



AUSTRALIAN JUDO UNION

# Grading Syllabus

Revised 2017

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## Purpose of this revision

The 2013 Grading Syllabus was revised in early 2015 to ensure that terminologies and procedures referred to in the grading syllabus were consistent with the organisation structure and online database requirements.

The AJU believes that players who have a broad learning experience are more likely to continue their study and practice of the art and sport of judo from childhood and throughout their adult life.

The Australian Judo Union therefore focuses towards community and recreational judo which aims to provide judo students with a broad knowledge and skill set so that they can benefit from the physical and philosophical aspects of judo for the whole of their life.

The AJU recognises that additional responsibilities are placed onto higher graded players who have recognition and privileges bestowed upon them by the Australian Judo Union. This 2017 revision incorporates various units from the AJU Coaching Accreditation Program to assist higher ranked players meet the responsibilities of their rank.

## Guide and Explanatory Notes for Examiners

### 1. Authority to Grade

Authority to grade is extended to Club instructors/coaches who are in good standing with the AJU and are not subject to any disciplinary action or investigation and have satisfied the Chief Executive Officer or the Executive director – Technical Standards that they meet the minimum AJU standards of:

- (a) the rank of shodan **and**
- (b) Level 3 Associate Coach

A grading examiner must also satisfy the Chief Executive Officer or Executive Director Technical Standards that they have a thorough understanding of the AJU grading syllabus and have demonstrated a consistent application of the AJU grading syllabus and AJU values and standards when examining a candidate.

An examiner who does not possess a Certificate 2 – Sports Coaching or Australian Sports Medicine Level 1 Sports Trainer may only grade and issue an AJU grading certificate to the rank of senior 3rd kyu irrespective of the examiner's rank.

An examiner should not examine a candidate or award a rank if the grading examination places the examiner or the AJU at risk of bringing themselves and/or the AJU into disrepute.

The Chief Executive Officer or the Executive Director Technical Standards may withdraw or withhold a member's privilege to grade if the member does not comply with AJU standards or procedures.

The Chief Executive Officer or the Executive Director Technical Standards may reverse a decision to promote a candidate if :

it is found that untrue or incorrect information was provided by the candidate on their application and/or

the grading was not authorised and/or

the examiner had extended beyond their authorised grading limit and/or

the grading did not comply with AJU Standards and/or

the grading has brought the AJU into disrepute

### **Club Attendance Register**

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

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

Club instructors are encouraged to introduce their students to AJU events (viz competitions, seminars). Instructors should use their discretion when entering individual students who have a rank lower than 2<sup>nd</sup> kyu in any age division. As a general rule students should commence to experience competition and other appropriate AJU events by the time they reach the rank of 2<sup>nd</sup> kyu in Under16 age division. The examiner has the discretion to determine if the service/participation history of a candidate is adequate to meet eligibility requirements for the examination.

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

All club instructors with a rank of shodan or higher and are Level 4 Coaches will be able to update and approve their student's rank and issue a grading certificate from the rank of senior 2<sup>nd</sup> kyu.

## **3. AJU Participation – All ranks senior 2<sup>nd</sup> kyu and higher**

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

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

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

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

If the Executive Director – Technical Standards and senior yudansha are satisfied that the candidate has fulfilled sufficient prerequisite requirements then the senior yudansha will appoint an appropriate grading panel.

#### **4. Gradings from other organisations**

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

accepts a grade from another organisation or examiner who is not a member of the AJU, the AJU does not accept any responsibility for the standard of the grading examination or the conditions that the rank was awarded. Accordingly, the AJU reserves the right to withhold or withdraw certain examiner's privileges if a person who is graded outside the AJU is found to be deficient in skills, knowledge or development, which are required by the AJU for the grade they are seeking acceptance of.

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

## **5. Examiner's Discretion**

The grading standard is to the minimum AJU standard as specified. Grading examiners at their discretion may apply a higher standard when it is appropriate for the progress of the judo student. Grading examiners are permitted to use discretion to substitute techniques with other recognised techniques, skills and knowledge which are of an equivalent level of skill as the technique being substituted.

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

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



breakfall by the grading examiner should not be permitted to continue with the grading examination.

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

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

#### **8. Examination Partners**

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

#### **9. Assessment of tachi waza**

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

- correctly identify the throw
- appropriate positioning as tori
- moving and throwing uke in the correct direction
- demonstrated correct/appropriate kuzushi/unbalancing skill
- turned in /fitted incorrectly
- use of appropriate hand grips
- demonstrated appropriate arm and sleeve control
- clean execution of the throw
- support and consideration to uke

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

## **10. Assessment of katame waza**

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

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

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

## **11. Procedure for examiner to record grading and issue grading certificate.**

Examiners must record the grading of a member into the member's history and issue an AJU grading certificate.

There is a two stage process to record a member's grading.

Stage one is the application stage and stage two is the approval stage. Club instructors/coaches may apply to grade a student through their log-in to the AJU website. Navigate to the "Members" listing for the club. Select and mouse over the details of the member so that a yellow background appears on the member's details and click into the "Apply" field on the member's data row. A form will appear for the examiner to complete. Once the form is completed the examiner must click on the "Apply" button so that the data is saved and this will complete the application stage (stage one).

