



Judo Federation of Australia Inc.

**GRADING POLICY,
PROCEDURES and
GUIDELINES MANUAL**

June 2008

Table of Contents

	Page No
SECTION 1. INTRODUCTION.....	3
SECTION 2. GRADING REQUIREMENTS.....	4
SECTION 3. GRADING AUTHORITIES & PROCESSES	9
SECTION 4. METHODS OF ATTAINING A GRADE	12
SECTION 5. TECHNICAL REQUIREMENTS FOR PROMOTION	21
SECTION 6. TECHNICAL REQUIREMENTS FOR MON AND YONEN	23
SECTION 7. TECHNICAL REQUIREMENTS FOR SHONEN	24
SECTION 8. TECHNICAL REQUIREMENTS FOR SEINEN.....	25
SECTION 9. PROMOTION TO MASTER GRADES 6 DAN & ABOVE.....	33
SECTION 10. SUMMARY OF MAJOR TECHNIQUES	37
SECTION 11. SUMMARY OF JUDO KATA.....	46
APPENDIX A - BASIC JUDO TERMINOLOGY	56
APPENDIX B - JFA INC. DAN GRADE APPLICATION FORM	58
AUTHOR ACKNOWLEDGEMENT	63

SECTION 1. INTRODUCTION

The Judo Federation of Australia under the authority of the International Judo Federation governs the sport in Australia. Judo as devised by Professor Jigoro Kano in 1882 encourages dedication to the sport and the development of technical excellence irrespective of age, colour, race or creed.

This manual is binding on all members in all States and Territories of Australia.

Grading authorities, examiners and Instructors are advised that the requirements and standards detailed in this manual are the standards required and in no way bind the grading authority, examiner or instructor from stipulating more stringent standards during gradings. Higher standards lead to improved performance and greater understanding of the art of Judo.

It is important to note that applicants attaining the technical requirements of the grading syllabus do not automatically receive promotion. Attainment of the necessary standards is the final stage of the promotion process and only renders the applicant eligible for promotion, pending the final decision of the Instructor, Examiner or Grading Authority.

Promotions can only be awarded by the JFA Inc. in the manner set out in this manual.

Detailed explanations of grading procedures are set out in this manual.

This manual replaces all previous JFA Inc. Grading Requirement manuals.

SECTION 2. GRADING REQUIREMENTS

2.1 General

The Grading Policy, Procedures and Guidelines contained herein have been approved by the JFA Inc. and adopted by all member States. Instructors and examiners are advised that the Policy, Procedures and Guidelines of this Manual are the MINIMUM standards required for all Judoka applying for promotion.

A grading can only be awarded if:

- a) The candidate is a registered member of a State/Territory body, recognised by the JFA Inc.
- b) The grade is awarded according to the procedures laid down in this manual

2.2 Junior Grades

Junior grades are divided into three age groups. They are Mon (up to 10 years), Yonen (10 years up to 13 years) and Shonen (13 years up to 16 years).

2.3 Senior Grades

Senior grades are awarded to members who are 16 years or older and are divided into three sections. They are Seinen Kyu Grades, Seinen Dan Grades and Seinen Master Dan Grades.

2.4 Grade Divisions and Belt Colours – Kyu Grades

The following table represents the age group divisions and belt colours approved for use throughout the JFA Inc.

Grade	Mon Up to 10 yrs	Yonen 10 to 13 yrs	Shonen 13 to 16 yrs	Seinen 16 and over
Rok Kyu	White Belt	White Belt	White Belt	White Belt
Go Kyu	Yellow Belt 3 White Bars	Yellow Belt 2 White Bars	Yellow Belt 1 White Bar	Yellow Belt
Yon Kyu	Orange Belt 3 White Bars	Orange Belt 2 White Bars	Orange Belt 1 White Bar	Orange Belt
San Kyu	Green Belt 3 White Bars	Green Belt 2 White Bars	Green Belt 1 White Bar	Green Belt
Ni Kyu	Blue Belt 3 White Bars	Blue Belt 2 White Bars	Blue Belt 1 White Bar	Blue Belt
Ik Kyu	Brown Belt 3 White Bars	Brown Belt 2 White Bars	Brown Belt 1 White Bar	Brown Belt

2.5 GRADE DIVISIONS AND BELT COLOURS – DAN GRADES

Grade	Seinen 17 years and over
Shodan	Black Belt
Ni Dan	Black Belt
San Dan	Black Belt
Yon Dan	Black Belt
Go Dan	Black Belt
Roku Dan	Black or Red/White Belt
Shichi Dan	Black or Red/White Belt
Hachi Dan	Black or Red/White Belt
Ku Dan	Black or Red Belt
Ju Dan	Black or Red Belt

2.6 KYU GRADE RECOGNITION

Kyu grades are within each of the four age groups, Mon, Yonen, Shonen and Seinen, as described in **Section 2.3**. The recognition of these relevant age divisions by belt configuration is as follows:

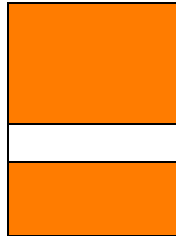
- a. **Mon (Under 10 years)**. Coloured Belt with the relevant colour grade shown as 3 x 1cm wide strips placed 4cm from each end of the belt (as shown).



- b. **Yonen (10 to under 13 yrs)**. Relevant coloured belt with 2 x 1cm wide white strips, placed 4cm from each end of the belt (as shown).



- c. **Shonen (13 to under 16 yrs)** - Relevant coloured belt with 1 x 1cm wide, white strip, placed 1cm apart and 4cm from each end of the belt (as shown).



- d. **Seinen (over 16 yrs)** - Relevant coloured belt only.

2.7 JUNIOR JUDOKA

Junior Judoka, of the rank Shonen San Kyu and below, in localities where judo and other judoka's are limited, may be graded without the mandatory contest points requirements.

However, in these circumstances, grades above the rank of Yon Kyu cannot be awarded at the time of the grading. Recommendations for the award of these grades must be made to the relevant State / Territory Board of Management, with supporting reasons for grading without contest points. The relevant Board of Management must then judge each case on its merits and ratify the awarding of a grade or otherwise. There are no age restrictions apart from those detailed under minimum age and time in rank requirements at **Sections 2.10 and 4.9**.

2.8 DAN GRADES

Dan grades are recognised by the wearing of a black belt or relevant coloured belt as described in the Grade Divisions and Belt Colours at **Section 2.5**.

2.9 JUNIOR AND SENIOR GRADES CONVERSION TABLE

The following table represents the conversion of grades from one age group to the next higher age group.

Mon	Yonen	Shonen	Seinen
Rok Kyu (White)	Rok Kyu (White)	Rok Kyu (White)	Rok Kyu (White)
Go Kyu (Yellow)	Go Kyu (Yellow)	Go Kyu (Yellow)	Go Kyu (Yellow)
Yon Kyu (Orange)	Go Kyu (Yellow)		
San Kyu (Green)	Go Kyu (Yellow)		
Ni Kyu (Blue)	Yon Kyu (Orange)*1	Go Kyu (Yellow)	
Ik Kyu (Brown)	San Kyu (Green) * 1	Go Kyu (Yellow)	
	Ni Kyu (Blue)	Yon Kyu (Orange)*1	Go Kyu (Yellow)
			Ni Kyu (Blue)
			Ik Kyu (Brown)
		Ik Kyu (Brown)	San Kyu (Green)*1
			Ni Kyu (Blue)
			Ik Kyu (Brown)

Note 1:

San Kyu and Yon Kyu grades who have competed in Open competition (for Senior players) or Interclub competition (for Junior and below players) may revert to Yon Kyu when moving to the next higher age group, only on successful completion of a grading for that rank.

Note 2:

In exceptional circumstances a Shonen 1st Kyu may maintain their 1st Kyu at the Seinen Level. The relevant State / Territory Grades Authority will determine a member's suitability on individual merit. A proven contest record is a significant factor in assessing a candidate's eligibility via this pathway.

Note 3:

In exceptional circumstances and with State/Territory endorsement, a 14 year old Shonen may be graded to Shonen 1st Kyu. A proven contest record, supported by the nominating State/Territory will be the determining factor via this pathway.

2.10 KYU GRADES.

The following table details the minimum age requirements, which apply to all Kyu Grades.

Age Group	Grade	Minimum Age
Mon (U/10yrs)	Ni Kyu	8 Years
	Ik Kyu	9 Years
Yonen (U/13yrs)	Ni Kyu	11 Years
	Ik Kyu	12 Years
Shonen (U/16yrs)	Ni Kyu	14 Years
	Ik Kyu	15 Years
Seinen (16yrs +)	All Kyu Grades	16 Years

2.11 CONTEST SERVICE POINTS

Contest / Service points are mandatory for attendance at Gradings for Shonen Ni Kyu and above and Seinen Yon Kyu and above. If the points requirement is not achieved then grading under one of the other forms is the only alternative.

GRADE	CONTEST	SERVICE POINTS
Yon Kyu	20	
San Kyu	30	Sections 4.3B,C,D,E
Ni Kyu	50	define service criteria
Ik Kyu	100	

2.12 OVERSEAS NATIONALS RESIDING IN AUSTRALIA (ONRA)

ONRA who wish to participate in judo will have their grade recognised only if it was awarded by a national organisation recognised by the IJF.

If a grade has been awarded by an organisation other than one recognised by the IJF, it will be mandatory for the judoka to sit an examination for the rank level required in the State or Territory in which he or she resides.

2.12 AUSTRALIAN NATIONALS RESIDING OVERSEAS (ANRO).

ANRO who wish to participate in judo overseas and seek promotion, may only do so with the written permission of the JFA Inc. or their relevant State / Territory Board of Management. In doing so, judoka must have fulfilled the requirements for the grade being attempted as set out in this manual.

SECTION 3. GRADING AUTHORITIES

3.1 GENERAL

Promotion of any judoka can only be awarded by or on behalf of the JFA Inc. or State / Territory Associations that are approved to conduct examinations under the authority of the State / Territory Technical Board.

State / Territory Associations may grant approval to individual Black Belts (Dan Grades) to conduct Gradings as follows:

- a) Authority to examine and promote is given in writing to the individual by the State / Territory Board of Management.
- b) This authority can only be granted for a maximum period of three years, renewable by reapplication to the State / Territory Board of Management pending a favourable performance review of the Examiner.
- c) Authorised Black Belt Examiners (not including Senior Grades Examiners appointed by the JFA Inc can only examine and promote Judoka as follows:
 - i. **1st Dan (Sho Dan)**. Up to and including 2nd Kyu Senior (Seinen).
 - ii. **2nd Dan and Above (Ni Dan and Above)**. Up to and including 1st Kyu Senior (Seinen).

