (arm locks)**

2 Arm Locks

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
9. Shiai Bowing
10. Fundamental Terminology – see p. 59



## Senior

### Yon-Kyu (4<sup>th</sup> Kyu / Orange Belt) Minimum Requirements



3 months as 5<sup>th</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

16 throws from 1<sup>st</sup> and 2<sup>nd</sup> kyos

#### **Katama Waza (Hold Downs)**

4 hold downs

2 turn overs

2 moving past the legs

2 escapes

#### **Shime Waza (Strangles)**

2 strangles

#### **Kensetsu Waza (Arm Bars)**

2 arm bars

#### **Randori**

Demonstrate improved randori skills over 5<sup>th</sup> kyu and an understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

#### **Kata**

Nil

#### **General Knowledge**

1. Name the mother school of judo, location and beginning date.

2. Knowledge and understanding of the moral code of judo
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Wearing and folding of judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
9. Shiai Bowing
10. Fundamental Terminology – see p. 59
11. Elementary Terminology and Shiai Terminology - see p. 60
12. Must have knowledge and experience in shiai refereeing at club level.

## Senior

### San-Kyu (3<sup>rd</sup> Kyu / Green Belt) Minimum Requirements



6 months as 4<sup>th</sup> kyu regular weekly training

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

24 throws from 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> kyos

2 combination movements to include throws from 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> kyos.  
2 counter throw techniques to include throws from 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> kyos.

### **Katame Waza (Hold Downs)**

6 hold downs  
4 turnovers  
4 moving past the legs  
4 escapes

### **Shime Waza (Strangles)**

4 strangles  
2 neutralising techniques

### **Kensetsu Waza (Arm Bars)**

4 arm bars  
2 neutralising techniques

### **Randori and Contest**

Improved speed and coordination in randori and contest skills over 4<sup>th</sup> kyu standard.

Candidates must also demonstrate a further understanding of refereeing calls and instructions by correctly responding to referee calls/instructions eg hajime, matte', osae – komi, ippon etc.

### **Kata**

Nage no kata (first 3 sets sets as uke and tori)

### **Knowledge and Experience**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Knowledge and understanding of the judo maxim "Maximum Efficiency with Minimum Effort" and "Mutual Welfare and Benefit."
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Wearing and folding of judogi.
8. Forms of sitting and bowing.

9. Fundamentals of, and ability to demonstrate:

- a) Forms of unbalancing.
- b) Proper gripping.
- c) Body movement and walking.
- d) Posture.
- e) Pivoting (Tai-Sabaki).

10. Shiai Bowing

11. Fundamental Terminolgy – see p. 59

12. Elementary Terminolgy and Shiai Terminology - see p. 60

13. Must have knowledge and experience in shiai refereeing at club level.

14. Must have knowledge in shiai weigh-in and filling out a pool sheet.

Must have knowledge and experience in shiai score board recording (manual and/or computer).

## Senior

### Ni-Kyu (2<sup>nd</sup> Kyu / Blue Belt ) Minimum Requirements



12 months as 3<sup>rd</sup> kyu regular weekly training

6 months credit will be deducted if candidate attends and performs well at a minimum of 2 AJU sanctioned tournaments or seminars whilst 3<sup>rd</sup> kyu.

#### **Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

#### **Tachi Waza (Throws)**

32 throws from 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> kyos

6 combination movements to include throws from 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> and 4<sup>th</sup> kyos.

6 counter throw techniques to include throws from 1st, 2<sup>nd</sup> 3<sup>rd</sup> and 4<sup>th</sup> kyos.

### **Katama Waza (Hold Downs)**

6 hold downs

4 turnovers

4 moving past the legs

5 escapes

### **Shime Waza**

5 strangles

2 neutralising techniques

### **Kensetsu Waza**

8 arm bars

2 neutralising techniques

### **Randori and Contest**

Demonstrate improved contest and randori skills over 3<sup>rd</sup> kyu standard.

Candidates must demonstrate knowledge of contest rules and basic refereeing skills.

