



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 2nd 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 2nd 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 2nd 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 2nd kyu.

3. AJU Participation – All ranks senior 2nd kyu and higher

All examinations for students seeking promotion to senior 2nd 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 2nd 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 see ([www.australianjudounion.com/contacts and links/downloads/Application for Dan Grading](http://www.australianjudounion.com/contacts_and_links/downloads/Application%20for%20Dan%20Grading)) and forward it with supporting documents required by this syllabus 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. Ratification of Dan Gradings from other organisations

All new members join the AJU as probationary member and successfully complete a 2 year probationary period. When a probationary member has been previously promoted to a dan rank by another organisation, the member must upon joining the AJU provide a copy of their Dan Grading Certificate, Judo History and

current Working With Children Clearance to be permitted to coach and act as a grading examiner with restricted privileges. The probationary member must complete the online New Club Coach Induction Program within 3 months of joining the AJU. See(www.australianjudounion.com/college) to access the course. Upon completing the New Club Coach Induction Program the member shall then commence the Level 5 Referee Course See(www.australianjudounion.com/college) and Level 3 Associate Coach Course (see [www.australianjudounion.com/home/coaching levels](http://www.australianjudounion.com/home/coaching%20levels)) for course information. The Level 5 Referee Course and Level 3 Associate Coach Course must be completed within 6 months of joining the AJU.

Upon completing the Level 3 Associate Coach Course the member must then complete the requirements for Level 4 Accredited Club Coach which must be completed within 18 months of joining the AJU. (see [www.australianjudounion.com/home/coaching levels](http://www.australianjudounion.com/home/coaching%20levels)) for course information.

During this period the member is required to attend a Level One Tournament (see AJU Sporting Code) and actively participate as a competitor, or referee or other tournament official.

Upon completing the Level 4 Accredited Club Coach Course the probationary member shall then complete the Associate Member Program within 30 days. See(www.australianjudounion.com/college)

Upon completing the above courses the member shall then complete and submit an “Application to Ratify a Dan Grade” Form (see [www.australianjudounion.com/contacts and links/downloads/ Application to Ratify a Dan Grade](http://www.australianjudounion.com/contacts%20and%20links/downloads/Application%20to%20Ratify%20a%20Dan%20Grade)) together with the certificates from the completed modules of the Level 4 Coaching Course, Current First Aid Certificate HLTAID003 and any other supporting evidence required by the Executive Director – Technical Standards. The Executive Director – Technical Standards will assess the application and may confer with other senior yudansha prior to approving the application.

Once the member’s grading is ratified 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 5th kyu

Judoka with a rank of 5th 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 - 3rd kyu and higher

A grading examiner may assess the ukemi of a candidate who has a rank higher than 3rd 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 3rd kyu with a student who has a rank of at least 3rd 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 3rd 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 1st 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 1st 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 (6th Kyu / White Belt

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

Under 6 Years - Infant

Go-Kyu (5th Kyu / White Belt – Yellow Stripe)

Minimum Requirements



3 months as 6th 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 1st 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 (4th Kyu / White Belt – Orange Stripe)

Minimum Requirements



3 months as 5th 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 (3rd Kyu / White Belt – Green Stripe)

Minimum Requirements



3 months as 4th 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 4th 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 (2nd Kyu / White Belt – Blue Stripe)

Minimum Requirements



6 months as 3rd 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 1st 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 1st kyu

2 counters from 1st 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 (1st Kyu / White Belt – Brown Stripe)

Minimum Requirements



6 months as 2nd 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 1st 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 1st kyo

3 counters from 1st 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 (6th Kyu / White Belt

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

Sub-Junior

(From 6 Years to Under 10 Years)

Go-Kyu (5th Kyu / Yellow Belt – 3 White Stripes)

Minimum Requirements



3 months as 6th 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 (4th Kyu / Orange Belt –3 White Stripes)

Minimum Requirements



3 months as 5th 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 (3rd Kyu / Green Belt – 3 White Stripes)

Minimum Requirements



6 months as 4th 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 1st 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 4th 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 (2nd Kyu / Blue Belt – 3 White Stripes)

Minimum Requirements



6 months as 3rd 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 1st kyo and 2nd 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 1st kyo

3 counters from 1st 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 (1st Kyu / Brown Belt – 3 White Stripes)

Minimum Requirements



12 months as 2nd 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 1st and 2nd 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 1st and 2nd kyo
4 counters from 1st and 2nd 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 2nd 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 (6th Kyu / White Belt)

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

Junior

(From 10 Years to Under 13 Years)

Go-Kyu (5th Kyu / Yellow Belt – 2 White Stripes)

Minimum Requirements



3 months as 6th 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 1st 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

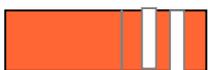
1. Name the mother school of judo, location and beginning date.
2. Knowledge and understanding of the moral code of judo.
3. Purpose of ukemi.
4. Basic dojo hygiene and etiquette.
5. Purpose of 'warming up' and 'cooling down' exercises.
6. Correctly wear judogi, correctly tie obi, and correctly fold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