3.2 STATE AND TERRITORY TECHNICAL BOARDS OR GRADING PANELS.

State / Territory Technical Boards and Grading Panels are appointed by the State / Territory Boards of Management.

State / Territory Technical Boards and Grading Panels are authorised to conduct examinations / promotions on behalf of the JFA Inc. as follows:

- a) Applicants for State / Territory Technical Boards and/or Grading Panels must make application to the State / Territory Board of Management in writing detailing the applicant's judo resume.
- b) Applicants must be a minimum grade of 3rd Dan.
- c) Successful applicants are appointed by the State / Territory Board of Management in writing and given authority to examine and promote Judoka within their State/Territory.
- d) This authority can only be granted for a maximum period of two years, renewable by reapplication to the State / Territory Board of Management pending a favourable performance review of the examiner.

3.3 THE DAN GRADING PROCESS.

Applicants complete in full, two (2) JFA Inc. Dan Grade Application Forms. This includes two (2) passport size photographs and the payment of the relevant grading fee. A copy of the grading form for reference and member use is included as an Appendix of this manual.

Applicants need to ensure that they meet the TIME and POINTS requirements relevant to the grade they are seeking to attain. These are outlined in **Sections 4.1, 4.2, 4.3**, of this manual.

Applications are forwarded to the relevant State / Territory Grading Authority, generally a month prior to the grading dates. This allows sufficient time for the verification of applicant details and the organisation of a suitably qualified Grading Authority.

The Grades Convenor will be responsible for the preparation and forwarding of all grading documentation to the appropriate State / Territory Authority, the JFA Inc. Office and National Grades Commission, where necessary.

It is important to document clearly, the candidate's results, together with their certification request and payment details. This vital step will help all to clearly understand requests for a JFA Inc. Certificate and / or the International Judo Federation Certificate.

JFA Inc. certificates will be actioned via the JFA Inc. office and the chairman of the National Grades Commission. IJF certificates will be actioned by the JFA Inc. Office via the Oceania Judo Union.

3.4 PROMOTION TO 4TH DAN GRADES AND ABOVE.

State / Territory Boards of Management may recommend promotion within the Dan ranks up to 3rd Dan.

State / Territory Boards of Management must recommend a candidates promotion for Dan grades 4th Dan and above to the National Grades Commission for consideration and endorsement.

Final ratification rests with the JFA Inc. after the applicant recommendations are forwarded from the National Grades Commission.

3.5 NATIONAL SENIOR GRADES EXAMINERS AND GRADING PANELS.

National Senior Grades Examiners and Grading Panels are authorised to conduct examinations / promotions on behalf of the JFA Inc by appointment of the National Grades Commission within the following criteria:

- a) Applicants for National Senior Grades Examiners and Grading Panels must make application to their State / Territory Board of Management in writing detailing the applicant's Judo resume.
- b) Applicants for National Senior Grades Examiner and Grading Panels are recommended by their State / Territory to the National Grades Commission who in turn make their recommendation to the JFA Inc. for approval.
- c) Applicants must be a minimum grade of 6th Dan.

The JFA Inc. appoints successful applicants in writing.

They have the authority to recommend to the National Grades Commission Dan Grade promotion up to 4th Dan within any Australian State / Territory via the guidelines and procedures outlined in this manual.

This authority can only be granted for a maximum period of four years, renewable by reapplication to the NGC and then the JFA Inc. pending a favourable review of the Examiner.

Examiners and Grading Panels conduct examinations in consultation with the National Grades Commission and grade under the authority of the commission.

Recommendations for Senior Dan Grades must come from the applicant's State / Territory Board of Management and is then forwarded to the National Grades Commission for consideration.

SECTION 4. METHODS OF ATTAINING A GRADE

4.1 GENERAL

There are five methods of obtaining promotion within the sport of Judo. They are as follows:

- a) Contest Points and Knowledge**
- b) Knowledge of the Art with Service to the Sport of Judo**
- c) Knowledge of the Art of Judo.**
- d) Outstanding Achievement in the Sport of Judo**
- e) Batsugan**

Grading requirements for all grade and age levels are shown under Section 5, Technical Requirements For Promotion, later in this manual.

The Dan Grading process aims to reflect the long-term career of a judoka. It is acknowledged that the majority of Dan grades will be obtained via,

- a) Contest Points and Knowledge, or**
- b) Knowledge and Service Points, or**
- c) Knowledge only**

Generally, there is an expectation that judoka will grade up to San Dan via the contest points and knowledge pathway. Judoka who undertake this pathway may apply (when eligible) for promotion to the grades of Roku Dan and above.

Service points in the areas of Administration, Coaching, Refereeing and Team Management are awarded annually to recognise a member's active contribution and further involvement in the sport of Judo. The tables following, outline the methods and allocation of points to be recognised for Dan grade promotion. Generally, members seeking promotion via the service only pathway, are eligible to grade to a maximum of Go Dan.

Members who choose the knowledge only pathway for Dan grades will usually be eligible to grade to a maximum of San Dan.

Applications to vary this requirement must first be submitted to the State or Territory grading authority who will decide whether it is to be submitted to the National Grades Commission for decision.

Applicants should note that the grading authorities will require documented evidence as to why the applicant should be considered for promotion outside the documented criteria published in this manual.

By setting these parameters, the National Grades Commission together with the member States and Territories, will be able to maintain the integrity of the Dan grading process on behalf of the JFA Inc.

4.2 CONTEST POINTS AND KNOWLEDGE

Contest points and knowledge will be the normal way in which judoka are able to seek promotion through the grading system.

A judoka may choose to utilise service points in conjunction with competition points to qualify for a grading examination. Under this method, judoka must have a minimum of 75% of the point's requirement gained within officially **recognised competitions sponsored by the relevant JFA Inc. State or Territory Association**. These competitions must be open to all State and Territory members. Those points the judoka chooses to use outside competition must be gained via the service points schedule detailed under the Knowledge with Service Grading in **Section 4.3**.

Points earned in sanctioned IJF Masters Competitions for judoka over 35 years of age may be considered by the National Grades Commission as evidence of continued involvement in judo competition.

Points are awarded for each bout contested and won. The points allocated to judoka in competition are detailed in the table below:

4.2A TABLE OF CONTEST POINTS AND TIME REQUIREMENTS.

Score Won By	Opponent's Grade				
	Two Grades Below	One Grade Below	Equal Grade	One Grade Above	Two or More Grades Above
Ippon	5	7	10	15	20
Waza-Ari	3	5	7	10	15
Yusei-Gachi	1	3	5	7	10

The table below indicates the minimum time and points requirement needed to be eligible for consideration of progression to the next Dan grade.

4.2B GRADING TIME & POINTS WITH CONTEST TABLE

For Grade of	Time	Points
Shodan	1 year	150
	2 years	100
Nidan	2 years	150
	3 years	100
Sandan	3 years	150
	4 years	100
Yondan	4 years	150
	5 years	100
Godan	5 years	150
	6 years	100
Rokudan	7 years	150
	8 years	100

4.3 KNOWLEDGE OF THE ART WITH SERVICE TO THE SPORT OF JUDO.

This is the main alternative for promotion for those Judoka who are unable to gain points through competition. Generally, this will be for promotion up to Go Dan and an application should be made to the State / Territory Grading Authority and the NGC highlighting service time and points as set out in this section.

This method of attaining promotion requires the Judoka to show dedication through active service via administrative, coaching, refereeing and management appointments as well as the display of knowledge in the Art of Judo.

The areas in which service points can be earned are outlined in the following Administration, Coaching, Refereeing and Team Management tables.

4.3A KNOWLEDGE WITH SERVICE TABLE

For Grade of	Time	Points
Shodan	3 years	150
Nidan	4 years	150
Sandan	5 years	150
Yondan	6 years	150

Points are awarded for each year of **completed active** service support to the sport of Judo. The points allocated to Judoka for active service to Judo are detailed in the table below:

4.3B TABLE OF SERVICE POINTS

Service – Administrative Appointments		
Club	Committee	5
	Executive	10
Region/Zone	Committee	10
	Executive	15
State	Committee	15
	Executive	20
National	Committee	20
	Executive	30

Example – A National Level Executive Administrator is awarded only those points for the specific appointment held (30). Where other appointments are held separately, these points can be claimed.

4.3C TABLE OF SERVICE – COACHING APPOINTMENTS

Service – Coaching Appointments		
Club	Assistant	5
	Head	10
State	Assistant	10
	Head	15
National	Assistant	15
	Head	20
NCAS Sub Level 1		Additional 5
NCAS Level 1		Additional 10
NCAS Level 2		Additional 15
NCAS Level 3		Additional 20

Example – A National Level Head Coach is awarded only those points for the specific appointment held (20). An additional 15 points are awarded for having a NCAS Level 2 **totalling 35 points**. Where other appointments are held separately, these points can be claimed. However, the NCAS points can be claimed only once.

4.3D TABLE OF SERVICE – REFEREEING APPOINTMENTS

B - Service – Refereeing Appointments		
State	C Class	5
	B Class	10
	A Class	15
National	C Class	15
	B Class	20
	A Class	25
Oceania	C Class	25
	B Class	30
	A Class	35
International	Continental Union	40
	A Class	50

Example – An Oceania A Class Referee is awarded those points only for the highest level held (35). Referees must have participated in at least one tournament per year at the appropriate level, and be recognised as competent by the relevant authority. If the example referee (Oceania A Class) actively participated only at National Level, points received would total 25 only.

4.3E TABLE OF SERVICE – TEAM MANAGEMENT APPOINTMENTS

B – Service – Team Management Appointments		
State	Assistant	15
	Manager	20
National	Assistant	20
	Manager	25
International	Assistant	25
	Manager	30

Example – A National Level Manager is awarded only those points for the specific appointment held (25). Where other appointments are held separately, these points can also be claimed.

4.4 KNOWLEDGE OF THE ART OF JUDO

This method of attaining promotion is to be the least common form of grading. Judoka must have a legitimate reason for not being able to participate in competition or being of service to the sport.

Such reasons must be forwarded to the relevant State or Territory Board of Management and then to the NGC under recommendation from a registered Dan grade.

Judoka with Dan grade promotion via the Knowledge pathway will normally only be eligible to progress to the maximum rank of Sandan.

