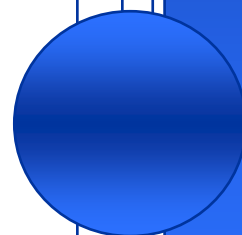


British Judo Association

SENIOR KYU GRADE PROMOTION SYLLABUS

EFFECTIVE 1ST APRIL 2008



BRITISH JUDO ASSOCIATION

SENIOR KYU GRADE PROMOTION SYLLABUS

INTRODUCTION

This syllabus, effective from 1 April 2008, supersedes all previously published syllabi. All previously taken theory examinations are no longer valid.

Within the British Judo Association (BJA) there are six Kyu grades. The grades are indicated by the following coloured belts:-

6 th Kyu	White Belt	3rd Kyu	Green Belt
5 th Kyu	Yellow Belt	2 nd Kyu	Blue Belt
4 th Kyu	Orange Belt	1 st Kyu	Brown Belt

Promotion within the Kyu grades is based on technical knowledge and understanding, together with Japanese terminology and supplementary knowledge. There is no contest requirement in the Kyu Grade syllabus however there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.

For grades up to and including 4th Kyu, promotion examinations should be completed within the candidate's club and can be examined by the same coach that instructed the candidate.

For 3rd Kyu and above, promotion examinations may be completed within the club but candidates may also grade at Inter-club, area promotion examinations and at any other event such as a Technical Training course. For these examinations, the examiner must be a different coach/examiner to the one that instructed the technique.

With regular study and training, the judoka should be able to complete the syllabus and attain the grade of 1st Kyu in approximately three years (the keen judoka may attain the grade of 1st Kyu after two years of diligent study). It is, however, vitally important that all they follow the progressive study of techniques detailed in this syllabus and attempt promotion to next grade at regular intervals.

All judoka are encouraged to take increasing responsibility for their technical development as they progress through the grades and it may be necessary for them to undertake supplementary study and training in addition to that which is available at the player's club. Study of the BJA Technical Grading Syllabus (TGS) and other resources will be highly beneficial (see page 5 for further information).

Important Notes:

- 1. Candidates can only be graded one grade at a time.**
- 2. Although there is no contest requirement in this promotion syllabus, players are encouraged to participate in competition of the appropriate level for their age and experience. There are many competitive opportunities which can be used to supplement the player's technical development.**

MINIMUM AGE

Players may choose to seek promotion under the Senior Kyu Grade syllabus on reaching 14 years of age. Players are encouraged seek advice from their coach on whether they should seek promotion under the Senior Kyu Grade Syllabus.

AUTHORITY TO GRADE

The following may conduct examinations in accordance with the Memorandum and articles of the association and Bye-Laws of the association. They must have either a current valid coach or examiner's card, hold current individual membership and are the only ones authorised to submit a completed grading sheet.

Novice to 1st Kyu

BJA Senior Examiners

BJA Examiners

BJA Senior Coaches

UKCC Level 2 Coaches

UKCC Level 3 Coaches

BJA Club Coaches

Novice to 4th Kyu

BJA Instructors

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ADMINISTRATION

All candidates must hold current BJA Individual Membership: this membership number will be recorded on the Grading Registration Sheet

Grading test success is registered at BJA Head Office within 7 days by completing the Grade Registration Sheet in accordance with the instructions on the sheet.

GRADING FEES

The BJA charges a grading fee of £5.00 for all gradings (including transfers). This fee is used for the administration and development of the BJA's grading schemes and must be forwarded to the BJA along with completed Grade Registration Sheet.

The BJA recognises that organisers of gradings may require to add a surcharge to the £5.00 grading fee to cover additional costs such as venue hire, examiner's expenses etc. The BJA recommends a surcharge of £5.00 but recognises that grading organisers may charge more or less depending on circumstances. Any surcharge should be retained by the grading organiser and not sent to the BJA.

TIME REQUIREMENTS AND FREQUENCY OF PROMOTIONS

Novice Up To and Including 5th Kyu

Candidates may be promoted one Kyu grade per calendar month.

From 4th Kyu and Above

The recommended minimum time period between attempts at any promotion for 4th Kyu and above is 6 weeks. There is no limit to the number of attempts to gain promotion but candidates are limited to one promotion every three calendar months.

NOTES ON THE TECHNICAL REQUIREMENTS

Techniques must be demonstrated in an appropriate practical situation and it is intended that the exam process should become greater in depth as the candidate progresses through the grades and acquires greater knowledge and understanding of Judo.