Stage two is the approval stage. To approve the grading, the examiner navigates to “Coaches Tools” and clicks on “Grading applications to be processed”. A list of members who have applied for grading will appear. The examiner will select the member and details of the member’s grading will appear on the screen. The examiner will check the information and if correct will click on the “Approve” button. Providing that the examiner is approving a grading within their authorised grading limit the grading will be recorded into the member’s history and a grading certificate can be printed from the member’s personal record at any time.

## Compulsory Prerequisite

### Requirements for all Rank Examinations

1. Candidates must be a financial member of the Australian Judo Union Inc.
2. Candidates must be a member in good standing and/or not be subject to any investigation or disciplinary action of the Australian Judo Union Inc.
3. Candidates with a rank below 1<sup>st</sup> dan must be a member of an affiliated club of the Australian Judo Union Inc. which is in good standing with the Australian Judo Union Inc. and not subject to any investigation or disciplinary action by the Australian Judo Union Inc.
4. Candidates with a rank below 1<sup>st</sup> dan must regularly train (at least once each week) and attend an affiliated club of the Australian Judo Union Inc. for the duration of the prerequisite training period. The affiliated club must be a financial member in good standing with the Australian Judo Union Inc. and not subject to any form of investigation or disciplinary action by the Australian Judo Union Inc.
5. Must possess a clean and compliant judo uniform.

## Under 6 Years - Infant

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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

## Under 6 Years - Infant

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

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

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

1 hold down

1 escape from demonstrated hold down

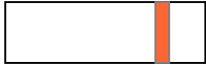
#### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Purpose of ukemi.
3. Basic dojo hygiene and etiquette.
4. Forms of sitting and bowing.
5. Correctly wear judogi, correctly tie obi, and correctly fold judogi

## Under 6 Years - Infant

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

3 throws from 1st kyu

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

2 hold downs

1 entry for each hold down (one moving pass leg, one roll over)

2 escapes (one from each demonstrated hold down)

#### **Randori**

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

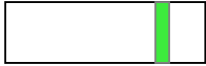
#### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Purpose of ukemi.
3. Basic dojo hygiene and etiquette.
4. Forms of sitting and bowing.
5. Correctly wear judogi, correctly tie obi, and correctly fold judogi

## Under 6 Years - Infant

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

4 throws from 1 st kyu

1 combination

1 counter

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

3 hold downs

3 entries into demonstrated hold downs (at least one roll over or one pass the leg entry to be demonstrated)

3 escapes (one from each demonstrated hold down)

#### **Randori**

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

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

## General Knowledge

1. Name the mother school of judo, location and beginning date.
2. Purpose of ukemi.
3. Basic dojo hygiene and etiquette.
4. Forms of sitting and bowing.
5. Correctly wear judogi, correctly tie obi, and correctly fold judogi
6. Purpose of 'warming up' and 'cooling down' exercises.

## Under 6 Years - Infant

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

6 throws from 1<sup>st</sup> kyu (Demonstrated in randori style)

Candidates must demonstrate the elements of throwing throughout randori :-

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws

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

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



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

4 hold downs

4 entries to demonstrated hold downs ( 2 roll overs and 2 moving pass legs)

4 escapes ( one from each demonstrated hold down)

### **Randori**

Improved randori skills over 3rd kyu standard

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

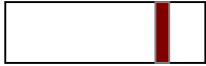
### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Purpose of ukemi.
3. Basic dojo hygiene and etiquette.
4. Forms of sitting and bowing.
5. Correctly wear judogi, correctly tie obi, and correctly fold judogi
6. Purpose of 'warming up' and 'cooling down' exercises.

## Under 6 Years – Infant

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

#### **Leadership and Responsibilities**

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

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

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

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

8 throws from 1<sup>st</sup> kyo demonstrated in randori style.

Candidates must demonstrate the elements of throwing throughout randori :-

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws

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

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

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

5 hold downs

5 entries into demonstrated hold downs (at least two roll overs or two pass the leg entries to be demonstrated)

5 escapes (one from each demonstrated hold down)

### **Randori – Line up**

Improved randori skills over 2nd kyu standard.

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

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Purpose of ukemi.
3. Basic dojo hygiene and etiquette.
4. Forms of sitting and bowing.
5. Correctly wear judogi, correctly tie obi, and correctly fold judogi
6. Purpose of 'warming up' and 'cooling down' exercises.

## Sub -Junior

### (From 6 Years to Under 10 Years)

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

Comply with all Compulsory Prerequisite Requirements 1 – 5.(p.11)

## Sub-Junior

### (From 6 Years to Under 10 Years)

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

4 throws from 1 st kyo.