Minimum Requirements



- 3 months as 5th 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 1st kyo

1 throw from 2nd 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 5th 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 (3rd Kyu / Green Belt – 2 White Stripes)

Minimum Requirements



6 months as 4th 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 1st and 2nd 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 1st kyo

2 counters from 1st 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 4th 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 (2rd 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 1st 2nd and 3rd 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 1stkyo

3 counters from 1st 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 3rd 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 (1st Kyu / Brown Belt – 2 White Stripes)

Minimum Requirements



12 months as 2nd 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 1st 2nd and 3rd 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 1st and 2nd kyos

4 counter throws to 4 different throws from 1st and 2nd 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 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. 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 (6th Kyu / White Belt)

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

Sub Senior

From 13 Years to Under 16 Years

Go-Kyu (5th Kyu / Yellow Belt – 1 White Stripe)

Minimum Requirements



3 months as 6th 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 1st 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 (4th Kyu / Orange Belt – 1 White Stripe)

Minimum Requirements



3 months as 5th 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 1st kyo

8 throws from 2nd 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 (3rd Kyu / Green Belt – 1 White Stripe)

Minimum Requirements



6 months as 4th 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 1st 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 2nd kyo

8 throws from 3rd kyo

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

2 counter throw techniques to include throws from 1st, 2nd or 3rd 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 4th 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 (2nd Kyu / Blue Belt – 1 White Stripe)

Minimum Requirements



12 months as 3rd 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 2nd kyu

8 throws from 3rd kyu

8 throws from 4th 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 1st and 2nd kyos
4 counter throw techniques to include throws from 1st and 2nd 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 3rd 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 2nd 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 2nd 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 1st, 2nd and 3rd kyos.
6 counter throw techniques to include throws from 1st, 2nd and 3rd 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 (6th Kyu / White Belt)

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

Senior

From 16 Years and Over

Go-Kyu (5th Kyu / Yellow Belt)

Minimum Requirements



3 months as 6th 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 (4th Kyu / Orange Belt)

Minimum Requirements



3 months as 5th 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 1st and 2nd 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 5th 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 (3rd Kyu / Green Belt)

Minimum Requirements



6 months as 4th 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 1st, 2nd and 3rd 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 1st, 2nd or 3rd kyos.

2 counter throw techniques to include throws from 1st, 2nd or 3rd 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 4th 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

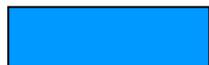
9. Fundamental terminology – (p.71)
10. Shiai terminology – (p.72)
11. Elementary terminology - (p. 72)
12. Competitor procedures at shiai
13. Must have knowledge and experience in shiai refereeing at club level.
14. Must have knowledge of the tournament official duties of a time keeper and score keeper.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

Senior

From 16 Years and Over

Ni-Kyu (2nd Kyu / Blue Belt)

Minimum Requirements



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

12 months service time as 3rd 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 3rd 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 1st, 2nd, 3rd and 4th 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 1st, 2nd, 3rd and 4th kyos.
4 counter throw techniques to include throws from 1st, 2nd, 3rd and 4th 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 3rd 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 (1st Kyu / Brown Belt)

Minimum Requirements



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

18 months as 2nd 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 2nd 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 3rd kyu or higher.

Minimum age 17 years

Online Course – Community Coaching – General Principles

(see 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)

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 3rd 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 2nd 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 (1st Dan / Black Belt) Requirements

Minimum age 18years

18 months as 1st 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 1st 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)

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.

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.
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 1st 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 3rd 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 1st 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 1st Kyu requirements.

Ni-dan (2nd 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)

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 3rd 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 (3rd 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)

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 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 1st 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 (4th 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)

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 1st 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 (5th 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)

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 1st 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 (6th 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 (7th 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 (8th 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 1st 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.

1st Kyo:

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

2nd Kyo:

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

3rd Kyo:

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

4th Kyo:

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

5th 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:

1st Kyo

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

2nd Kyo

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

3rd Kyo

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

4th Kyo

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

5th 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: 1st Kyo 2nd Kyo 3rd Kyo 4th Kyo 5th Kyo

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

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

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

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

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

Nami Juji Jime Ryote jime Juji Gatame Kesa Garami

Gyaku Juji Jime Tsukomi Jime Ude Gatame

Kata Juji Jime Sodeguruma Jime Ude Garami

Hadaka Jime Mae Hadaka Jime Hiza Gatame

Okuri Eri Jime Sankaku Jime Waki Gatame

Kata Ha Jime Hiza Gatame

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

Hiza Guruma Ko Uchi Gari Tsuri Goshi Tani Otoshi Uki Waza

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

Uki Goshi Tsuru Komi Goshi Ashi Guruma Sukui Nage Yoko Guruma

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

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

O Uchi Gari Harai Goshi Tomoe Nage Soto Makikomi Sumi Otoshi

Seoi Nage Uchi Mata Kata Guruma Uki Otoshi Yoko Gake

Moral Code of Judo

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