Some of the terminology that has been included in the earlier grades is to ensure that the candidate is conversant with, for example, the main terms used in refereeing.

From 4th Kyu and above there is no specific Ukemi requirement. The candidate may, however, be required to act as Uke and must be able to demonstrate the level of Ukemi required by the grade.

All demonstrations will be presented in a formal manner either static or on the move to the candidate's preferred side. All throws will be demonstrated once only. The examiner may ask for further demonstrations and also test that the candidate understands the key principles involved in the application of the technique. Techniques and applications must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and movement.

The examiner may test the candidate on any items from any of the previous grades already passed

Candidates for examination must wear clean judogi and maintain a high standard of personal hygiene. Hair must be secured back, if it is long enough to impede their partner.

No metallic or hard object may be worn – rings must be removed, it is not sufficient to cover them with adhesive tape.

Candidates are to be conversant with the contest rules in particular, prohibited acts.

Male and Female candidates may be examined together as can candidates of different age and physique.

All candidates must have a record of contest activity on at least 2 occasions within the last 24 months in their BJA Record Book under "Record of Judo Events attended", before entering a competitive Dan grading and must be a minimum age of 15.

Although there are no specified requirements, the candidate must understand and observe the simple regulations and terminology governing randori, including the correct method for signalling submission.

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PERSONAL CHOICE

For each grade there is element of personal choice. This element has been included to encourage originality and to assist the judoka in developing a personal style which is suitable for their physique and personality.

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

There is a limited amount of supplementary knowledge required, the main emphasis on the use of the correct Japanese terminology. For promotion to all grades, candidates are required to know the common English names and meaning of all Japanese terminology used for the grade and, where appropriate, must be able to discuss with the examiner the reasons for their choice of technique, grip etc.

CONVERSION FROM THE JUNIOR MON GRADE SYLLABUS

Players of 14 years of age and above who hold a junior (Mon) grade may, if they wish, convert to the Senior (Kyu) grade. The following table will be used for all Junior (Mon) grade conversions. It may appear that the Junior (Mon) grade is converting to a lower level of examination; however, this is to allow for a period of assimilation into the Kyu grade system. Players holding a Junior (Mon) grade will be converted to the senior (Kyu) grade on reaching the age of 18.

<i>Mon Grade</i>	<i>Kyu Grade</i>	<i>Mon Grade</i>	<i>Kyu Grade</i>
1st Mon	Novice	10th Mon	to 4th Kyu
2nd Mon	Novice	11th Mon	to 4th Kyu
3rd Mon	to 6th Kyu	12th Mon	to 3rd Kyu
4th Mon	to 6th Kyu	13th Mon	to 3rd Kyu
5th Mon	to 6th Kyu	14th Mon	to 3rd Kyu
6th Mon	to 5th Kyu	15th Mon	to 2nd Kyu
7th Mon	to 5th Kyu	16th Mon	to 2nd Kyu
8th Mon	to 5th Kyu	17th Mon	to 2nd Kyu
9th Mon	to 4th Kyu	18th Mon	to 1st Kyu

CONVERSION FROM THE 9 KYU GRADE SYLLABUS

Players graded under the 9 Kyu Grade Promotion Syllabus will have their grade converted according to the following table. There is no charge for this conversion and the conversion may be completed at any time prior to the first grading attempt under this syllabus. The player's record book may be updated by anyone with the authority to grade as previously specified.

<i>9 Kyu Syllabus</i>		<i>6 Kyu Syllabus</i>
—		6 th Kyu (White Belt)
9 th Kyu	}	5 th Kyu (Yellow Belt)
8 th Kyu		}
7 th Kyu	}	
6 th Kyu		}
5 th Kyu	}	
4 th Kyu		}
3 rd Kyu	}	
2 nd Kyu		}
1 st Kyu	}	

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QUALITY CONTROL

Club gradings may be subject to visits from the Area Director of Examiners to ensure a consistent application of the examination criteria. These visits will be selected on a random basis as a means of sampling a percentage of the clubs within the area

Areas and Club gradings may be visited by the National Director of Examiners, again to ensure consistent application of the exam criteria.