If the judoka is eligible to sit for the examination, they must display significant knowledge of a broad range of aspects of the sport and art of Judo. This will include refereeing theory, practical and theoretical teaching of techniques, demonstration of the relevant Kata/s and other grading requirements outlined in this manual that are relevant to the grade promotion being sought by the candidate.

Any member requesting an exemption from the practical components of a grade examination, must first seek approval from the relevant State / Territory Grading Authority and National Grades Commission.

The relevant State / Territory Grading Authority and National Grades Commission will then decide whether or not the judoka is eligible to be considered for promotion.

4.5 OUTSTANDING ACHIEVEMENT IN THE SPORT OF JUDO AT INTERNATIONAL LEVEL.

This method of promotion is a one off grading opportunity designed to reward those members who have performed to an exceptional standard at an International level over a period of time.

This provides for the recommendation to the National Grades Commission by, State or Territory Boards of Management to award the next higher grade to members who perform thus:

- a) Competitive players who gain 1st Place (Gold Medal), 2nd Place (Silver Medal), 3rd Place (Bronze), at an A Category IJF Championship.
- b) Competitive players who gain 1st Place (Gold Medal) or 2nd Place (Silver Medal) at a B Category IJF Championship.
- c) Officials (Team Managers, Coaches, Referees, Appointees to IJF Commissions or Boards) who have served with distinction at International level A for a minimum period of 5 years.
- d) It is the responsibility of the state or territory body endorsing the nomination to provide a complete record of the member's performance.
- e) Dan grades awarded by this process are to be ratified by the National Grades Commission and JFA Inc.

Judoka, who have made a significant contribution to the sport through their dedicated commitment in service over a long period of time, or by a contribution that is otherwise not recognised in this manual, may be given consideration for the award of Ik kyu, Sho Dan or the next higher grade up to Yon Dan.

Nominations for this award are to be forwarded to the National Grades Commission for their consideration and ratification. These nominations must be recommended by at least a Ni Dan and further recommended by the relevant State or Territory Technical Board.

This award is a once only recognition and is not to be made in conjunction with any other grade recognition.

This service award can only be granted in the following circumstances:

- a) The person being awarded is a recognised Judoka who has previously been graded to the rank of Seinen Ni Kyu.
- b) The award can only be to the next grade being Ik Kyu, Sho Dan or the next higher grade to a maximum of Yon Dan.
- c) Meritorious or particularly noteworthy service must be in evidence as judged by the National Grades Commission; and
- d) The award is only to be initiated by a third party and not progressed by the individual for whom recognition is being sought.

4.6 BATSUGAN

Batsugan promotion may be attained by either:

a) Tournament Batsugan

Five (5) consecutive wins over the entire course of an approved JFA Inc. tournament against different opponents of the same grade or higher. The wins must all be by Ippon.

b) Kohaku Koten Shiai

For promotion to 1st Dan: Minimum of six (6), 1st Kyu competitors. The judoka are arranged in order of promotion points and weight and the least qualified judoka competes first, against each of the others in turn, for as long as that judoka continues to defeat them by Ippon.

Contest time is five (5) minutes per match.

At any time when the judoka undertaking a Batsugan does not win by Ippon, the Batsugan ends and that judoka returns to the line up. Each of the six judoka is allowed their own Batsugan.

The recognition of a Batsugan Grade involves the same application and approval process outlined in this manual, in particular, having the appropriate time in grade eligibility.

4.7 MINIMUM AGE REQUIREMENTS

Kyu Grades.

The following table details the minimum age requirements, which apply to all kyu grades:

Age Group	Grade	Minimum Age
Mon (U/10yrs)	Ni Kyu	8 Years
	Ik Kyu	9 Years
Yonen (U/13yrs)	Ni Kyu	11 Years
	Ik Kyu	12 Years
Shonen (U/16yrs)	Ni Kyu	14 Years
	Ik Kyu	15 Years

4.8 DAN GRADES.

The following table details the minimum time requirements, which apply to Dan Grades graded by the following methods

- a) Contest Points and Knowledge
- b) Knowledge and Service Points
- c) Knowledge only

Members seeking promotion via the Knowledge and Service only pathway can only be promoted to a maximum grade of Go Dan. **Refer to Section 4.3**

Members seeking promotion via the Knowledge only pathway can normally only be promoted to a maximum grade of San Dan. **Refer to Section 4.3**

4.9 TIME IN RANK REQUIREMENTS

Minimum financial time in Rank is that period in which the Judoka must have maintained the current grade worn before being able to be promoted to the next grade. This is defined in Section 4.11.

The following table represents the minimum financial time in grade between ranks.

Age Group	Grade	Minimum Time in Rank			
		a) Contest Points and Knowledge		b) Service and Knowledge	c) Knowledge only
Mon	San Kyu	6 months		6 months	6 months
	Ni Kyu	12 months		12 months	12 months
Yonen	San Kyu	6 months		6 months	6 months
	Ni Kyu	12 months		12 months	12 months
Shonen	San Kyu	6 months		6 months	6 months
	Ni Kyu	12 months		12 months	12 months
Seinen	Ni Kyu	6 months		6 months	12 months
	Ik Kyu	12 months		12 months	2 years
	Sho Dan	1 Year		3 years	5 years
	Ni Dan	2 years		4 years	6 years
	San Dan	3 years		5 years	
	Yon Dan	4 years		6 years	
	Go Dan	5 years			
	Roku Dan	<u>A</u> 7yrs	<u>B</u> 8yrs	<u>C</u> 9yrs	<u>D</u> 10yrs
	Shichi Dan	<u>A</u> 8yrs	<u>B</u> 9yrs	<u>C</u> 10yrs	
	Hachi Dan	<u>A</u> 10yrs	<u>B</u> 15yrs		

Note 1: For Senior Dan Grades, Roku Dan and above please refer to Section 9.2 for detailed explanation of the designated pathways for Master Dan Grade promotion.

Note 2: Promotion to Ku Dan and Ju Dan will follow the International Judo Federation (IJF) Guidelines.

CONTEST SERVICE POINTS SCHEDULE

Kyu	Points
4	20
3	30
2	50
1	100
Dan	Points
1	150
2	150
3	150
4	150
5	150
6	150
7	150

4.11 FINANCIAL CURRENCY AND ACTIVE PARTICIPATION.

The applicant must have a cumulative total of financial years in grade equal to the minimum time in grade required for promotion. The member must have been participating in the sport of judo unless being graded by the *Knowledge Only* method.

SECTION 5 TECHNICAL REQUIREMENTS FOR PROMOTION

5.1 GENERAL

The technical standards of the Kodokan are the accepted standards of the JFA Inc. However, the knowledge of Judo techniques is always expanding. Examiners must be cognisant of these changes and not necessarily confine the examination to specific texts. An example of this is the acceptance and knowledge of Shimmeiso No Waza.

5.2 BASIC KNOWLEDGE REQUIREMENTS

The following are considered as the basic requirements for knowledge in Judo:

- a) Name of the Mother School
- b) Location and the start date for Judo
- c) The purpose of falling - Ukemi Waza
- d) Dojo hygiene and etiquette
- e) The purpose of warming up and cooling down exercises
- f) Elementary Judo terminology which is included as Appendix A
- g) Wearing and folding of the judogi
- h) The forms of sitting and salutation
- i) The fundamentals of and ability to demonstrate the following:
 - (i) Forms of Unbalancing - Kuzushi
 - (ii) Proper Grappling of the Judogi - Kumikata
 - (iii) Posture
 - (iv) Body Movement and Walking
 - (v) Pivoting - Tai Sabaki
 - (vi) Elements of a Throw – Kuzushi, Tsukuri and Kake.

5.3 NAGE WAZA (THROWING TECHNIQUES)

It should be recognised that many throws have different forms of execution which depend on the physique of the judoka and the methods of instruction used by the judoka's coach. In general, the techniques of the Go Kyo No Waza should be examined, noting that not all techniques are contained within the Go Kyo No Waza.

5.4 OSAE KOMI WAZA (HOLD DOWN TECHNIQUES)

Osae Komi Waza Techniques to be demonstrated are those documented by the Kodokan. The levels and standards to be achieved are consistent with the grade being attempted. Senior grades must be expected to show a higher degree of understanding when performing Osae Komi Waza.

5.5 SHIME WAZA (STRANGULATION TECHNIQUES)

Shime Waza techniques to be demonstrated are those documented by the Kodokan. Shime Waza is not normally taught to judoka below Seinen. Ik Kyu and Ni Kyu Shonen may be taught Shime Waza as a method of introduction to Seinen techniques. This is preferred, but care must be taken to ensure that junior judoka are aware of the dangers when applying these techniques. Senior grades must be expected to show a higher degree of understanding when performing Shime Waza.

5.6 KANSETSU WAZA (ARMLOCK TECHNIQUES)

Kansetsu Waza techniques to be demonstrated are those documented by the Kodokan. Kansetsu Waza is not normally taught to judoka below Seinen. Ik Kyu and Ni Kyu Shonen may be taught Kansetsu Waza as a method of introduction to Seinen techniques. This is preferred, but care must be taken to ensure that junior judoka are aware of the dangers when applying these techniques. Senior grades must be expected to show a higher degree of understanding when performing Kansetsu Waza.

5.7 KAESHI WAZA (COUNTER TECHNIQUES)

Kaeshi Waza techniques are expected to be demonstrated by Seinen. Increasing levels of knowledge must be shown for more senior grades. A list of indicative techniques for the first and second Go Kyo No Waza are attached at Appendix A. Judoka should not be limited by this list. These techniques are provided to show the principles of Kaeshi Waza and many different variations are possible.

5.8 RENRAKU WAZA (COMBINATION TECHNIQUES)

Renraku Waza techniques are expected to be demonstrated by Seinen. Increasing levels of knowledge must be shown for more senior grades. A list of indicative techniques for the first and second Go Kyo No Waza are included in Section 10.7. Judoka should not be limited by this list. These techniques are provided to show the principles of Renraku Waza and many different variations are possible.

5.9 HAIRI KATA AND NOGARE KATA (ENTRY AND ESCAPE TECHNIQUES FOR GROUND TECHNIQUES)

Hairi and Nogare Katas techniques are wide and varied in application and technique. These techniques are constantly under development and open to individual interpretation of the techniques. Examiners must be aware of these factors and should not be limited to their interpretation or assessment of these techniques.