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

1 hold down

1 escape from demonstrated hold down

#### **General Knowledge**

1. Name the mother school of Judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo

3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi
7. Forms of sitting and bowing.
  - a) Forms of unbalancing
  - b) Proper gripping
  - c) Body movement and walking
  - d) Posture
  - e) Pivoting (tai-sabaki)
8. Fundamental Terminolgy – (p. 71)

## Sub-Junior

### (From 6 Years to Under 10 Years)

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

6 throws from 1 st kyo

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

- 2 hold downs
- 2 entries ( 1 moving pass leg 1 rollover)
- 2 escapes

### **Randori**

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

### **General Knowledge**

1. Name the mother school of Judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
7. Forms of sitting and bowing.
8. Fundamentals of, and ability to demonstrate
  - a) Forms of unbalancing
  - b) Proper gripping
  - c) Body movement and walking
  - d) Posture
  - e) Pivoting (tai-sabaki)
9. Fundamental terminology –( p. 71)
10. Shiai terminology – (p.72)
11. Competitor procedures at shiai

## Sub-Junior

### (From 6 Years to Under 10 Years)

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

8 throws from 1 st kyu demonstrated in randori style

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

2 combinations

2 counters

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

3 hold downs

3 entries ( 1 pass the legs, 2 rollovers or vica versa)

3 escapes from hold downs demonstrated above

#### **Randori**

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

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

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of ukemi
4. Basic dojo hygiene and etiquette
5. Purpose of 'warming up' and 'cooling down' exercises
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi
7. Forms of sitting and bowing
8. Fundamental terminology –( p.71)
9. Shiai terminology –( p.72)
10. Elementary terminology – ( p.72)
11. Competitor procedures at shiai



## Sub-Junior

### (From 6 Years to Under 10 Years)

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

12 throws from 1<sup>st</sup> kyo and 2<sup>nd</sup> kyo demonstrated in randori style

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

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

4 hold downs

4 entries ( 2 rollovers and 2 pass the legs) into the above hold downs

4 escapes from the hold downs demonstrated above

## **Randori**

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

## **General Knowledge**

1. Name the mother school of Judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi
7. Forms of sitting and bowing
8. Fundamental terminology –(p.71)
9. Shiai terminology – (p.72)
- 10 Elementary terminology –(p.72)
- 11 Intermediate terminology – (p.73)
- 12 Competitor procedures at shiai

## Sub-Junior

### (From 6 Years to Under 10 Years)

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

#### Minimum Requirements



12 months as 2<sup>nd</sup> kyu regular weekly training  
Comply with all Compulsory Requirements 1 – 5. (p.11)

#### **Leadership and Responsibility**

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

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

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

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

16 throws from Go kyo from 1<sup>st</sup> and 2<sup>nd</sup> kyo demonstrated in randori style  
Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

5 hold downs

5 entries (2 rollovers and 3 pass the legs to the above hold downs or vica versa)

5 escapes to the above demonstrated hold downs

### **Randori –**

Candidates must demonstrate more advanced randori skills than of 2<sup>nd</sup> kyu. Must respond correctly to refereeing calls and instructions during randori.

### **General Knowledge**

1. Name the mother school of Judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi
7. . Forms of sitting and bowing
8. Fundamental terminology – (p.71)
9. Shiai terminology – (p.72)
10. Elementary terminology –(p.72)
11. Intermediate terminology – (p.73)
12. Advanced terminology – (p 74)
13. Competitor procedures at shiai

## Junior

### (From 10 Years to Under 13 Years)

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

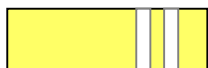
Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

## Junior

### (From 10 Years to Under 13 Years)

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

##### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

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

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw

- Maintain control and balance
- Due care and support to uke

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

- 1 hold down
- 1 escape from demonstrated hold down

### **General Knowledge**

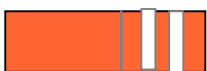
1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi
7. Forms of sitting and bowing
8. Fundamental terminology – (p.71)
9. Competitor procedures at shiai

## Junior

### (From 10 Years to Under 13 Years)

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

### Minimum Requirements



- 3 months as 5<sup>th</sup> kyu regular weekly training
- Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

### **Ukemi (Breakfalls)**

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

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

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

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

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

2 hold downs

2 escapes from demonstrated hold downs

### **Randori**

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

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

### **General Knowledge**

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

7. Forms of sitting and bowing
8. Fundamental terminology – (p.71)
9. Shiai terminology – (p. 72)
10. Competitor procedures at shiai

## Junior

### (From 10 Years to Under 13 Years)

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

#### **Leadership and Responsibility**

Competently perform as a tournament marshal at a level 2 or level 3 tournament.

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

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

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

12 throws from 1<sup>st</sup> and 2<sup>nd</sup> kyo demonstrated in randori style

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw



- Maintain control and balance
- Due care and support to uke

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

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

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

3 hold downs

3 entries into hold downs( 1 rollover, 2 moving pass legs or vica versa)

3 escapes from demonstrated hold downs

### **Randori**

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

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

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi
7. Forms of sitting and bowing
8. Fundamental terminology – (p.71)
9. Shiai terminology – (p. 72)
10. Elementary terminology – (p. 72)
11. Competitor procedures at shiai

## Junior

### (From 10 Years to Under 13 Years)

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

#### Minimum Requirements



12 months as 3rd kyu regular weekly training

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

#### **Leadership and Responsibility**

Improved competency to perform as a tournament marshal at a level 2 or level 3 tournament.