### **Kata**

Nage no kata (first 4 sets as uke and tori )

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Knowledge and understanding of the judo maxim "Maximum Efficiency with Minimum Effort" and "Mutual Welfare and Benefit."
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Wearing and folding of judogi.
8. Forms of sitting and bowing.
9. Fundamentals of, and ability to demonstrate:

- a) Forms of unbalancing.
- b) Proper gripping.
- c) Body movement and walking.
- d) Posture.
- e) Pivoting (Tai-Sabaki).

10. Shiai Bowing

11. Fundamental Terminolgy – see p. 59

12. Elementary Terminolgy and Shiai Terminology - see p. 60

13. Must have knowledge and experience in shiai refereeing at club level.

14. Must have knowledge in shiai weigh-in and filling out a pool sheet.  
Must have knowledge and experience in shiai score board recording (manual and/or computer).

15. Intermediate Terminology – see p. 60

## Senior

### Ik-Kyu (1<sup>st</sup> Kyu / Brown Belt ) Minimum Requirements



18 months as 2<sup>nd</sup> kyu regular weekly training  
6 months credit will be deducted if candidate attends and performs well at a minimum of 2 AJU sanctioned tournaments or seminars whilst 2<sup>nd</sup> Kyu.  
An additional 6 months will be deducted if the candidate wins their division at a major AJU sanctioned tournament where the other place getters who were defeated by the candidate were 3<sup>rd</sup> kyu or higher.

*See Guide and Explanatory Notes Nos. 2& 3*

**Ukemi (Breakfalls)**

All breakfalls, left, right, front and rear. Left and right rolls (breakfall and rolling to feet).

**Tachi Waza (Throws)**

40 throws from Go kyo

6 combination movements to include throws from Go kyo. (3 left, 3 right)

6 counter throw techniques to include throws from Go kyo. (3 left, 3 right)

**Katama Waza (Hold Downs)**

6 hold downs

4 turnovers

4 moving past the legs

**Shime Waza**

11 strangles

2 neutralising techniques

**Kensetsu Waza**

10 arm bars

2 neutralising techniques

**Randori and Contest**

Consistent and regular contest history and randori practice as since attaining 3<sup>rd</sup> kyu and demonstrating progressive improvement between ranks.

Candidates must also demonstrate a sound understanding of contest rules and refereeing skills..

**Kata**

Nage no kata (uke and tori) whole kata

## **Leadership and Responsibilities**

Candidates are expected to be able to referee randori/shiai and accurately call scores and effectively control a contest in accordance with AJU Contest rules at a local level. Candidates are also expected to be able to perform all roles/functions at a tournament table.

Candidates are expected to assist coaches with the teaching and demonstration of warm up exercises and breakfalls and will be examined on their ability to assist their coaches. Opportunities to openly demonstrate these skills at AJU seminars will be credited towards the candidate's time as 2<sup>nd</sup> kyu.

## **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Knowledge and understanding of the judo maxim "Maximum Efficiency with Minimum Effort" and "Mutual Welfare and Benefit."
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Wearing and folding of judogi.
8. Forms of sitting and bowing.
9. Fundamentals of, and ability to demonstrate:
  - a) Forms of unbalancing.
  - b) Proper gripping.
  - c) Body movement and walking.
  - d) Posture.
  - e) Pivoting (Tai-Sabaki).
10. Shiai Bowing
11. Fundamental Terminolgy – see p. 59
12. Elementary Terminolgy and Shiai Terminology - see p. 60
13. Must have knowledge and experience in shiai refereeing at club level.



14. Must have knowledge in shiai weigh-in and filling out a pool sheet.  
Must have knowledge and experience in shiai score board recording (manual and/or computer).
15. Intermediate Terminology – see p. 61
16. Advanced Terminology - see p. 62
17. Demonstrate they can competently teach a class from bow in to bow off.