5.10 KATA (PREARRANGED FORMS)

A sound knowledge of Kata must be demonstrated by senior judoka. A detailed list of all Kata is documented in Section 11. Kata will often vary according to the individual judoka; however, all the principles of the relevant Kata must be performed to a high standard for judoka to pass an examination for promotion.

SECTION 6 TECHNICAL REQUIREMENTS FOR MON AND YONEN

The technical requirements for Mon and Yonen are the same. The particular techniques to be known are not specified and can be chosen by the club coach, however, the techniques must be from the 1st and 2nd Go Kyo No Waza.

Contest points are not required for the grading of Mon and Yonen, however, effective Randori must be shown, particularly for the higher Kyu grades.

The requirements are as follows:

- a) **Rok Kyu.** This grade is given to those Judoka who have commenced the sport of Judo, have a Judogi and are registered members of the State / Territory organisation of the JFA Inc.
- b) **Go Kyu.** The following are the requirements for examination:

Examination Category	Number of Techniques	Specific Requirements
Nage Waza	2	Selected from the 1 st Kyo only
Osae Komi Waza	1	

-
-
- c) **Yon Kyu.** The following are the requirements for examination:

Examination Category	Number of Techniques	Specific Requirements
Nage Waza	4	Selected from the 1 st Kyo only
Osae Komi Waza	2	

-
-
-
- d) **San Kyu.** The following are the requirements for examination:

Examination Category	Number of Techniques	Specific Requirements
Nage Waza	6	Selected from the 1 st Kyo only
Osae Komi Waza	3	

e) **Ni Kyu.** The following are the requirements for examination:

Examination Category	Number of Techniques	Specific Requirements
Nage Waza	8	2 Techniques may be selected from the 2 nd Kyo
Osae Komi Waza	4	
Randori		Effective Randori must be shown against 3 opponents of similar experience during the process of the examination

f) **Ik Kyu.** The following are the requirements for examination:

Examination Category	Number of Techniques	Specific Requirements
Nage Waza	12	Selected from the 1 st and 2 nd Go Kyo only
Osae Komi Waza	5	
Randori		Effective Randori must be shown against 5 opponents of similar experience during the process of the examination

SECTION 7 TECHNICAL REQUIREMENTS FOR SHONEN

The technical requirements for Shonen are the same as for Seinen except for Kata, Shime Waza and Kansetsu Waza. Shime Waza and Kansetsu Waza have been excluded because of the inherent danger of the techniques to anatomy and the understanding required by Judoka when practicing and applying these techniques.

Older Shonen can be taught these techniques in accordance with the examination syllabus shown, to aid in the transition to Seinen grades.

Contest / Service points are required for the grading for Yon Kyu and above.

SECTION 8 TECHNICAL REQUIREMENTS FOR SEINEN

The minimum age for Seinen is 16 years of age. The senior grade requirements are as follows:

- a) **Rok Kyu.** This grade is given to those Judoka who have commenced the sport of Judo, have a Judogi and are registered **members of the State / Territory organisation of the JFA Inc.**
- b) **Go Kyu.** This grade is awarded to those Judoka who have gained competence in Ukemi Waza and display a basic understanding of the fundamentals of Judo which includes, standing posture, kuzushi (breaking balance), training methods, the history of Judo and Judo terminology (included in the rear of this manual). In addition, below, are the requirements for examination:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	8	Selected from 1 st Kyo only
Osae Komi Waza	4	
Turn Over Techniques	2	
Moving Past the Legs	2	
Shime Waza	2	
Kansetsu Waza	2	

- c) **Yon Kyu.** This grade is awarded to Judoka who have an increased knowledge of techniques and can display the basic techniques with speed, control and style. Judoka must also display improved capacity in Ukemi Waza to ensure protection against throws in Randori and/or competition. In addition, the following are the requirements for examination:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	8	2 techniques may be selected from the 2 nd Kyo
Osae Komi Waza	4	Judoka must demonstrate escapes to at least 2 techniques
Turn Over Techniques	2	
Moving Past the Legs	2	
Shime Waza	2	
Kansetsu Waza	2	

- d) **San Kyu:** This grade is awarded to Judoka who display increased capability to demonstrate techniques with speed, control and style. The judoka should also be able to demonstrate techniques on both sides. In addition, the following are the requirements for examination:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	16	3 techniques may be selected from the 3 rd Kyo
Osaekomi Waza	6	Judoka must display escape techniques to 4 techniques
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	4	Judoka must display 2 methods of neutralising Shime Waza
Kansetsu Waza	4	Judoka must display 2 methods of neutralising Kansetsu Waza

- e) **Ni Kyu:** Judoka must show improved capability to demonstrate throwing techniques, combination and counter techniques. The Judoka should also be able to demonstrate techniques on both sides. In addition, the following are the requirements for examination:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	24	4 techniques may be selected from the 4 th Go Kyo
Osaekomi Waza	6	Judoka must display escape techniques to 5 techniques
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	5	Judoka must display 2 methods of neutralising Shime Waza

Kansetsu Waza	5	Judoka must display 2 methods of neutralising Kansetsu Waza
Renraku Waza	4	
Kaeshi Waza	4	

Ik Kyu: Judoka should be able to demonstrate very good skills for the broad range of examination requirements as follows:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	32	4 techniques may be selected from the 5 th Go Kyo
Osaekomi Waza	6	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	6	
Kansetsu Waza	6	
Renraku Waza	6	
Kaeshi Waza	6	
Kata	Nage No Kata	Sets 1 to 3 of the Kata as Tori

- f) **Sho Dan:** Sho Dan is the first of the degrees in Judo. As such, all Judoka must perform and be prepared to explain the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	
Osaekomi Waza	6	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	6	
Kansetsu Waza	6	
Renraku Waza	8	All techniques from the 1 st Go Kyo
Kaeshi Waza	8	All techniques from the 1 st Go Kyo
Kata	Nage No Kata	All sets of the Kata as Tori
Additional Knowledge	Refereeing and Coaching	Judoka will be required to sit a theoretical refereeing paper and be able to explain coaching principles where requested. Knowledge only applicants will require a greater understanding of these categories.

g) **Ni Dan:** As for Sho Dan. Judoka should be prepared to demonstrate increased knowledge of all techniques.

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	
Osaekomi Waza	6	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	6	
Kansetsu Waza	6	
Renraku Waza	8	Techniques may be chosen from the 1 st and 2 nd Go Kyos
Kaeshi Waza	8	Techniques may be chosen from the 1 st and 2 nd Go Kyos
Kata	Nage No Kata Katame No Kata	All sets of both Kata as Tori
Additional Knowledge	As for Sho Dan	

h) **San Dan:** As for Ni Dan. Judoka should be prepared to demonstrate increased knowledge of all techniques.

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	
Osaekomi Waza	6	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	6	
Kansetsu Waza	6	
Renraku Waza	8	Techniques may be chosen from the 1 st and 2 nd Go Kyos
Kaeshi Waza	8	Techniques may be chosen from the 1 st and 2 nd Go Kyos
Kata	Nage No Kate Katame No Kata	All sets of both Kata as Tori and Uke
Additional Knowledge	As for Sho Dan	

- i) **Yon Dan:** As for San Dan. Judoka should be prepared to demonstrate increased skill and knowledge of all techniques.

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	An additional 6 techniques must be shown from the Shimmeisho No Waza
Osaekomi Waza	8	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	8	
Kansetsu Waza	8	
Renraku Waza	8	Techniques may be chosen from the 1 st to 3 rd Go Kyos
Kaeshi Waza	8	Techniques may be chosen from the 1 st to 3 rd Go Kyos
Kata	Nage No Kata Katame No Kata	All sets of the both Kata as Tori and Uke
Additional Knowledge	As for Sho Dan	

- j) **Go Dan:** As for Yon Dan. Judoka should be prepared to demonstrate increased skill and knowledge of all techniques.

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	An additional 6 techniques must be shown from the Shimmeisho No Waza
Osaekomi Waza	8	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	8	
Kansetsu Waza	8	
Renraku Waza	10	Techniques may be chosen from the 1 st to 4 th Go Kyos
Kaeshi Waza	10	Techniques may be chosen from the 1 st to 4 th Go Kyos
Kata	Kime No Kata	All sets of the Kime No Kata as Tori and Uke
Additional Knowledge	As for Sho Dan	

SECTION 9 PROMOTION TO MASTER GRADES 6 DAN & ABOVE

The promotion to the Judo Master Grades of 6th Dan and above is awarded on the basis of outstanding achievement and service at National and International levels of activity during the candidate's Judo career.

Members seeking promotion to Master Grades 6th Dan and above can only do so if they have obtained a minimum JFA Inc. Contest Grade up to and including San Dan.

Nomination for promotion to these grades will be via the Dan Grade Application Form together with a historical profile record of the candidate's judo career.

In considering nominated candidates for promotion, the profile record of the candidate shall be examined before any recommendation for examination or promotion is effected. The National Grades Commission may, at its sole discretion, require the nominated candidate to undertake special examination in Judo technique, Kata, Judo history, rules of competition or grading requirements. Current contest ability is not a pre-requisite for promotion in this category, however success in special events shall be given appropriate recognition and relevance in determining advancement in grade.

9.1 GENERAL REQUIREMENTS

- a) Proof of active and continuous membership for the period required (Refer to Time in Grade).
- b) A minimum competitive JFA Inc. grade of San Dan (3rd Dan) or equivalent.
- c) At least 20 years active membership of the JFA Inc. or equivalent.
- d) At least 40 years of age.

9.2 TIME IN GRADE

There are four (4) designated pathways for a Master Dan Grade Promotion.

A Class – Olympic Level

B Class – International Level

C Class – Continental Union Level

D Class – National Level

These pathways cater for members who have competition, refereeing, administration and coaching involvement on a continuum from National to Olympic level. The tables below indicate the Time in Grade requirements.

Candidates are required to provide full authentication of positions held or achievements in support of their application for examination / promotion.