TRANSFER FROM IJF/EJU MEMBER ORGANISATIONS

It is acknowledged that there are many Judoka from foreign countries residing in the UK and joining the BJA. If they hold a grade in an association that is a member of the IJF or EJU, then that grade is accepted by the BJA. Examiners are to convert the colour belt from the original association to the higher BJA grade e.g. An IJF Kyu Blue belt would become a BJA 2nd Kyu.

TRANSFER FROM NON BJA ORGANISATIONS

In a similar way to the process for recognising IJF/EJU judoka, candidates from non BJA organisations that have joined the BJA may convert from the colour held in the previous organisation to the colour appropriate to the BJA grade. However they must undertake the examination of all the previous grades and this can be done by examining a percentage of the syllabus deemed suitable by the examiner. If the examiner is satisfied that the candidate has demonstrated the knowledge and understanding appropriate to the grade being converted he can add the candidates name to the Grade Registration Sheet annotating the "From Grade" block as initials of previous organisation e.g. British Judo Council (BJC).

BJA TECHNICAL GRADING SYLLABUS BOOK

The BJA Technical Grading Syllabus (TGS) referred in this document is a separate publication which may be purchased directly from the BJA. The TGS is a photographic guide which is intended to act as a memory aid to assist candidates prepare for grading examinations. The 320-page book is crammed full of coloured photographs which illustrate the basic principles of body placement and the most effective grips. Many of the techniques are additionally illustrated by contest photographs and English translations of the Japanese names are also included. This book is an essential resource for all judoka.

ADDITIONAL RESOURCES AND INFORMATION

The BJA is developing a range of additional resources to support candidates seeking promotion. These resources will be available to purchase or to download from the BJA website (www.britishjudo.org.uk/home/index.php).

Any queries, requests for further information should be addressed to the BJA at the address below.

British Judo Association
Suite B Technology Centre
Epinal Way
Loughborough
LE11 3GE

NOVICE – 6TH KYU

FUNDAMENTAL SKILLS

Ukemi:

- Ushiro Ukemi
- Yoko Ukemi
- Mae Mawari Ukemi

Tachi-waza:

- Osoto-otoshi
- De-ashi-barai
- Uki-goshi

Osae-komi-waza:

- Kesa-gatame
- Mune-gatame
- Kuzure-kesa-gatame

PERFORMANCE SKILLS

Combination Techniques:

- Osoto-otoshi into Kesa-gatame
- De-ashi-barai into Mune-gatame
- Uki-goshi into Kuzure-kesa-gatame

Ne-waza:

- escape from Kesa-gatame by trapping Uke's leg
- escape from Mune-gatame using a 'bridge and roll' action
- escape from Kuzure-kesa-gatame using 'sit up and push'

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two tachi-waza and two osae-komi-waza from the BJA Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

Dojo	Hajime	Rei
Judogi	Matte	Toketa
Zori	Osae-komi	Randori

- demonstrate
 - the correct tying of the obi
 - the correct wearing of the judogi
 - the correct bowing procedures Tachi-rei and Za-rei
- answer the following questions:
 - Who invented modern judo?
 - In which country was judo devised?

NOTES

1. For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

6TH KYU – 5TH KYU

FUNDAMENTAL SKILLS

Ukemi:

- Mae Ukemi

Tachi-waza:

- Tai-otoshi
- Ippon-seoi-nage
- O-uchi-gari

Osae-komi-waza:

- Yoko-shiho-gatame
- Tate-shiho-gatame
- Kami-shiho-gatame

PERFORMANCE SKILLS

Combination Techniques:

- O-uchi-gari into Tate-shiho-gatame
- Ippon-seoi-nage into Kami-shiho-gatame
- Tai-otoshi into Yoko-shiho-gatame

Ne-waza:

- escape from Kami-shiho-gatame using ‘action and re-action’
- escape from Tate-shiho-gatame using ‘bear hug roll’
- escape from Yoko-shiho-gatame using ‘trap, bridge and roll’
- turnover into Kesa-gatame (Uke in “all fours” position)
- turnover into Mune-gatame (Uke in “all fours” position)
- turnover into Yoko-shiho-gatame

Kumi-kata:

- right and left standard grips
- alternatives to standard grips e.g. right versus left grips, double lapel and high collar grips

Randori:

- demonstration of Nage-komi in light Randori with a co-operative partner

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two tachi-waza and two osae-komi-waza from the BJA Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- give two examples of actions against the contest rules