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

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

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

18 throws from 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> kyos demonstrated in randori style  
Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

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

4 hold downs

4 entries ( 2 roll overs and 2 moving pass legs or vica versa)

4 escapes from demonstrated hold downs

### **Randori**

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

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

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi
7. Forms of sitting and bowing
8. Fundamental terminology – (p.71)
9. Shiai terminology – (p. 72)
10. Elementary terminology – (p. 72)
11. Intermediate terminology – (p. 73)
12. Competitor procedures at shiai

## Junior

### (From 10 Years to Under 13 Years)

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

#### **Leadership and Responsibility**

Competently perform as a tournament marshal at a level 1 tournament.

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

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

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

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

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

24 throws from 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> kyos demonstrated in randori style

Candidates must demonstrate in randori the elements of throwing throughout randori :-

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning

- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

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

5 hold downs

5 entries (2 rollovers and 3 moving pass legs or vica versa)

5 escapes from demonstrated hold downs

### **Randori –**

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

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

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
7. Forms of sitting and bowing
8. Fundamental Terminology – (p.71)
9. Shiai Terminology – (p. 72)
10. Elementary Terminology – (p. 72)
11. Intermediate Terminology – (p. 73)

12. Advanced Terminology – (p.74)
13. Competitor procedures at shiai

## Sub Senior

### From 13 Years to Under 16 Years

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

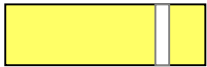
Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

## Sub Senior

### From 13 Years to Under 16 Years

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

##### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5 (p.11)

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

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

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

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

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

- 2 hold downs
- 2 entries ( 1 moving pass legs and 1 rollover)
- 2 escapes from demonstrated hold downs

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
7. Forms of sitting and bowing
8. Fundamental Terminology –( p.71)
9. Competitor procedures at shiai



## Sub Senior

### From 13 Years to Under 16 Years

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

#### Minimum Requirements



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

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

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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

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

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

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

3 hold downs

3 entries (2 roll overs and 1 moving pass legs or vica versa)

3 escapes from demonstrated hold downs

## **Randori**

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

## **Kata**

Nil

## **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing
9. Fundamental terminology –( p.71)
10. Shiai terminology – (p. 72)
11. Competitor procedures at shiai

## Sub Senior

### From 13 Years to Under 16 Years

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

##### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

##### **Leadership and Responsibility**

Competently perform as a tournament marshal at a level 2 or level 3 tournament.

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

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

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

8 throws from 1<sup>st</sup> kyo demonstrated in randori style

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

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

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

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

- 4 hold downs
- 4 entries ( 2 rollovers 2 passing the legs)
- 4 escapes from demonstrated holdowns

### **Randori**

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

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

### **Kata**

Nage no kata – first set as uke and tori.

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing
9. Fundamental terminology – (p.71)
10. Shiai terminology – ( p. 72)
11. Elementary terminology –( p. 72)
12. Competitor procedures at shiai

## Sub Senior

### From 13 Years to Under 16 Years

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

#### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.10)

#### **Leadership and Responsibility**

Improved competency as a tournament marshal at a level 2 or level 3 tournament.

Demonstrated competency as a scorekeeper or timekeeper of under 13 years contests at a level 2 or level 3 tournament.

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

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

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

8 throws from 1st kyu demonstrated in randori style

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

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

8 throws from 4<sup>th</sup> kyu

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

5 hold downs

5 entries ( 3 rollover and 2 moving pass the legs or vica versa)

5 escapes from demonstrated hold downs

### **Randori**

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

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

### **Kata**

Nage no kata (first 2 sets as uke and tori)

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing
9. Fundamental terminology – (p.71)
10. Shiai terminology – (p. 72)
11. Elementary terminology – (p. 72)
12. Intermediate terminology – (p. 73)
13. Competitor procedures at shiai

## Sub Senior

### From 13 Years to Under 16 Years

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

##### Minimum Requirements



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

Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

##### **Leadership and Responsibility**

Competently perform as a tournament marshal at a level 1 tournament. Candidates are expected to be able to referee Under 13 years randori/shiai and accurately call scores and effectively control a contest in accordance with AJU Contest rules for juniors.

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

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

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

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

40 throws from go kyo demonstrated in randori style

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws

- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

6 hold downs

6 entries( 3 rollovers and 3 moving pass the legs)

6 escapes from demonstrated hold downs

### **Randori**

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

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

### **Kata**

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

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing
9. Fundamental terminology –( p.71)



10. Shiai terminology – (p. 72)
11. Elementary terminology – (p. 72)
12. Intermediate terminology – (p. 73)
13. Advanced terminology – (p.74)
14. Competitor procedures at shiai

## Senior

### From 16 Years and Over

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

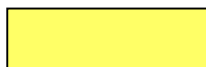
Comply with all Compulsory Requirements 1 – 5. (p.11)

## Senior

### From 16 Years and Over

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

#### Minimum Requirements



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

Comply with all Compulsory Requirements 1 – 5. (p.11)

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

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

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

8 throws from 1 st Kyo.