5th Dan applying for 6th Dan – Time in Grade			
A Class	B Class	C Class	D Class
7 years	8 years	9 years	10 years

6th Dan applying for 7th Dan – Time in Grade			
A Class	B Class	C Class	D Class
8 years	9 years	10 years	

7th Dan applying for 8th Dan - Time in Grade			
A Class	B Class	C Class	D Class
10 years	15 years		

9.3 PROMOTION LEVEL QUALIFICATIONS FOR MASTER DAN GRADE 6TH DAN & ABOVE

A Class – Olympic / International Level Qualification
Contest participation in Olympic Games or World Championships and attaining a 1 st , 2 nd , 3 rd , 5 th , 7 th or 9 th place.
Referee participation in Olympic Games or World Championships as IJF appointed referee (minimum of 3 events)
International Judo Federation Executive Member (minimum of 4 years)
Coach in Olympic Games or World Championships (minimum of 3 events)

B Class - International Level Qualification
Contest participation in major International Tournaments categorised by the IJF and attaining medal or certificate placing in the first 5 places
Referee (IJF “A” or “B” class) in IJF classified International Championships (minimum of 5 events)
IJF Commissioner (minimum 4 years)
Appointed National Coach of National Judo Teams to major International Tournaments (minimum 4 events)

C Class - Continental Union Level Qualification
Contest participation in a Continental Union Championships attaining 1 st , 2 nd or 3 rd place medal
OJU Executive member (minimum of 4 years)
OJU Commissioner (minimum 4 years)
OJU “A” Referee officiating at Union or above tournaments (minimum 3 events)
Appointed National Coach of National Judo Teams (minimum 4 years)

D Class - National Level Qualification	
Contest participation in a National Championships attaining 1 st , 2 nd or 3 rd place medal in senior categories	
National Referee or Coach, officiating at National Senior events (minimum of 5 events over not less than 5 years)	
Judo Federation of Australia Inc. Director (minimum 5 years)	
Specially nominated Australian members, proposed by the National Grades Commission	

Master Dan Grade Promotion Criteria

For 6th Dan	Age	40 years or more
	Time	Time in Grade as 5 th Dan
	Points	
	150	7 years rated in "A" Class (Olympic/International)
	150	8 years rated in "B" Class (International)
	150	9 years rated in "C" Class (Union)
	150	10 years rated in "D" Class (Union)
	Kata	Goshin Jitsu or Ju no Kata
	Nomination	Recommended by NGC for JFA Inc. approval

For 7th Dan	Age	50 years or more
	Time	Time in Grade as 6 th Dan
	Points	
	150	8 years rated in "A" Class (Olympic/International)
	150	9 years rated in "B" Class (International)
	150	10 years rated in "C" Class (Union)
	Kata	Koshiki no Kata or agreed to Kata from the NGC
	Nomination	Recommended by NGC for JFA Inc. approval

For 8th Dan	Age	60 years or more
	Time	Time in Grade as 7 th Dan
	Points	
	150	10 years rated in "A" Class (Olympic/International)
	150	15 years rated in "B" Class (International)
	Kata	Itsutsu no Kata or agreed to Kata from the NGC
	Nomination	Recommended by NGC for JFA Inc. approval

Promotion to 9th and 10th Dan will follow the International Judo Federation (IJF) Guidelines.

SECTION 10 SUMMARY OF MAJOR TECHNIQUES

10.1 GO KYO NO WAZA (TRADITIONAL THROWING TECHNIQUES)

The Go Kyo No Waza is divided into five groups of eight throws. Techniques should always be executed with more emphasis on control, style and finish, rather than absolute speed. Apart from the requirement for speed, the Go Kyo No Waza should be displayed with all of the requirements that would constitute the awarding of an Ippon during competition.

Judoka being examined for more senior grades should be able to perform Go Kyo No Waza techniques whilst on the move, so as to demonstrate a greater understanding of the body dynamics and requirements of Kuzushi (breaking balance). Greater knowledge of variations to techniques is also expected (all methods of promotion) and Judoka should also be able to explain and demonstrate the practical requirements to instruct on the teaching elements of techniques (mandatory for Knowledge Only Examinees).

The **Go Kyo No Waza** is shown below:

1st Go Kyo

Technique	English Translation
De Ashi Harai	Advanced Foot Sweep
Hiza Guruma	Knee Wheel
Sasae Tsurikomi Ashi	Propping Drawing Ankle Throw
Uki Goshi	Floating Hip Throw
O Soto Gari	Major Outer Reaping Throw
O Goshi	Major Hip Throw
O Uchi Gari	Major Inner Reaping Throw
Seoi Nage	Shoulder Throw

2nd Go Kyo

Technique	English Translation
Ko Soto Gari	Minor Outer Reaping Throw
Ko Uchi Gari	Minor Inner Reaping Throw
Koshi Guruma	Loin Wheel
Tsurikomi Goshi	Lifting Pulling Hip Throw
Okuri Ashi Harai	Sweeping Ankle Throw
Tai Otoshi	Body Drop
Harai Goshi	Sweeping Hip Throw
Uchi Mata	Inner Thigh Throw

3rd Go Kyo

Technique	English Translation
Ko Soto Gake	Minor Outer Hook
Tsuri Goshi	Lifting Hip Throw
Yoko Otoshi	Side Drop
Ashi Guruma	Leg Wheel
Hane Goshi	Spring Hip Throw
Harai Tsuri Komi Ashi	Sweeping Drawing Ankle Throw
Tomoe Nage	Stomach Throw
Kata Guruma	Shoulder Wheel

4th Go Kyo

Technique	English Translation
Sumi Gaeshi	Corner Throw
Tani Otoshi	Valley Drop
Hane Makikomi	Outer Winding Spring Throw
Sukui Nage	Scooping Throw
Utsuri Goshi	Changing Hip Throw
O Guruma	Major Wheel
Soto Makikomi	Outer Winding Throw
Uki Otoshi	Floating Drop

5th Go Kyo

Technique	English Translation
O Soto Guruma	Major Outer Wheel
Uki Waza	Floating Throw
Yoko Wakare	Side Separation
Yoko Guruma	Side Wheel
Ushiro Goshi	Rear Hip Throw
Ura Nage	Rear Throw
Sumi Otoshi	Corner Drop
Yoko Gake	Side Hook

10.2 SHIMMEISHO NO WAZA (ADDITIONAL THROWING TECHNIQUES)

The Shimmeisho No Waza is made up of an additional 17 throws recognised by the Kodokan. These throws are in addition to the variations of those throws currently recognised within the Go Kyo No Waza. For example, Seoi Nage (1st Go Kyo) can be executed in the forms of either Morote Seoi Nage or Ippon Seoi Nage. Both forms of the throw are legitimate within the Go Kyo No Waza as variations of Seoi Nage and do not constitute a separate form of throw within the Shimmeisho No Waza. Execution of the techniques within the Shimmeisho No Waza during the examination should be conducted in the same manner as the Go Kyo No Waza techniques.

All Judoka being examined for Dan grades should be able to demonstrate techniques from the Shimmeisho No Waza, which is shown below:

TE WAZA (Hand Techniques)	
Technique	English Translation
Morote Gari	Two Hand Reap
Kuchiki Taoshi	One Hand Drop
Kibusi Gaeshi	Heel Trip
Uchi Mata Sukashi	Inner Thigh Reaping Throw Slip

KOSHI WAZA (Hip Techniques)	
Dakiage	High Lift (No longer performed during tournaments or in Randori)

ASHI WAZA (Foot Or Leg Techniques)	
Tsubame Gaeshi	Swallow Counter (De Ashi Harai counter to De Ashi Harai)
O Soto Gaeshi	Major Outer Reaping Counter Throw
O Uchi Gaeshi	Major Inner Reaping Counter Throw
Ko Uchi Gaeshi	Minor Inner Reaping Counter Throw
Harai Goshi Gaeshi	Sweeping Hip Counter
Hane Goshi Gaeshi	Spring Hip counter
Uchi Mata Gaeshi	Inner Thigh Reaping Throw Counter

YOKO SUTEMI WAZA (Side Sacrifice Techniques)	
O Soto Makikomi	Major Outer Winding Throw
Uchi Mata Makikomi	Inner Thigh Winding Throw
Harai Makikomi	Sweeping Hip Winding Throw

ILLEGAL TECHNIQUES – YOKO SUTEMI WAZA (Side Sacrifice Techniques)	
Kani Basami	Scissors Throw
Kawazu Gake	One Leg Entanglement

ADDITIONAL TECHNIQUES (Shimmeisho No Waza)	
Seoi Otoshi	Shoulder Drop
Obi Otoshi	Belt Throw
Kouchi Gaeshi	Minor Inner Trip
Yama Arashi	Mountain Storm
Sode Tsuru Komi Goshi	Sleeve Lift Pull Hip Throw
O Soto Otoshi	Major Outer Drop
Ken Ken Uchi Mata	Hopping Inner Thigh Throw
Hikkomi Gaeshi	Take Down Technique
Tawara Gaeshi	Rice Bale Throw
Daki Wakare	
Ichi Makikomi	Inner Winding Technique

10.3 OSAE KOMI WAZA (HOLD DOWN TECHNIQUES)

Osae Komi Waza utilises many different methods of restraining an opponent on the ground. Each technique executed during examination should exemplify the particular attributes of the technique. Of most importance is the maintenance of control of an opponent on entry into and during the execution of the technique, to prevent the opponent from escaping.

Judoka being examined for more senior grades should be able to perform these techniques and maintain control over the opponent whilst transitioning from one hold down technique to another. To facilitate this the Osae Komi Waza is written in a progressive form, from Kesa Gatame (Scarf Hold) through all techniques around the body in a clockwise direction concluding with Kata Gatame.

OSAE KOMI WAZA (Hold Down Techniques)	
Technique	English Translation
Kesa Gatame	Scarf Hold
Kuzure Kesa Gatame	Broken Scarf Hold
Kuzure Kami Shiho Gatame	Broken Upper Four Quarter Hold
Kami Shiho Gatame	Upper Four Quarter Hold
Ushiro Kese Gatame	Reverse Scarf Hold
Kuzure Yoko Shiho Gatame	Broken Side Four Quarters Hold
Yoko Shiho Gatame	Side Four Quarters Hold
Tate Shiho Gatame	Vertical Four Quarters Hold
Kuzure Tate Shiho Gatame	Broken Four Quarters Hold
Kata Gatame	Shoulder Hold

ADDITIONAL TECHNIQUES	
Technique	English Translation
Tate Sankaku Gatame	Lengthwise Triangular Hold
Kami Sankaku Gatame	Upper Triangular Hold

10.4 SHIME WAZA (STRANGULATION TECHNIQUES)

Shime Waza, as previously described is dangerous and potentially fatal. All Judoka must ensure that techniques are performed with care and with due regard to their grading partner. Unlike competition, the performance of Shime Waza under grading conditions is designed to examine the Judoka's technical knowledge and expertise of the techniques, for without these, application of Shime Waza in competition will be invariably poor or ineffectual.