## Dan Grades

1. Dan grades may only be obtained one grade at a time.

## Sho-dan (1<sup>st</sup> Dan / Black Belt) Requirements

Minimum age 17years (1 year credit can be allowed if candidate has 6 months as 1<sup>st</sup> Kyu and 5years continuous excellent service contribution history approved by Executive Director – Technical Standards)

Must comply with and have full knowledge of the entire 1<sup>st</sup> Kyu (Brown Belt) Syllabus.

18 months as 1<sup>st</sup> kyu. Six months credit will be extended to candidates who have regularly attended and made a positive contribution towards AJU competitions and events.

Must be a fit and proper person to represent and uphold the Moral Code of Judo and values and Codes of Behaviour of the AJU.

A general knowledge of the structure of the AJU Organisation, Policies and Procedures applicable to club instructor level.

### **Nage-Waza:**

40 throws from go-kyo

**Additional Waza:** Must know all nage-waza, katame-waza, kansetsu-waza, shime-waza listed in this syllabus.

## **Randori and Contest**

Consistent and regular contest history and randori practice as since attaining 3<sup>rd</sup> kyu and demonstrating progressive improvement between ranks. Must demonstrate proficiency as a referee and as a tournament table worker at a high level AJU sanctioned event.

### **Kata:**

Improved technical ability in nage-no-kata as tori and uke.

### **Kaeshi-waza (Counters), Renraku-waza (Combinations) and Renzoku-waza (Combinations flowing in same direction):**

12 x kaeshi-waza

12 x renraku-waza.

8 x renzoku-waza.

### **Knowledge:**

Improved knowledge and understanding of Senior 1<sup>st</sup> Kyu requirements.

Must have improved ability at teaching a judo class from warm-up to cool-down from Senior 1<sup>st</sup> Kyu requirement for teaching a class.

## **Ni-dan (2<sup>nd</sup> Dan / Black Belt) Requirements**

Minimum age 19 years

Must be a fit and proper person to represent and uphold the Moral Code of Judo and values and Codes of Behaviour of the AJU.

Must comply and have full knowledge of the entire sho-dan syllabus.

A general knowledge of the structure of the AJU Organisation, Policies and Procedures applicable to club instructor level.

Must have a **minimum** of 2 years active participation/continuous service to judo as sho-dan.

Improved ability to conduct a class/seminar on Nage no Kata or Refereeing and/or Tournament Official duties and responsibilities.

## **Randori and Contest**

Consistent and regular contest history and/or randori practice since attaining 3<sup>rd</sup> kyu and demonstrating progressive improvement of skill between ranks. Must demonstrate proficiency as a referee and as a tournament table worker at an a high level AJU sanctioned event.

## **Kata**

Nage no kata (tori and uke)

Katame no kata (tori and uke)

## **San-dan (3<sup>rd</sup> Dan / Black Belt) Requirements**

Must be a fit and proper person to represent and uphold the Moral Code of Judo, Judo values and the Codes of Behaviour of the AJU.

A knowledge of the structure of the AJU Organisation, Policies and Procedures applicable to the level of a Supervising dan grade at a club and/or zone level and senior member of the AJU.

Must comply and have full knowledge of the entire ni-dan syllabus.

Minimum Age 25 years

Must have a **minimum** of 3 years active participation/continuous service to judo as ni-dan.

Must be able to conduct a class/seminar on Katame no Kata or Refereeing and/or Tournament Official duties and responsibilities.

Demonstrate leadership and organisation at a club level and regular supervision of assistant coaches/instructors with a minimum rank of 1<sup>st</sup> Kyu.

## **Kata:**

Nage no kata (tori and uke)

Katame no kata (tori and uke)

Ju-no-kata (tori and uke) or Kime-no-kata (tori and uke)

## Yon-dan (4<sup>th</sup> Dan / Black Belt) Requirements

### **Minimum Age 30 years**

Must be a fit and proper person to represent and uphold the Moral Code of Judo, Judo values and the Codes of Behaviour of the AJU.

A sound knowledge of the structure of the AJU Organisation, Policies and Procedures applicable to the level of understanding required of a Senior Trainer of Instructors/Coaches/Referees and a Senior member of the AJU.

Must comply and have full knowledge of the entire san-dan syllabus.