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

- 2 hold downs
- 2 entries (1 rollover 1 moving pass the leg)
- 2 escapes from demonstrated hold downs

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

Nil

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

Nil

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing
9. Fundamental terminology – (p.71)
10. Competitor procedures at shiai

## Senior

### From 16 Years and Over

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

### Minimum Requirements



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

Comply with all Compulsory Requirements 1 – 5. (p.11)

#### **Leadership and Responsibility**

Level two referee

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

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

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

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

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

4 hold downs

4 entries ( 2 moving pass legs 2 rollovers)

4 escapes from demonstrated hold downs

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

2 strangles

2 neutralising techniques

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

2 arm bars

2 neutralising techniques

### **Randori**

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

### **Kata**

Nil

### **General Knowledge.**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing
9. Fundamental terminology – (p.71)
10. Elementary terminology – (p.72)
11. Shiai terminology - (p. 72)
12. Competitor procedures at shiai
13. Must have knowledge and experience in shiai refereeing at club level.

## Senior

### From 16 Years and Over

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

### Minimum Requirements



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

Comply with all Compulsory Requirements 1 – 5. (p.11)

#### **Leadership and Responsibility**

Level three referee

Scorekeeper and timekeeper at Level 2 and level 3 tournament

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

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

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

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

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

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

- 5 hold downs
- 5 entries (3 rollovers and 2 moving pass legs or vica versa)
- 5 escapes from demonstrated downs

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

- 4 strangles
- 4 neutralising techniques

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

- 4 arm bars
- 4 neutralising techniques

### **Randori and Contest**

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

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

### **Kata**

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

### **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing

9. Fundamental terminology – (p.71)
10. Shiai terminology – (p.72)
11. Elementary terminology - (p. 72)
12. Competitor procedures at shiai
13. Must have knowledge and experience in shiai refereeing at club level.
14. Must have knowledge of the tournament official duties of a time keeper and score keeper.
15. Demonstrated competence and confidence to referee as a level 3 referee.



## Senior

### From 16 Years and Over

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

### Minimum Requirements



Comply with all Compulsory Requirements 1 – 5. (p.11)

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

Candidates may apply to the Executive Director – Technical Standards for up to 6 months credit off the above service time if the candidate performs well at a minimum of 2 AJU sanctioned tournaments or seminars whilst 3<sup>rd</sup> kyu.

Minimum age 16 years

#### **Leadership and Responsibilities**

Level 4 referee

Improved skill and knowledge as a timekeeper and scorekeeper at a Level 2 and level 3 tournament

Bout controller at a level 2 and level 3 tournament.

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

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

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

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

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

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

6 hold downs  
6 entries (3 rollovers and 3 moving pass the legs)  
6 escapes from demonstrated hold downs

### **Shime Waza**

6 strangles  
6 neutralising techniques

### **Kensetsu Waza**

6 arm bars  
6 neutralising techniques

### **Randori and Contest**

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

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

### **Kata**

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

### **General Knowledge**

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

7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing
9. Fundamental terminology – (p.71)
10. Shiai terminology – (p.72)
11. Elementary terminology - (p. 72)
12. Intermediate terminology – (p.73)
13. Competitor procedures at shiai
14. Must have knowledge and experience in shiai refereeing as a level 4 referee at club and zone level tournaments.
15. Must have demonstrated knowledge and understanding of the time keeper and score keeper roles at a level 2 and level 3 tournaments.

## Senior

### From 16 Years and Over

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

### Minimum Requirements



Comply with all Compulsory Prerequisite Requirements 1 – 5. (p.11)

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

Candidates may apply to the Executive Director – Technical Standards for up to 6 months credit off the Service time as Ni-kyu if candidate attends and performs well at a minimum of 2 AJU sanctioned tournaments or seminars whilst 2<sup>nd</sup> kyu.

An additional 6 months may be deducted if the candidate wins their division at a major AJU sanctioned tournament where the other place getters who were defeated by the candidate were 3<sup>rd</sup> kyu or higher.

Minimum age 17 years

Online Course – Community Coaching – General Principles

*(see [www.ausport.gov.au](http://www.ausport.gov.au))*

Online Courses (four of)– Play by the Rules (Member Protection Information Officer, Child Protection, Complaint Handling, Harassment and Discrimination)

*(see [www.ausport.gov.au](http://www.ausport.gov.au))*

*Certificates must be current*

Must fulfil any formal qualifications as required by the Executive Director – Technical Standards or AJU Board.

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

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

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

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

40 throws from Go kyo demonstrated in randori style

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

6 combination movements from throws listed in Go kyo. (3 left, 3 right)

6 counter throw techniques to throws listed in Go kyo. (3 left, 3 right)

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

7 hold downs

7 entries ( 4 roll overs and 3 moving pass the legs or vica versa)

7 escapes

### **Shime Waza**

8 strangles

8 neutralising techniques

### **Kensetsu Waza**

8 arm bars

8 neutralising techniques

### **Randori and Contest**

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

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

## **Kata**

Nage no kata (uke and tori for the whole kata)

## **Leadership and Responsibilities**

Level 5 Referee

Officiate as a Timekeeper, Scorekeeper and Bout Controller at a Level 2 Tournament

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

## **General Knowledge**

1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Knowledge of the judo maxim Maximum Efficiency – Minimum Effort; Mutual Mutual Respect Mutual Benefit
4. Purpose of ukemi.
5. Basic dojo hygiene and etiquette.
6. Purpose of 'warming up' and 'cooling down' exercises.
7. Correctly wear judogi, correctly tie obi, and correctly fold judogi.
8. Forms of sitting and bowing
9. Fundamental terminology – (p.71)
10. Shiai terminology – (p.72)
11. Elementary terminology - (p. 72)
12. Intermediate terminology – (p.73)
13. Advanced terminology – (p.74)