NOTES

1. Nage-komi is introduced for this grade. It is to be demonstrated in the form of light randori which be of approximately two minutes duration with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety and, if possible, to both right and left sides.
2. Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
3. For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

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5TH KYU – 4TH KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Tsuru-komi-goshi
- O-goshi
- Seoi-otoshi
- Morote-seoi-nage
- O-soto-gari
- Ko-uchi-gari
- Ko-soto-gake
- Ko-soto-gari

PERFORMANCE SKILLS

Combination Techniques:

- O-uchi-gari into Ko-uchi-gari
- Ko-uchi-gari into O-soto-gari or O-soto-gake
- Ko-uchi-gari into Morote-seoi-nage
- Ippon-seoi-nage into Ko-uchi-gari
- any technique as combinations with
 - Seoi-otoshi
 - Ko-uchi-gari

Counter Techniques:

- O-uchi-gari countered by Tsuru-komi-goshi
- Tai-otoshi countered by Ko-soto-gari

Ne-waza:

- escape
 - from Kesa-gatame using 'bridge and roll'
 - into Kesa-gatame from between Uke's legs'
 - into Yoko-shiho-gatame
- arm roll
 - from behind Uke
 - from in front of Uke
- turn over into Tate-shiho-gatame

Randori:

- demonstration of attacking and defending in light Randori with a co-operative partner

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate three waza (two tachi-waza and one ne-waza) from the BJA Technical Grading Syllabus and demonstrate them as a combination, a counter and as a transition into ne-waza.

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

Shido	Hiki-wake	Uke	Tori
Hantei	Hansoku-make	Waza-ari-awasete-ippou	

- demonstrate the Referee's signals for:

Matte	Osae-komi	Toketa	Adjusting the judogi
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- demonstrate the proper procedures for coming onto and leaving the mat during a contest
- give two examples of actions (not grips) against the contest rules
- give two examples of grips against the contest rules for negative or safety reasons

NOTES

1. Randori is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration. The examiner will expect to see a variety of waza and kumi-kata and, if possible, throws to both right and left sides.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

4TH KYU – 3RD KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Harai-goshi
- Uchi-mata
- Hiza-guruma
- Sasae-tsurikomi-ashi
- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

Kansetsu-waza:

- Ude-gatame
- Waki-gatame
- Hiza-gatame
- Juji-gatame

PERFORMANCE SKILLS

Kansetsu-waza:

- Juji-gatame
 - sit back entry
 - roll over entry
 - over the shoulder entry
 - entry from beneath

Randori:

- demonstration of attacking, defence, avoidance and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.

NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

3RD KYU – 2ND KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Koshi-guruma
- Tani-otoshi
- Yoko-guruma
- Tomoe-nage
- Kata-uchi-ashi-dori
- Soto-kibisu-gaeshi
- Kata-guruma
- Morote-gari
- Soto-ashi-dori-ouchi-gari
- Uchi-kibisu-gaeshi

Shime-waza:

- Okuri-eri-jime
- Nami-juji-jime
- Gyaku-juji-jime

Kansetsu-waza:

- Ude-garami

PERFORMANCE SKILLS

Combination Techniques:

- Ude-garami from Kuzure-kesa-gatame

Tachi-waza:

- Yoko-kata-guruma-otoshi

Ne-waza:

- Koshi-jime – Uke makes Seoi-otoshi (dropping attack)
- Kata-te-jime - Uke in “all fours” position
- Nami-juji-jime – Uke on top (between Tori’s legs)
- Gyaku-juji-jime – Uke on top (between Tori’s legs)
- Okuri-eri-jime – Uke makes Seoi-otoshi (dropping attack)

Tachi-waza:

Kumi-kata:

- introduction to performance Kumi-kata (gripping) skills (refer to TLP 12-13 Mon)

Randori:

- demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

PERSONAL CHOICE 1

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

PERSONAL CHOICE 2

Kata

- demonstrate any two sets of the Nage-no-kata **or** any two sets of the Katame-no-kata or either of first 2 sets of the Go-no-sen-no-kata

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.

NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

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It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

3. Kata is offered as personal choice for this grade. Demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

2ND KYU – 1ST KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Sode-tsuri-komi-goshi
- Te-guruma
- Ryo-hiza-seoi-otoshi
- Sumi-gaeshi
- Yoko-gake
- Ko-uchi-gake-mata-maki-komi
- Ushiro-goshi
- Ura-nage
- Uki-otoshi

Tachi-waza:

- Soto-maki-komi
- Yoko-tomoe-nage
- Kata-hiza-te-ouchi-gake-ashi-dori

Shime-waza:

- Kata-ha-jime
- Hadaka-jime
- Kata-te-ashi-koshi-jime
- San-gaku-jime

PERFORMANCE SKILLS

- knowledge of performance forms of selected techniques (see TLP)

Tachi-waza:

- Demonstrate any two variations of Sumi-gaeshi

Ne-waza:

- San-gaku-gatame – complex entry
- San-gaku-jime – complex entry
- San-gaku-osae-gatame – turnover and hold
- Hadaka-jime – Uke prone position
- Kata-ha-jime – Uke “all fours” position

Randori:

- demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

PERSONAL CHOICE 1

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

PERSONAL CHOICE 2

Kata

- demonstrate any three sets of the Nage-no-kata **or** the complete Katame-no-kata **or** the complete Go-no-sen-no-kata.

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.
- give three example infringements for each of the penalties in Article 27

NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be

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either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

3. Kata is offered as personal choice for this grade. Demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

APPENDIX 1 - TERMINOLOGY

Japanese	English Translation	TGS Page
De-ashi-barai	Advancing Foot Sweep	12
Dojo	Judo practice hall	
Gyaku-juji-jime	Reverse Cross Strangle	182
Hadaka-jime	Naked Strangle	183
Hajime	Begin - Referee's command to start a judo contest	
Hane-goshi	Spring Hip	13
Hansoku-make	Disqualification	
Hantei	Decision - Referee's command requesting a decision from the corner judges at the end of a judo contest	
Harai-goshi	Sweeping Hip	15
Hiki-wake	Referee's announcement of a draw at the end of a contest	
Hiza-guruma	Knee Wheel	18
Ippon	Complete point	
Ippon-seoi-nage	One arm shoulder	20
Judogi	Judo uniform	
Judoka	Judo player	
Juji-gatame	Cross armlock	201
Kaeshi-waza	Counter techniques	
Kami-shiho-gatame	Upper four quarters hold	167
Kata-guruma	Shoulder wheel	124
Kata-ha-jime	Single collar strangle	185
Kata-hiza-te-ouchi-gake-ashi-dori	Single knee hand major inside hook	24
Kata-te-ashi-koshi-jime	Single hand leg hip strangle	187
Kata-te-jime	Strangle with one hand	
Kata-uchi-ashi-dori	Single inner leg grab	28
Kesa-gatame	Scarf hold	169
Koshi-guruma	Hip wheel	29
Ko-soto-gake	Minor outer hook	30
Ko-soto-gari	Minor outer reaping	31
Ko-uchi-gake-mata-maki-komi	Minor inner hook thigh winding	33
Ko-uchi-gari	Minor inner reaping	34
Ko-uchi-gake	Minor inner hook	32
Kumi-kata	Engagement position	
Kuzure-kami-shiho-gatame	Broken upper four quarters hold	170
Kuzure-kesa-gatame	Broken scarf hold	171
Kuzure-tate-shiho-gatame	Broken lengthwise four quarters hold	172
Mae Mawari Ukemi	Forward rolling breakfall	
Morote-eri-seoi-nage	Two handed lapel shoulder	37
Morote-gari	Double leg grab	135
Morote-seoi-nage	Two handed shoulder	134
Mune-gatame	Chest hold	175
Nage-komi	Repetitive throwing	

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Nami-juji-jime	Normal cross strangle	191
Ne-waza	Groundwork techniques	
Obi	Belt	
O-goshi	Major hip	42
Okuri-ashi-barai	Double foot sweep	44
Okuri-eri-jime	Sliding collar strangle	192
Osae-komi	Hold down	
Osae-komi-waza	Holding techniques	
Osoto-otoshi	Major outer drop	138
O-uchi-gari	Major inner reaping	50
Randori	Free practice	
Rei	Bow	
Renraku-waza	Combination techniques in the opposite direction	
Renzoku-waza	Combination techniques in the same or similar direction	
Ryo-hiza-seoi-otoshi	Two knee shoulder drop	53
San-gaku-jime	Triangular strangle	194
San-gaku-osae-gatame	Triangular strangle and hold down	
Sasae-tsuri-komi-ashi	Propping drawing ankle	54
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SENIOR KYU GRADE PROMOTION SYLLABUS

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