Must have a **minimum** of 4 years active participation/continuous service to judo as san-dan.

Must be able to conduct a series of 3 seminars on nage no kata or katame no kata or juno kata or kime no kata or Refereeing and/or Tournament Official duties and responsibilities or Club Coaching and demonstrate that the participants of the seminars have improved their knowledge and skill in the topic or field of study in the seminar series.

Demonstrate leadership and organisation at a club level and regular supervision of assistant coaches/instructors with a minimum rank of 1<sup>st</sup> Kyu. Demonstrate leadership and contribution to the administration of the AJU at a zone level or leadership in a specific field of judo eg refereeing or coaching. Maintaining and enforcing AJU Standards and codes of conduct at a club and zone level.

### **Kata:**

Nage no kata (tori and uke)

Katame no kata (tori and uke)

Ju-no-kata (tori and uke) or Gosh in jitsu (tori and uke)

Kime no kata (tori and uke)

## Go-dan (5<sup>th</sup> Dan / Black Belt) Requirements

### **Minimum Age 40 years**

Must be a fit and proper person to represent and uphold the Moral Code of Judo and values and Codes of Behaviour of the AJU.

Must comply and have full knowledge of the entire yon-dan syllabus.

Must have a **minimum** of 5 years active participation/continuous service to judo as yon-dan.

Must be able to judge kata and assess judo teachers who are delivering seminars on Nage no Kata or Katame no Kata or Juno Kata or Kime no Kata or Goshin Jitsu or Refereeing and/or Tournament Official duties and responsibilities or Club Coaching.

Demonstrate leadership and organisation at a club level and regular supervision of assistant coaches/instructors with a minimum rank of 1<sup>st</sup> Kyu.

Demonstrate leadership and contribution to the administration, forming policy and direction of the AJU, setting, maintaining and enforcing AJU standards and codes of behaviour at a national level and/or leadership in a specific field of judo eg refereeing or coaching.

### **Kata:**

Nage no kata (tori and uke)

Katame no kata (tori and uke)

Ju-no-kata (tori and uke)

Kime no kata (tori and uke)

Goshin jitsu (tori and uke)

## Roku-dan (6<sup>th</sup> Dan / Red & White or Black Belt)

### Requirements

Must comply and have full knowledge of the entire go-dan syllabus.

Must have a **minimum** of 6 years continuous /active and effective service to judo as go-dan in the strategic development of judo at club, zone and national level.

## Shichi-dan (7<sup>th</sup> Dan / Red and White or Black

### Belt) Requirements

Must comply and have full knowledge of the entire roku-dan syllabus.

Must have a **minimum** of 7 years active/continuous and effective service to judo as roku-dan in the strategic development of judo at club, zone and national level.

## Hachi-dan (8<sup>th</sup> Dan / Red or Black Belt)

### Requirements

Must comply and have full knowledge of the entire shichi-dan syllabus.

Must have a **minimum** of 8 years active/continuous and effective service to judo as shichi-dan in the strategic development of judo at club, zone and national level.

## Batsugun

Batsugun is an Instant promotion to a candidates's next dan rank after defeating a line up of similar sized judoka in consecutive contests and defeating each judoka with ippon and accumulating a total of 6 points or more. A candidate must be a minimum rank of senior 1<sup>st</sup> kyu. A batsugun must be conducted at an AJU sanctioned event. If a candidate does not win each contest with ippon the batsugun is unsuccessful.