Judoka being examined for more senior grades should be prepared to explain the differences between Shime Waza applied as a strangle and that which is applied as a choke. In addition, Dan grades examinations may include the requirements to explain the basic first aid principles to revive Judoka, who may have succumbed to the effects of Shime Waza.

Shime Waza Techniques are detailed below:

Technique	English Translation
Nami Juji Jime	Normal Cross Lock
Gyaku Juji Jime	Reverse Cross Lock
Kata Juji Jime	Half Cross Lock
Hadaka Jime	Naked Arm Lock
Okuri Eri Jime	Sliding Lapel Lock
Kata Ha Jime	Single Wing Lock
Sankaku Jime	Triangular Lock
Yoko Sankaku Jime	Side Triangular Lock
Ura Sankaku Jime	Rear Triangular Lock
Mae Hadaka Jime	Front Triangular Lock
Ryote Jime	Both Hand Lock
Sodeguruma Jime	Sleeve Looping Lock
Tsukomi Jime	Lapel Thrust Lock

10.5 KANSETSU WAZA (ARMLOCK TECHNIQUES)

Kansetsu Waza, as previously described is dangerous and can result in serious injury to Judoka. All judoka must ensure that techniques are performed with care and with due regard to their grading partner. Unlike competition, the performance of Kansetsu Waza under grading conditions is designed to examine the judoka's technical knowledge and expertise of the techniques, for without these, application of Kansetsu Waza in competition will invariably be poor or ineffectual.

Judoka being examined for more senior grades should be prepared to demonstrate alternative methods of execution for Kansetsu Waza.

Kansetsu waza techniques are detailed below:

Technique	English Translation
Ude Hishigi Juji Gatame	Cross Armlock
Ude Garami	Entangled Armlock
Ude Hishigi Ude Gatame	Elbow Lock
Ude Hishigi Hiza Gatame	Knee Armlock
Waki Gatame	Armpit Armlock
Ude Hishigi Hara Gatame	Stomach Armlock
Ude Hishigi Zempaku Gatame	Forearm Armlock
Ude Hishigi Sankaku Gatame	Triangular Armlock
Kesa Garami	Holding Armlock
Gyaku Juji Gatame	Reverse Cross Armlock
Kuzure Kami Shiho Garami	Upper Four Quarter Armlock
Ohten Gatame	Lateral Turning Entangled Armlock

10.6 RENRAKU WAZA (COMBINATION TECHNIQUES)

Renraku or Renzoku Waza is fundamental to a judoka's success in competition. It should be taught to students as early as possible.

Judoka undertaking examination for senior promotion must be able to show the fundamentals of Renraku Waza. As with the performance of Nage Waza, the execution of Renraku Waza should concentrate on control, technique and finish, rather than absolute speed. In addition to these aspects of the execution, judoka must also display flow and logical progression from one technique to the next. That is, Renraku Waza must be based on the premise of Uke's reaction to the preliminary technique and subsequent weaknesses to another technique as a result of that action.

The choice of follow up throw from a preliminary throw will vary, depending upon the individual stature and physique of the judoka. Although not exhaustive and by no means the technically perfect solution, shown below is a list of the Renraku Waza for the throws of the 1st and 2nd Kyo.

1st Go Kyo

Preliminary Technique	Follow up Technique
De Ashi Harai	Tai Otoshi / Harai Goshi
Hiza Guruma	Hiza Guruma / Okuri Ashi Harai
Sasae Tsurikomi Ashi	Ko Uchi Gari / Sasae Tsuru Komi Ashi
Uki goshi	Harai Goshi / O Uchi Gari
O Soto Gari	O Soto Guruma / Yoko Wakare
O Goshi	Harai Goshi / Uchi Mata
O Uchi Gari	Ko Uchi Gari / Sumi Gaeshi
Seoi Nage	Seoi Otoshi / O Uchi Gari

2nd Go Kyo

Preliminary Technique	Follow Up Technique
Ko Soto Gari	Ko Uchi Gari / Sasae Tsuru Komi Ashi
Ko Uchi Gari	O Uchi Gari / Tai Otoshi
Koshi Guruma	Soto Makikomi / Tai Otoshi
Tsuru Komi Goshi	Soto Makikomi / Sasae Tsuru Komi Ashi
Okuri Ashi Harai	Tai Otoshi / Sasae Tsuru Komi Ashi
Tai Otoshi	O Uchi Gari / O Guruma
Harai Goshi	Seoi Otoshi / Harai Makikomi
Uchi Mata	Tai Otoshi / Ko Uchi Gari

10.7 KAESHI WAZA (COUNTER TECHNIQUES)

Like Renraku Waza, Kaeshi Waza is fundamental to a judoka's success in competition. It should be taught to students as early as possible.

Judoka undertaking examination for senior promotion must be able to show the fundamentals of Kaeshi Waza. As with the performance of Nage Waza, the execution of Kaeshi Waza should concentrate on control, technique and finish, rather than absolute speed. In addition to these aspects of the execution, judoka must also display flow and logical progression from one technique to the next. That is, Kaeshi Waza must be based on the premise of Uke's preliminary technique and subsequent weaknesses to a counter technique.

The choice of counter throw to a preliminary throw will vary, depending upon the individual stature and physique of the judoka. Although not exhaustive and by no means the technically perfect solution, shown below is a list of the Kaeshi Waza for the throws of the 1st and 2nd Kyo.

1st Go Kyo

Preliminary Technique	Counter Technique
De Ashi Harai	Tsubame Gaeshi / Tai Otoshi
Hiza Guruma	Hiza Guruma / Sasae Tsuru Komi Ashi
Sasae Tsuru Komi Ashi	Sasae Tsuru Komi Goshi / Yoko Gake
Uki Goshi	Ushiro Goshi / Ko Soto Gake
O Soto Gari	O Soto Gari / O Soto Gaeshi
O Goshi	Tani Otoshi / Utsuri Goshi
O Uchi Gari	O Soto Gari / Uchi Mata
Seoi Nage	Okuri Ashi Harai / Harai Tsuru Komi Ashi

2nd Go Kyo

Preliminary Technique	Counter Technique
Ko Soto Gari	Ko Uchi Gari / Ko Soto Gake
Ko Uchi Gari	Sumi Otoshi / Uchi Mata
Koshi Guruma	Tani Otoshi / Sumi Gaeshi
Tsuru Komi Goshi	Ushiro Goshi / Ko Soto Gari
Okuri Ashi Harai	O Soto Guruma / Tai Otoshi
Tai Otoshi	Sumi Gaeshi / Ko Soto Gari
Harai Goshi	Harai Goshi Gaeshi / Utsuri Goshi
Uchi Mata	Uchi Mata Sukashi / Tai Otoshi

10.8 Hairi Kata and Nogare Kata (Entry and Escape Techniques for Groundwork)

Hairi and Nogare Kata techniques are wide and varied in application and technique. These techniques are constantly under development and open to the individual's interpretation of the techniques. Examiners must be aware of these factors and should not be limited in their interpretation or assessment of these techniques.

11.1 NAGE NO KATA (PREARRANGED FORM OF THROWING)

It is impossible to acquire the essentials of Nage No Kata unless it is studied and practiced utilising the principles of Kuzushi (breaking balance). It is necessary to practice each of the throws in the five groups in the prescribed manner, concentrating on form, balance and flow during the execution.

TE WAZA (Hand Techniques)	
Uki Otoshi	Floating Drop
Seoi Nage	Shoulder Throw
Kata Guruma	Shoulder Wheel

KOSHI WAZA (Hip Or Loin Techniques)	
Uki Goshi	Floating Hip Throw
Harai Goshi	Sweeping Loin Throw
Tsuri Komi Goshi	Lifting Pulling Hip Throw

ASHI WAZA (Foot Or Leg Techniques)	
Okuri Ashi Harai	Sweeping Ankle Throw
Sasae Tsuri Komi Goshi	Propping Drawing Ankle Throw
Uchi Mata	Inner Thigh Throw

MATSUTEMI WAZA (Sacrifice Techniques)	
Tomoe Nage	Stomach Throw
Ura Nage	Rear Throw
Sumi Gaeshi	Corner Throw

YOKO SUTEMI WAZA (Side Sacrifice Techniques)	
Yoko Gake	Side Hook
Yoko Guruma	Side Wheel
Uki Waza	Floating Throw

11.2 KATAME NO KATA (PREARRANGED FORM OF GROUND TECHNIQUES)

Katame Waza are comprised of the three groups of techniques, namely, Osae Waza (Holding Techniques), Shime Waza (Strangulation Techniques) and Kansetsu Waza (Armlock Techniques – Elbow Joint Only).

11.3 OSAE WAZA.

Katame No Kata is formulated with the five representative techniques in each of the previously mentioned three groups. You must aim to control your opponent's movements and anticipate the moves your opponent may make for escaping or countering the holding technique. For this purpose you must keep your body as low as possible, control your opponent's head at all times so as to prevent them from using their head to escape from your holding technique. Always maintain contact with your opponent to control their movements using the strength of your whole body and anticipate the movements of your opponent.

OSAE WAZA	
Kesa Gatame	Scarf Hold
Kata Gatame	Shoulder Hold
Kami Shiho Gatame	Locking of the Upper Four Quarters
Yoko Shiho Gatame	Locking of the Side Four quarters
Kuzure Kami Shiho Gatame	Modified Locking of the Upper Four Quarters

11.4 SHIME WAZA.

In performing Shime Waza it is important to apply pressure to your opponent's neck, on either or both of the carotid arteries, by placing the edge of your arm, thumb, little finger or edge of the outer wrist. It is necessary to control the opponent's body before applying the Shime Waza techniques. For Shime Waza to be effective, it is necessary to pull your opponent's neck toward your chest whilst applying the technique.

SHIME WAZA	
Kata Juji Jime	Single Cross Choke or Lock
Hadaka Jime	Naked Neck Choke or Lock
Okuri Eri Jime	Sliding Lapel Choke or Lock
Kata Ha Jime	Single Wing Choke or Lock
Gyaku Jiji Jime	Reverse Cross Choke or Lock

11.5 KANSETSU WAZA.

In performing Kansetsu Waza, it is important to apply the principle of leverage. During the execution of Kansetsu Waza, the occurrence of injury is highly likely unless the techniques are applied correctly. At the same time, it is imperative that the techniques are applied with care. The pressure applied during the execution of Kansetsu Waza techniques, particularly armbars, must be released immediately when your opponent submits.