14. Competitor procedures at shiai
15. Must have knowledge and experience in shiai refereeing as a level 5 referee at Level 3, Level 2 and Level 1 tournaments.
16. Must have demonstrated knowledge and understanding of the time keeper and score keeper roles at a level 2 and level 3 tournaments without requiring supervision.
17. Must have knowledge of shiai weigh-in procedures
18. Must be able to perform a draw and filling out a pool/bout sheets
19. Must have knowledge and experience in shiai score board recording (manual and/or computer).
20. Must have knowledge and experience in shiai time keeping.
21. Must be competent to fulfil the role of time keeper and score keeper at a level 2 and level 3 competition without any supervision.
22. Demonstrate they can competently teach a class from bow in to bow off.

## General Requirements of all Dan Grades



1. Dan grades may only be obtained one grade at a time.
2. All candidates seeking to hold or have a dan grade ratified must fulfil minimum requirements of Level 3 Associate Coach and undertake to fulfil the minimum requirements for Level 4 Accredited Club Coach within 3 years of joining the AJU as a member.  
*Candidates should not provide certificates with less than 4 months currency*
3. Must fulfil any other qualifications as required by the Executive Director – Technical Standards or AJU Board.
4. The Executive Director – Technical Standards is authorised to seek the judo history from a candidate who has applied for dan grade examination or ratification of dan grading and request any other background information such as criminal history or insurance claim history.
5. Must possess appropriate Working With Children Check Clearance from the appropriate authority.
6. Must possess Current First Aid Certificate HLTAID003 and maintain currency of CPR Component (HLTAID001) of the first aid certificate.



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



Minimum age 18years

18 months as 1<sup>st</sup> kyu.

*Candidates who have who have regularly attended and made a positive contribution towards AJU competitions may apply to the Executive Director – Technical Standards for up to six months credit together with the completed “Application for Dan Rank Examination” form.*

*In addition to the above discretionary reduction of six months which can be authorised by the Executive Director – Technical Standards or the Chief Executive Officer, the Executive Director – Technical Standards or Chief Executive Officer may when extraordinary circumstances exist, seek approval from the AJU board to further reduce the candidate’s “service time” for sho-dan.*

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

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

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

Must be Level 3 Associate Coach

Must fulfil the General Requirements of a Dan Grade.

**AJU Online College Courses** (see [www.australianjudounion.com/college](http://www.australianjudounion.com/college))

AJU Associate Member Program

Level 5 Referee Course

### **Formal Qualifications**

1. First Aid Certificate (HLTAID003) Certificate must be provided with appropriate Application for Dan Rank Promotion.
2. The following short courses must be completed and certificates provided with the appropriate Application for Dan Rank Promotion. The courses are free of costs and can be found online at [ausport.gov.au](http://ausport.gov.au).

*Certificates should be submitted with formal application for grading with not less than 4 months currency.*

1. Community Coaching General Principles
  2. Introduction Level Officiating General Principles
  3. Motivation
  4. PBTR – Child Protection
  5. PBTR – Complaint Handling
  6. PBTR – Harassment and Discrimination
  7. Member Protection Information Officer Training
3. The grading following course must also be completed and certificate provided with the appropriate Application for Dan Rank Promotion. This course is free of charge and can be found online at [asada.gov.au](http://asada.gov.au).
1. Level 1 Anti Doping Course  
*Certificate should be submitted with formal application for grading with not less than 4 months currency.*

## **Leadership & Responsibilities**

Must have attained the rank of level 5 referee.

Must be able to demonstrate competency at a level 1 tournament in all tournament official roles of scorekeeping, timekeeping and bout controller.

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

## **Nage-Waza:**

40 throws from go-kyo demonstrated in randori style

Candidates must demonstrate in tachi waza the following elements

- Forms of unbalancing
- Taking appropriate grips
- Appropriate body movement and walking
- Correct posture and body positioning
- Correct pivoting entry into appropriate throws
- Correct execution of the throw
- Maintain control and balance
- Due care and support to uke

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

7 hold downs

7 entries ( 4 roll overs and 3 moving pass the legs or vica versa)

7 escapes from demonstrated hold downs

## **Shime Waza (Strangles)**

11 strangles

11 neutralising techniques

## **Kensetsu Waza (Arm bars)**

10 arm bars

10 neutralising techniques

## **Randori and Contest**

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

## **Kata:**

Improved technical ability from 1<sup>st</sup> kyu in nage-no-kata as tori and uke.

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

12 x kaeshi-waza

12 x renraku-waza.

8 x renzoku-waza.

**General Knowledge:**

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

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



Minimum age 20 years

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

Must fulfil the "General Requirements" of a Dan Grade.

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

Must have attained the rank of level 5 referee

Must be Level 4 Accredited Club Coach

Must be competent in any tournament official role at a level 1 tournament.