Points are earned in the following manner:-

Defeating a judoka 2 ranks lower with ippon – 1/3 point

Defeating a judoka 1 rank lower with ippon – ½ point

Defeating a judoka of same rank with ippon – 1 point

Defeating a judoka 1 rank higher with ippon – 1 ½ points

Defeating an opponent 2 ranks higher with ippon – 2 points

## Gokyo-no-waza.

### 1<sup>st</sup> Kyo:

De-ashi-harai  
Hiza-guruma  
Sasae-tsuru-komi-ashi  
Uki-goshi  
Osoto-gari  
O-goshi  
Ouchi-gari  
Seoi-nage

### 2<sup>nd</sup> Kyo:

Kosoto-gari  
Kouchi-gari  
Koshi-guruma  
Tsuru-komi-goshi  
Okuri-ashi-harai  
Tai Otoshi  
Harai-goshi  
Uchi-mata

### 3<sup>rd</sup> Kyo:

Ko-soto-gari  
Tsuru Goshi  
Yoko Otoshi  
Ashi Guruma  
Hane-goshi  
Harai-tsuru-komi-ashi  
Tomoe-nage  
Kata Guruma

### 4<sup>th</sup> Kyo:

Sumi Gaeshi  
Tani Otoshi  
Hane Makikomi  
Sukui Nage  
Utsuri Goshi  
O Guruma  
Soto Makikomi  
Uki Otoshi

### 5<sup>th</sup> Kyo:

O Soto-guruma  
Uki Waza  
Yoko Wakare  
Yoko Guruma  
Ushiro Goshi  
Ura Nage  
Sumi Otoshi  
Yoko Gake

### Additional Nage Waza:

- |                       |                           |                          |
|-----------------------|---------------------------|--------------------------|
| 1. Morote Gari.       | 5. Kibusi Gaeshi.         | 9. Uchi Mata Sukashi.    |
| 2. Kuchiki Taoshi.    | 6. Seoi Otoshi.           | 10. Obi Otoshi.          |
| 3. Yama Arashi.       | 7. Sode Tsuru Komi Goshi. | 11. Ken Ken O-uchi-gari. |
| 4. Ken Ken Uchi-mata. | 8. Hikikomi-gaeshi        | 12. Ko uchi gaeshi       |
| 13. Ippon Seonage     | 19. Hane Goshi Gaeshi     | 24. Uchi makikomi-       |
| 14. O Soto Guruma     | 20. Harai goshi Gaeshi    | 25. Kani Basami          |
| 15. Osoto – Otoshi    | 21. Uchi Mata Gaeshi      | 26. Osoto Makikomi       |
| 16. Tsubame – gaeshi  | 22. Daki Wakare           | 27. Kawazu Gake          |
| 17. Osoto Gaeshi      | 23. Uchi makikomi         |                          |
| 18. Ouchi Gaeshi      |                           |                          |



### **Examples of RenzokuWaza:**

#### 1<sup>st</sup> Kyo

Seoi-nage to Seoi-otoshi  
O-uchi-gari to Ko-uchi-gari  
Hiza-guruma to Harai-goshi

#### 2<sup>nd</sup> Kyo

O-goshi to Uki-goshi  
O-uchi-gari to Ko-soto-gake  
O-soto-gake to O-soto-gari

#### 3<sup>rd</sup> Kyo

Tai-otoshi to Uchi-mata  
Ippon-seoi-nage to Kata-guruma  
De-ashi-harai to Harai-tsuru-komi-ashi

#### 4<sup>th</sup> Kyo

O-soto-gari to Nidan-ko-soto-gari  
Ippon-seoi-nage to Uchi-make-komi  
Harai-goshi to Soto-make-komi

#### 5<sup>th</sup> Kyo

Kata-guruma to Yoko-otoshi  
Ko-uchi-gake to Ko-uchi-gari  
Ko-soto-gari to Nidan-ko-soto-gari

### **Katame Waza.**

1. Kuzuri Kesa-gatame.
2. Kesa Gatame .
3. Kata-gatame.
4. Tate-shiho-gatame.
5. Yoko-shiho-gatame
6. Kami-shiho-gatame.
7. Kuzuri Kami-shiho-gatame
8. Ude-hisigi-te-gatame
9. Ude hisigi sankaku gatame

### **Kansetsu Waza.**

1. Ude-hisigi-ude-gatame.
2. Ude-hisigi-juji-gatame.
3. Ude-garami.
4. Ude hisigi waki-gatame.
5. Ude-hisigi-hiza-gatame.
6. Ude hisigi ashi gatame.
7. Ude-hisigi-hara-gatame.