KANSETSU WAZA	
Ude Garami	Entangled Armlock
Ude Hishigi Juji Gatame	Cross Armlock
Ude Hishigi Ude Gatame	Arm Armlock
Ude Hishigi Hiza Gatame	Knee Armlock
Ashi Garami	Entangled Leglock

11.6 KIME NO KATA (PREARRANGED FORMS OF SELF DEFENCE)

The Kime No Kata is formulated to allow the judoka to acquire the most basic and effective way of defending yourself from attack. This Kata comprises eight kneeling techniques and twelve standing techniques. The practice of Kime No Kata aims to study, not only the principles of self defence and counter attack, but also the principle of using your opponent's movements to your own advantage.

IDORI (Techniques from the Kneeling Position)	
Against an Attack with a Bare Hand	
Ryote Dori	Both Wrists Seizure
Tsukkake	Stomach Punch
Suriage	Thrust at Forehead
Yoko Uchi	Blow at Left Temple
Ushiro Dori	Shoulder Seizure from Behind

Against an Attack with a Knife	
Tsukkake	Dagger Thrust at Stomach
Kir Komi	Downward Blow at Head with Dagger
Yoko Tsuki	Side Thrust with a Dagger

TACHIAI (Techniques in the Standing Position)	
Against an Attack with Bare Hand or Foot	
Ryote Dori	Both Wrists Seizure
Sode Dori	Sleeve Seizure from the Side
Tsukkake	Straight Strike to the Face
Tsuki Age	Upper Cut
Suri Age	Thrust to the Forehead
Yoko Uchi	Blow at Left Temple
Keage	Testicles Kick
Ushiro Dori	Shoulder Seizure from Behind

Against an Attack with a Dagger or Sword	
Tsukkomi	Dagger Thrust to Stomach
Kiri Komi	Downwards Blow to Head with Dagger
Nuki Gake	Sword Unsheathing
Kiri Oroshi	Downwards Blow with a Sword

11.7 KODOKAN GOSHIN JUTSU (PREARRANGED FORMS OF SELF DEFENCE OF KODOKAN JUDO)

Kodokan Goshinjutsu has been formulated to defend against an unexpected attack. 21 techniques have been selected for inclusion in this Kata.

The aim of practicing this Kata is to become proficient in the techniques of self defence ensuring that the techniques are applied effectively and at the right time in order to overcome the unexpected attack of an assailant.

Defence against an Attack with Bare Hand and Knees on Close Contact	
Ryote-dori	Both Hands Seizure
Hidari-eri-dori	Left Lapel Seizure
Migi-eri-dori	Right Lapel Seizure
Kata-ude-dori	Single Elbow Seizure
Ushiro-eri-dori	Back Collar Seizure
Ushiro-jime	Naked Neck Lock from Behind
Kakae-dori	Body Seizure from Behind

Defence against an Attack with Bare Hands and Knees in from Apart	
Naname-uchi	Oblique Blow to the Left Temple
Ago-tsuki	Uppercut to the Chin
Ganmen-tsuki	Thrust at the Face
Mae-geri	Testicles Kick
Yoko-geri	Side Kick

Defence against a Knife Attack	
Tsukkake	Before Stomach Thrust with a Knife
Chokuzuki	Stomach Thrust with a Knife
Naname-zuki	Oblique Thrust to the Side of the Neck with a Knife

Defence against Blows with a Cane	
Furi-age	Upwards Blow with a Cane
Furi-oroshi	Downwards Blow with a Cane
Morote-zuki	Stomach Thrust with a Cane

Defence against a Pistol Attack	
Shomen – zuki	Pistol Attack from the Front
Koshi-gamae	Pistol Attack from the Side
Haimen-zuki	Pistol Attack from Behind

11.8 JU NO KATA (PREARRANGED FORMS OF GENTLENESS)

The Ju No Kata incorporates gentle movements, which are designed to train the body for attack and defence and use the body's strength effectively at the decisive moment.

Ju No Kata Set 1	
Tsuki-dashi	Hand Thrusting
Kata-oshi	Shoulder Push
Ryote-dori	Both Hands Seizure
Kata-mawashi	Shoulders Turning
Ago-oshi	Jaw Twisting

Ju No Kata Set 2	
Kiri-oroshi	Direct Head Cut with a Weapon
Ryokata-oshi	Both Shoulders Pressing Down
Naname-uchi	Nasion Strike (horizontal strike against the bridge of the nose)
Katate-dori	Single Hand Seizure from the Side
Katate-age	Single Hand Raising

Ju No Kata Set 3	
Obitori	Belt Seizure
Mune-oshi	Chest Push or Press
Tsuki-age	Upper Cut
Uchi-oroshi	Direct Head Strike
Ryogan-tsuki	Both Eyes Poke

11.9 KOSHIKI NO KATA (PREARRANGED ANTIQUE FORMS)

Koshiki No Kata represents the ancient forms of Judo, which were derived from JuJitsu. It was included to ensure that preservation of the original antique forms of Judo, which represent the principles, and techniques of Kodokan Judo.

This Kata is broken into two sets called Omote, meaning “obverse” (Set 1), and Ura, meaning, “reverse” (Set 2). These forms are divided into 21 techniques, 14 in Set 1 and 7 in Set 2. Since these forms of Judo were intended for the Kumiuchi (Armoured Warriors of the Feudal Age) it is essential to perform the movements imagining that you are clad in heavy armour. As a result this Kata is performed slowly.

Koshiki No Kata Set 1	
Tai	Ready Posture
Yume-No-Uchi	Amidst Dream
Ryokuhi	Strength Dodging
Miza-Guruma	Water Wheel
Mizu-Nagare	Water Flow
Hiki-Otoshi	Drawing Drop
Kodaore	Log Fall
Uchi-Kudaki	Smashing
Tani-Otoshi	Valley Drop
Kuruma-Daoshi	Wheel Throw
Shikoro-Dori	Neck-plates (Seizure)
Shikoro-Gaeshi	Neck-plates (Twisting)
Yudachi	Shower
Taki-Otoshi	Waterfall Drop

Koshiki No Kata Set 2	
Mi-Kudaki	Body Smashing
Kuruma-Gaeshi	Wheel Throw
Mizu-Iri	Water Plunging
Ryu-Setsu	Willow Snow
Saka-Otoshi	Headlong Fall
Yuki-Ore	Snow Break
Iwa-Nami	Breaker on the Rock

11.10 ITSUTSU NO KATA (PREARRANGED FORMS OF FIVE)

This Kata is named simply because the Kata consists of five techniques. Dr Jigoro Kano intended to name the technique of this Kata but passed away before being able to do so. As such the techniques of the Kata are simply called The First Form through to the Fifth Form, which are intended to explain the principle of maximum efficiency and to represent the movements of the universe through these Judo techniques.

The First Form –

This form simply resembles the Kuzushi exercise performed by all judoka when learning the forms of balance. Judoka stand facing one another. Tori places a hand on Uke's chest and pushes to the rear, resulting in Uke falling into a back break fall.

The Second Form –

This is a technique, which resembles Uki - Otoshi. Uke commences the technique from one knee raising to strike Tori with a bladed hand to the chest. Tori moves forward, drops to one knee, grips the striking hand in the same motion of blocking the strike and executes an Uki - Otoshi.

The Third Form –

This technique is finished with a form of Yoko-Wakare. Both judoka commence facing apart on their knees. Both judoka raise and turn anti-clockwise to face one another with arms outstretched. Tori grasps the extended arms of Uke and performs a version of Yoko-Wakare.

The Fourth Form –

This technique is a form of reward strike. Details of this technique should be sought from the Illustrated Kodokan Judo or the Kodokan digital video series.

The Fifth Form –

This technique is detailed in execution and judoka should refer to the Illustrated Kodokan Judo or the Kodokan digital video series to gain knowledge of its performance.

11.11 SEIROKO ZENYO KOKUMIN TAIKU NO KATA (PREARRANGED FORM OF NATIONAL PHYSICAL EXERCISE)

The exercises in this Kata are divided into two groups:

- a) Tendoku-renshu (Individual Exercises); and
- b) Sotu-renshu (Combined Exercises).

In addition, the second group is each divided into:

- a) Kime-shiki (Forms of Decision); and
- b) Ju-shiki (Forms of Decision)

TENDOKU-RENSHU (Individual Exercises)	
Goho-ate	Five Direction Attack (performed in Shizentai)
Hidari-mae-naname-ate	Left Oblique Blow
Migi-ate	Right Side Blow
Ushiro-ate	Rear Thrust
Mae-ate	Front Blow
Ue-ate	Upward Blow
O-Goho-ate	Major Five Directions Attack (performed moving)
O-Hidari-mae-naname-ate	Major Left Oblique Blow
O-Migi-ate	Major right Oblique Blow
O-Ushiro-ate	Major Rear Thrust
O-Mae-ate	Major Front Blow
O-Ue-ate	Major Upward Blow
Goho-geri	Five Directions Kick (performed from shizentai)
Mae-geri	Front Kick
Ushiro-geri	Rear Kick
Hidari-mae-nana,me-geri	Left Oblique Kick
Migi-mae-naname-geri	Right Oblique Kick
Taka-geri	High Front Kick
Kagami-migaki	Mirror Polishing
Sayu-uchi	Both Sides Blow
Zengo-tsuki	Front and Rear Blow
Ryote-uetsuki	Both Hands upward Blow
O-Ryote-ue-tsuki	Major Both Hands Upwards Blow
Sayu-kogo-shita-tsuki	Alternate Sides Downwards Blow
Ryote-shita-tsuki	Both Hands downwards Blow
Naname-ue-uchi	Oblique Upward Cut
Naname-shita-uchi	Oblique Downward Cut
O-Naname-ue-uchi	Major Oblique Upward Cut
Ushiro-sumi-tsuki	Rear Corner Blow
Ushiro-uchi	Rear Blow
Ushiro-tsuki-mae-shita-tsuki	Back and Front Downward Blow

11.12 SOTAI-RENSHU (DUAL EXERCISES)

SOTAI-RENSHU (Dual Exercises)	
Kime-shiki	Forms of Decision
Idori	Movements in a Kneeling Position
Ryote-dori	Both Hands Seizure
Furi-hanashi	Shaking Off
Gyakute-dori	Reverse Both Hands Seizure
Tsuki-kake	Stomach Thrust
Kiri-kake	Direct Head Cut with a Dagger
Tachiai	Movements in a Standing Position
Tsuki-age	Upper Cut
Yoko-uchi	Temple Blow
Ushiro-dori	Shoulder Seizure from Behind
Naname-tsuki	Carotid Cut with a Dagger
Kiri-oroshi	Direct Head Cut with a Sword

11.13 JUSHIKI (Forms Of Gentleness)

JUSHIKI (Forms Of Gentleness)	
As per the Ju No Kata	

11.14 JOSHI JUDO GOSHINHO (PREARRANGED FORM OF SELF DEFENCE FOR WOMEN)

Joshi Judo Goshinho is designed for women's self defence where the power and strength of the attacker is superior to the assailant. In this case the forms of techniques, use of power at the critical moment and utilisation of the attacker's force must be emphasised during the performance of this Kata.