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

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

*Candidates who have who have regularly attended and made a significant contribution towards AJU competitions and/or events may apply to the Executive Director – Technical Standards or Chief Executive Officer for up to six months credit together with the completed "Application for Dan Rank Examination" form.*

*In addition to the above discretionary reduction of six months which can be authorised by the Executive Director – Technical Standards or the Chief Executive Officer, the Executive Director – Technical Standards or Chief Executive Officer may when extraordinary circumstances exist, seek approval from the AJU board to further reduce the candidate's "service time" for ni-dan.*

**AJU Online College Courses** (see [www.australianjudounion.com/college](http://www.australianjudounion.com/college))

AJU Associate Member Program

Level 5 Referee Course

### **Formal Qualifications**

1. First Aid Certificate (HLTAID003) Certificate must be provided with appropriate Application for Dan Rank Promotion.
2. Cert 2 – Sports Coaching (Martial Arts)

## **Randori and Contest**

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

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## **Kata**

Nage no kata (tori and uke)

Katame no kata (tori and uke)

## **Leadership**

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

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



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

Must fulfil the General Requirements of a Dan Grade.

Must have completed AJU Senior Member Program

(see [www.australianjudounion.com/college](http://www.australianjudounion.com/college))

Must have attained the rank of level 5 referee

Level 4 Accredited Club Coach

Must be competent in any tournament official role at a level 1 tournament.

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

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

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

*Candidates who have who have regularly attended and made a significant contribution towards AJU competitions and/or events may apply to the Executive Director – Technical Standards or Chief Executive Officer for up to six months credit together with the completed “Application for Dan Rank Examination” form. (see [www.australianjudounion.com/contacts](http://www.australianjudounion.com/contacts) and [links/downloads](#)).*

*In addition to the above discretionary reduction of six months which can be authorised by the Executive Director – Technical Standards or the Chief Executive Officer, the Executive Director – Technical Standards or Chief Executive Officer may when extraordinary circumstances exist, seek approval from the AJU board to further reduce the candidate’s “service time” for san-dan.*

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

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

**Kata:**

Nage no kata (tori and uke)

Katame no kata (tori and uke)

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



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



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

Must fulfil the General Requirements of a Dan Grade.

Must have completed AJU Senior Member Program

*(see [www.australianjudounion.com/college](http://www.australianjudounion.com/college))*

Must have attained the rank of level 5 referee

Must be a Level 4 Accredited Club Coach

Must be competent in any tournament official role at a level 1 tournament.

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

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

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

*Candidates who have who have regularly attended and made a significant contribution towards AJU competitions and/or events and make an improvement to the practice of judo in the AJU may apply to the Executive Director – Technical Standards or Chief Executive Officer for up to six months credit together with the completed “Application for Dan Rank Examination” form.*

*In addition to the above discretionary reduction of six months which can be authorised by the Executive Director – Technical Standards or the Chief Executive Officer, the Executive Director – Technical Standards or Chief Executive Officer may when extraordinary circumstances exist, seek approval from the AJU board to further reduce the candidate’s “service time” for yon-dan.*

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

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

**Kata:**

Nage no kata (tori and uke)

Katame no kata (tori and uke)

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

Kime no kata (tori and uke)

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



### **Minimum Age 40 years**

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

Must fulfil the General Requirement of a Dan Grade

Must have completed AJU Senior Member Program

*(see [www.australianjudounion.com/college](http://www.australianjudounion.com/college))*

Level 4 Accredited Club Coach

Must have attained the rank of level 5 referee

Must be competent in any tournament official role at a level 1 tournament.

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

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

*Candidates who have who have regularly attended and made a significant contribution towards AJU competitions and/or events and made a significant and note able improvement to the practice of judo in the AJU may apply to the Executive Director – Technical Standards or Chief Executive Officer for up to six months credit together with the completed “Application for Dan Rank Examination” form.*

*In addition to the above discretionary reduction of six months which can be authorised by the Executive Director – Technical Standards or the Chief Executive Officer, the Executive Director – Technical Standards or Chief Executive Officer may when extraordinary circumstances exist, seek approval from the AJU board to further reduce the candidate’s “service time” for go-dan.*

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

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

Demonstrate leadership and contribution to the administration, forming policy and direction of the AJU, setting, maintaining and enforcing AJU standards and

codes of behaviour at a national level and/or leadership in a specific field of judo eg refereeing or coaching.

**Kata:**

Nage no kata (tori and uke)

Katame no kata (tori and uke)

Ju-no-kata (tori and uke)

Kime no kata (tori and uke)

Goshin jitsu (tori and uke)

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

### Requirements



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

Must fulfil the “General Requirements of a Dan Grade”.

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

*The Executive Director – Technical Standards or the Chief Executive Officer may when extraordinary circumstances exist, seek approval from the AJU board to further reduce the candidate’s “service time” for Roku-dan.*

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



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

Must fulfil the “General Requirements of a Dan Grade”.

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

*The Executive Director – Technical Standards or the Chief Executive Officer may when extraordinary circumstances exist, seek approval from the AJU board to further reduce the candidate’s “service time” for Schichi-dan.*

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

### Requirements



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

Must fulfil the “General Requirements of a Dan Grade”.