## **Shime Waza:**

1. Nami-juji-jime.
2. Gyaku-juji-jime.
3. Kata-juji-jime.
4. Hadaka-jime.
5. Mae-hadaka-jime.
6. Okuri-eri-jime.
7. Kata-ha-jime.
8. Sankaku-jime.

## **Banned Techniques:**

1. Kani Basami.
2. Kawazu Gake.

## **Additional Shime-waza:**

1. Sodeguruma-jime.
2. Ryote-jime.
3. Tsukomi-jime.

## **Fundamental Terminology**

Dojo - Judo Hall

Hidari - Left

Migi - Right

Judo - Gentle Way

Judogi - Judo suit

Judoka - One who practices Judo

Ne Waza - Ground Techniques

Osae komi - Hold down

Professor Jigoro Kano - Founder of Judo in 1882, Tokyo, Japan

Randori - Free practice (Fight)

Rei - Bow

Sensei - Teacher

Tatami - Judo mats

Tori - judoka who is executing a technique

Uke - judoka who is receiving a technique

Uchi komi - Repetitive exercises

Ukemi - Breakfalls

Hajime - Begin

Matte - Stop

Kyo - Set

## **Shiai Terminology**

Osaekomi.....Hold down  
Toketa.....Hold broken  
Sona-mama.....Freeze, do not move  
Yoshi.....Continue, unfreeze  
Shiai.....Tournament  
Matte.....Stop  
Hajime.....Start  
Ippon.....10 Points  
Waza-ari Awasete Ippon..10 Points (two x Waza-ari)  
Waza-ari.....7 Points  
Yuko.....5 Points  
Hansoku-Make.....Major Penalty  
Shido.....Small penalty (for a small infringement of the rules a warning shido will be awarded. Three Shido is Hansoku-Make)  
Hansoku make - Disqualification  
Hike wake - Draw (in team contests)  
Hantai - Referees call for a decision (No longer used)  
Sore made - End of contest or that is all  
Shido - Penalty in contest  
Sono mama - Do not move, stay as you are  
Toketa - Hold broken

## **Elementary Terminology**

Hidari shizen tai - Left natural posture / stance  
Migi shizen tai - Right natural posture / stance  
Jigotai - Defencive posture / stance  
Shizen hontai - Main natural posture / stance  
Kyu - Grade, colured belt system  
Nage - Throw  
Nage No Kata - Prearranged forms of throwing  
Obi - Belt  
Dan - Black belt grade  
Kata - Formal techniques of Kodokan Judo  
Kumi kata - Forms of gripping  
Nage komi - Throwing drill  
Tai sabaki - Standing body movements, including blocking

## Intermediate Terminology

1.....ichi  
2.....ni  
3.....san  
4.....shi  
5.....go  
6.....roku  
7.....si-chi  
8.....ha-chi  
9.....kyuu  
10.....juu  
Backwards.....Ma  
Right.....Migi  
Left.....Hidari  
Side.....yoko  
Kuzushi.....Breaking your opponents balance  
Tsukuri.....Entering for a throw  
Kake.....Execution of the throw  
Zempo Kaiten - Forward Roll  
Ushiro Ukemi - Back Fall  
Mae Ukemi - Forward Fall  
Yoko Ukemi - Side Fall

## **Advanced Terminology**

Nage-Waza - Throwing techniques

Te-Waza - Hand technique

Koshi-Waza - Hip technique

Ashi-Waza - Foot/Leg technique

Ma-Waza - Rear/Back sacrifice technique

Yoko Sutemi-Waza - Side sacrifice technique

Renraku-Waza - Combination throws

Renzoku-Waza - Combination of throws with progressive movement

Kaeshi-Waza.....Counter throws

Ne-Waza.....Ground Techniques

Osae-Waza.....Pinning techniques

Shime-Waza.....Strangling/Choking techniques

Kansetsu-Waza.....Arm/Joint locking techniques

Atemi-Waza.....Striking Techniques (used in kata, NOT in sport Judo)

Nage no kata - Formal throwing techniques

Katame no kata - Formal grappling techniques

AUSTRALIAN JUDO UNION EXAMINERS CHECK LIST.