TAISABAKI (Manipulative Body Movement whilst Maintaining Balance)	
Tai-no-ido	Movement forward, backwards and sideways
Tsugi-ashi	Successive Foot movements
Migi/Hidari-sabake	Turning Right/Left by 90 degrees
Migi/Hidari-mae-sabake	Turning Right/Left by bringing Left/Right Foot Forward
Migi/Hidare Harae	Cutting Down with the Little Finger Leading
Migi/Hidari Maware	Turning Backwards Clockwise or Counter clockwise
Mea-shizume	Sinking body Forward
Migi/Hidari-shizume	Sinking Body obliquely forward
Hiza-ate	Kick with Knee

RIDATSUHO (Escape from an Opponent's Seizure with the Hand)	
Katate-tebuki-dori	Wrist Seizure with Right Hand
Ryote-dori	Wrist Seizure with Both Hands
Shushi-gyaku-dori	Upright Seizure of Four Fingers with the Right Hand
Ude-kakae-dori	Holding Arm from the Left Side
Ushiro-dori	Body Seizure from Behind

SEIGOHO (Defence by Counter Attack)	
Ude-gyaku-dori	Holding Arm against Normal Movement
Ushiro-eri-dori	Back Collar Seizure
Ushiro-kubi-himi-shime	Choking from behind with a Towel
Ushiro-dori	Body Seizure from behind
Kyohaku-dori	Threatening to Extort

ELEMENTARY JUDO TERMS	
Ayumi ashi	Normal walking on the mat
Butsukari	Positioning of throw to point of balance
Dan	Black belt grade
Dojo	Judo hall
Hidari	Left
Hidari Shizen tai	Left Natural Posture
Jigotai	Defensive posture
Judo	Gentle way, soft way
Judogi	Judo suit
Judoka	One who practises Judo
Kaeshi Waza	Counter techniques
Kake	Throw following Tsukuri
Kansetsu Waza	Armlocks
Kata	Formal techniques of Kodokan Judo
Katame Waza	Grappling Techniques
Kiai	Shout or cry from the abdomen
Kumi Kata	Forms of gripping
Kuzushi	Breaking balance
Kyu	Grade – coloured belt system
Migi	Right
Migi Shizen tai	Right Natural Posture
Nage	Throw
Nage komi	Throwing drill
Nage No Kata	Prearranged forms of throwing
Nage waza	Throwing techniques
Ne waza	Ground work
Obi	Belt
Osae komi	Hold down
Osae komi waza	Holding techniques
Professor Jigoro Kano	Founder of Judo in 1882, Tokyo, Japan
Randori	Free practice (fight)
Rei	Bow
Renraku waza	Combination techniques
Sensei	Teacher
Shiai	Contest
Shime Waza	Strangulation techniques
Shizen hontai	Main natural posture / stance
Shizen tai	Natural posture

ELEMENTARY JUDO TERMS (continued)	
Tai sabaki	Standing body movements
Tandoku renshu	Solo exercises
Tatami	Judo mats
Tatchi waza	Standing techniques
Tokui waza	Favourite technique
Tori	The thrower
Tsugi ashi	Following-foot walking
Tsukuri	Entry in to a throwing technique
Uchi komi	Skill drills
Uke	The receiver
Ukemi	Breakfalls
Yoko	Side

REFEREEING TERMS	
Fusen gachi	Win by default
Hajime	Begin
Hansoku make	Disqualification
Hike Wake	Draw
Hantai	Call for a decision
Ippon	Full point win
Kiken gachi	Win due to withdrawal of injured opponent
Koka	Minor score, less than Yuko
Matte	Stop
Osaekomi	Holding technique
Osaekomi toketa	Holding technique broken
Shido	Penalty in contest
Sono mama	Do not move – stay as you are
Sore made	End of contest
Toketa	Hold broken or escaped from by opponent
Waza ari	Half point score
Waza ari-awasete-ippou	Two half point scores totalling ippon
Yoshi	Continue
Yusei gachi	Win by superiority
Yuko	Score above Koka but below Waza ari

Judo Federation of Australia Inc.

Dan Grade Application Form

Application for the rank of _____ dan, in the category of: (please circle)

*(A) Contest

*(B) Knowledge with Service

*(C) Knowledge

*(D) Other

Please insert
a passport
size photo
here
3.8cm x
2.5cm

Remember that the application will need to be completed in duplicate.

Surname:		Given Name:		Gender:
Address:		Suburb:		P/C:
Birth Date:	Nationality:		Occupation:	
Tel. (H)		(B)	(Mob)	
Email:				
Judo Club:		Name of Coach:		
Judo Career commenced:		State/ Territory Registration No:		
Previous Gradings				
Grade:	Date:	Place:	Authority:	Notes:
Ik Kyu				
Sho – Dan				
Ni – Dan				
San – Dan				
Yon – Dan				
Go – Dan				
Roku – Dan				
Shichi – Dan				
Points Claimed Since Attaining Present Grade				
For point allocation please refer to attachment 1.				
Contest:	From:	To:	Total points:	
Coach/Manager:	From:	To:	Total Points:	
Refereeing:	From:	To:	Total Points:	
Administration:	From:	To:	Total Points:	
Applicant's Signature:			Date:	
Coach's Signature:			Date:	

(A)Contest Record Since Attaining Present Grade

Tournament	Date	Place	Defeated	Grade	Score	Points
Total contest points						

Grading Time & Points with Contest		
Grade	Time	Points
1st Sho-Dan	1 year	150
	2 years	100
2 nd Ni-Dan	2 years	150
	3 years	100
3 rd San-Dan	3 years	150
	4 years	100
Players may convert to section B or C		
4 th Yon-Dan	4 years	150
	5 years	100
5 th Go-Dan	5 years	150
	6 years	100
6 th Roku-Dan	7 years	150
	8 years	100

Record for Service Since Attaining Present Grade (Sections B & C)

Administration:

Year(s)	Club	State	National	Points
Total administration service points				

Coaching:

Year(s)	Club	State	National	Points
Total coaching service points				

Team Management:

Year(s)	Club	State	National	Points
Total team management service points				

Refereeing:

Year(s)	Club	State	National	Points
Total refereeing service points				

(B) Grading Time & Points for Knowledge with Service			(C) Grading Time for Knowledge Only	
Grade	Time	Points	Grade	Time
Sho-Dan	3 years	150	Sho-Dan	5 Years
Ni-Dan	4 years	150	Ni-Dan	6 years
San-Dan	5 years	150	Generally, No Further Promotion	
Yon-Dan	6 years	150	Generally, No Further Promotion	
Generally, No Further Promotion				

- For a detailed explanation of Dan grade criteria up to Go Dan refer to Section 4 – Methods of Attaining A Grade
- For a detailed explanation of Dan grade criteria for Roku Dan and above refer to Section 9 – Promotion To Master Grades 6 Dan & Above

Grade Recommendation for Applicant: _____

Date of Examination: ____ / ____ / ____

Place: _____

Members of Examining Panel

Convenor:	Signature: _____
Name:	Signature: _____
Name:	Signature: _____
Name:	Signature: _____

Examination Results: **A** = Very Good **B**= Good **C**= Pass **D**= Fail **NR** = Not Required

Item under Examination	Pass mark required	Mark achieved	Mark Grade: A, B, C, D	Comments
Contest/Service pnts				
Referee Certification				
Nage Waza				
Renraku Waza				
Kaeshi Waza				
Osae Komi Waza				
Shime Waza				
Kansetsu Waza				
Nage No Kata				
Katame No Kata				
Kime No Kata				
Juno Kata				
Goshinjitsu				
Gonosen No Kata				
Koshiki No Kata				
Itsutsu No Kata				
Kata				

State / Territory Recommendation

State /Territory approval given by J.F.A (_____) President/Secretary Date: ____/____/____

Name: _____ Signature: _____

JFA Inc.

Received by J.F.A Inc. Grades Commission on ____/____/____

Grades Commission Recommendation: Passed / Failed / Deferred for NGC investigation, for the rank of _____ Dan

Chairman's Name: _____ Rank: _____ Dan.

Signature: _____

Processed under regulations to the rank of: _____ Dan

National Certificate Number: _____ Date: ____/____/____.

JFA Inc. Dan Grades Point Overview

Points for Contest

Score	2 grades below	1 grade below	Equal grade	1 grade above	2 grades above
Ippon	5	7	10	15	20
Waza –ari	3	5	7	10	15
Yusei-gachi	1	3	5	7	10

Points for Service - Administration

Club	Committee	5
	Executive	10
Region/Zone	Committee	10
	Executive	15
State/Territory	Committee	15
	Executive	20
National	Committee	20
	Executive	30

Points for Service – Coaching

Club	Assistant	5
	Head	10
State/Territory	Assistant	10
	Head	15
National	Head	20
NCAS Sub-Level 1		Additional 5
NCAS Level 1		Additional 10
NCAS Level 2		Additional 15
NCAS Level 3		Additional 20

Points for Service - Refereeing

State/Territory	C Class	5
	B Class	10
	A Class	15
National	C Class	15
	B Class	20
	A Class	25
Oceania	C Class	25
	B Class	30
	A Class	35
International	Continental Union	40
	A Class	50

Points for Service – Team Management

State/Territory	Assistant	15
	Manager	20
National	Assistant	20
	Manager	25
International	Assistant	25
	Manager	30

Amendment 1: June 2008 Manual Addition – Page 7, Note 2 &3
- Authorised by JFA Inc.

2006 MANUAL REVISION

Judo Federation of Australia Inc. - National Grades Commission

Mr Frank Dando	7 th Dan
Mr Bob Todd	7 th Dan
Mr Trevor Kschammer	7 th Dan
Mr Alan Broadhead	5 th Dan

IIJC Inc. Black Belt Logo © used with permission.