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

*The Executive Director – Technical Standards or the Chief Executive Officer may when extraordinary circumstances exist, seek approval from the AJU board to further reduce the candidate’s “service time” for Hachi-dan.*

## Batsugun

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

Points are earned in the following manner:-

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

Defeating a judoka 1 rank lower with ippon – ½ point

Defeating a judoka of same rank with ippon – 1 point

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

Defeating an opponent 2 ranks higher with ippon – 2 points

**Gokyo-no-waza.**

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

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

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

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

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

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

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

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

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

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

**Additional Nage Waza:**

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



**Examples of RenzokuWaza:**

**1<sup>st</sup> Kyo**

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

**2<sup>nd</sup> Kyo**

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

**3<sup>rd</sup> Kyo**

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

**4<sup>th</sup> Kyo**

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

**5<sup>th</sup> Kyo**

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

**Banned Techniques**

Kani basami  
Kawazu Gake

**Katame Waza.**

1. Kuzuri Kesa-gatame.
2. Kesa Gatame
3. Kata-gatame.
4. Tate-shiho-gatame
5. Yoko-shiho-gatame
6. Kami-shiho-gatame
7. Kuzuri Kami-shiho-gatame

**Kansetsu Waza.**

1. Ude-hishigi-ude-gatame.
2. Ude-hishigi-juji-gatame
3. Ude-garami.
4. Ude hisigi waki-gatame.
5. Ude-hishigi-hiza-gatame.
6. Ude hisigi ashi gatame.
7. Ude-hishigi-hara-gatame
8. Ude-hisigi-te-gatame
9. Ude hisigi sankaku gatame

**Shime Waza:**

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

**Additional Shime-waza:**

1. Sode-guruma-jime
2. Ryote-jime
3. Tsukkomi-jime.

## **Fundamental Terminology**

Dojo - Judo Hall

Hidari - Left

Migi - Right

Judo - Gentle Way

Judogi - Judo suit

Judoka - One who practices Judo

Ne Waza - Ground Techniques

Osae komi - Hold down

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

Randori - Free practice (Fight)

Rei - Bow

Sensei - Teacher

Tatami - Judo mats

Tori - judoka who is executing a technique

Uke - judoka who is receiving a technique

Uchi komi - Repetitive exercises

Ukemi - Breakfalls

Hajime - Begin

Matte - Stop

Kyo - Set

### **Shiai Terminology**

Osaekomi.....Hold down  
Toketa.....Hold broken  
Sona-mama.....Freeze, do not move  
Yoshi.....Continue, unfreeze  
Shiai.....Tournament  
Matte.....Stop  
Hajime.....Start  
Ippon.....10 Points  
Waza-ari Awasete Ippon..10 Points (two x Waza-ari)  
Waza-ari.....7 Points  
Yuko.....5 Points  
Shido.....Small penalty (for a minor infringement of the rules a warning shido will be awarded.  
Hansoku make – Disqualification – grave infringement  
Hantai - Referees call for a decision  
Sore made - End of contest or that is all  
Shido - Penalty in contest  
Sono mama - Do not move, stay as you are  
Toketa - Hold broken

### **Elementary Terminology**

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

## **Intermediate Terminology**

- 1.....ichi
- 2.....ni
- 3.....san
- 4.....nana
- 5.....go
- 6.....roku
- 7.....shichi
- 8.....hachi
- 9.....ku
- 10.....ju

- Backwards.....Ma
- Right.....Migi
- Left.....Hidari
- Side.....yoko
- Kuzushi.....Breaking your opponents balance
- Tsukuri.....Entering for a throw
- Kake.....Execution of the throw
- Zempo Kaiten - Forward Roll
- Ushiro Ukemi - Back Fall
- Mae Ukemi - Forward Fall
- Yoko Ukemi - Side Fall

### **Advanced Terminology**

Nage-Waza - Throwing techniques

Te-Waza - Hand technique

Koshi-Waza - Hip technique

Ashi-Waza - Foot/Leg technique

Ma-Waza - Rear/Back sacrifice technique

Yoko Sutemi-Waza - Side sacrifice technique

Renraku-Waza - Combination throws

Renzoku-Waza - Combination of throws with progressive movement

Kaeshi-Waza.....Counter throws

Ne-Waza.....Ground Techniques

Osae-Waza.....Pinning techniques

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

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

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

Nage no kata - Formal throwing techniques

Katame no kata - Formal grappling techniques

AUSTRALIAN JUDO UNION EXAMINERS CHECK LIST.

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

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

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

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

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

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

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

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

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

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

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

Nami Juji Jime    Ryote jime            Juji Gatame    Kesa Garami

Gyaku Juji Jime    Tsukomi Jime            Ude Gatame

Kata Juji Jime    Sodeguruma Jime            Ude Garami

Hadaka Jime    Mae Hadaka Jime            Hiza Gatame

Okuri Eri Jime    Sankaku Jime            Waki Gatame

Kata Ha Jime            Hiza Gatame

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

Hiza Guruma    Ko Uchi Gari            Tsuri Goshi            Tani Otoshi            Uki Waza

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

Uki Goshi            Tsuri Komi Goshi            Ashi Guruma            Sukui Nage            Yoko Guruma

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

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

O Uchi Gari            Harai Goshi            Tomoe Nage            Soto Makikomi            Sumi Otoshi

Seoi Nage            Uchi Mata            Kata Guruma            Uki Otoshi            Yoko Gake

## Moral Code of Judo

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