Name: \_\_\_\_\_ Age: \_\_\_ U10 U13 U16 Seinan

Present Rank: 6kyu 5kyu 4ku 3kyu 2kyu 1kyu \_\_\_dan

Attained Rank: 6kyu 5kyu 4ku 3kyu 2kyu 1kyu \_\_\_dan

Rego No: AJU \_\_\_/\_\_\_\_\_ Club: \_\_\_\_\_

Kesa Gatame            Kuzuri Kesa Gatame            Kuzuri Tate Shiho Gatame    Kuzuri Yoko Shiho Gatame  
 Kata Gatame            Ushiro Kesa Gatame            Tate Shiho Gatame  
 Kami Shiho Gatame    Yoko Shiho Gatame            Kuzuri Kami Shiho Gatame

Number of moving past the legs \_\_\_            Number of Turn Overs \_\_\_  
 Kaeshi-waza \_\_\_    Renraku-waza \_\_\_            Renzoku-waza: 1<sup>st</sup> Kyo    2<sup>nd</sup> Kyo    3<sup>rd</sup> Kyo    4<sup>th</sup> Kyo    5<sup>th</sup> Kyo

Nage-no-kata    1<sup>st</sup> kyo    2<sup>nd</sup> kyo    3<sup>rd</sup> kyo    4<sup>th</sup> kyo    5<sup>th</sup> kyo    ( Tori / Uke )

Katame-no-kata    1<sup>st</sup> kyo    2<sup>nd</sup> kyo    3<sup>rd</sup> kyo    ( Tori / Uke )

Kime-no-kata    1<sup>st</sup> kyo    2<sup>nd</sup> kyo    3<sup>rd</sup> kyo    4<sup>th</sup> kyo    ( Tori / Uke )

Goshin Jutsu    1<sup>st</sup> kyo    2<sup>nd</sup> kyo    3<sup>rd</sup> kyo    4<sup>th</sup> kyo    5<sup>th</sup> kyo    ( Tori / Uke )

Ju-no-kata    1<sup>st</sup> kyo    2<sup>nd</sup> kyo    3<sup>rd</sup> kyo    ( Tori / Uke )

Nami Juji Jime    Ryote jime            Juji Gatame    Kesa Garami

Gyaku Juji Jime    Tsukomi Jime            Ude Gatame

Kata Juji Jime    Sodeguruma Jime            Ude Garami

Hadaka Jime    Mae Hadaka Jime            Hiza Gatame

Okuri Eri Jime    Sankaku Jime            Waki Gatame

Kata Ha Jime            Hiza Gatame

De Ashi Harai    Ko Soto Gari            Ko Soto Gake            Sumi Gaeshi            O Soto Guruma

Hiza Guruma    Ko Uchi Gari            Tsuri Goshi            Tani Otoshi            Uki Waza

Sasae Tsuru Komi Ashi    Koshi Guruma            Yoko Otoshi            Hane Makikomi            Yoko Wakare

Uki Goshi            Tsuru Komi Goshi            Ashi Guruma            Sukui Nage            Yoko Guruma

O Soto Gari            Okuri Ashi Harai            Hane Goshi            Utsuri Goshi            Ushiro Goshi

O Goshi            Tai Otoshi            Harai Tsuru Komi Ashi            O Guruma            Ura Nage

O Uchi Gari            Harai Goshi            Tomoe Nage            Soto Makikomi            Sumi Otoshi

Seoi Nage            Uchi Mata            Kata Guruma            Uki Otoshi            Yoko Gake

## Moral Code of Judo

- Courtesy :** Be polite to others
- Courage:** To face difficulties with bravery
- Honesty:** To be sincere with your thoughts and actions
- Honour:** To do what is right and stand by your principles
- Modesty:** To be without ego in your actions and thoughts
- Respect:** To appreciate others
- Self Control:** To be in control of your emotions
- Friendship:** To be a good companion and friend