

MELBOURN JUDO CLUB

Kai grading Syllabus

Introduction

Judo gradings are a great way to reward learning and participation and give a real sense of progression. Seniors (from 16) grade one belt at a time: Red, Yellow, Orange, Green, Blue, Brown and finally Black belts. Juniors take longer to gain the required knowledge and so each belt is broken down into 3 Mon grades, which are represented as tags on the belt.

We feel that further breakdown is required for our youngest players and so we have broken the first 3 Mon grades down into 9 Kai grades. A Kai grade is represented by multi-coloured tags on the other end of the belt from the yellow Mon grade tags as shown in the table below:

Kai grade	Tags	Mon grade	Tags
1 st Kai	1 white		
2 nd Kai	Add 1 yellow		
3 rd Kai	Add 1 orange	1 st Mon	1 yellow
4 th Kai	Add 1 green		
5 th Kai	Add 1 blue		
6 th Kai	Add 1 brown	2 nd Mon	2 yellow
7 th Kai	Add 1 st black		
8 th Kai	Add 2 nd black		
9 th Kai	Add 3 rd black	3 rd Mon	3 yellow

All children under 8 will be graded against the Kai grading syllabus. With regular attendance, they can expect to grade at least every 6 months instead of having to wait a year to be allowed to go for their next Mon grade. Once they turn 8, children entering training sessions or competitions outside club will transfer immediately onto the Mon grading scheme. Others will transfer once they reach 9th Kai or when coaches feel the time is appropriate for their age and ability.

Kai grades are a club initiative and so will not be entered into British Judo record books, but children will receive a certificate as well as the tags to recognise their achievement.

The requirements for each Kai grade are designed to meet the equivalent Mon grade requirements in 3 stages along with a few other items. Each Kai has 5 sections

Fundamental movement	Judo related exercises
Breakfalls (Ukemi)	A step-by-step build up of Mon grade breakfalls
Judo Techniques	The Mon grade techniques split into 3 sections
Terminology	Japanese words requiring the English meaning
Judo Code	Show an understanding of each aspect of the Judo code

MELBOURN JUDO CLUB

Novice - 1st Kai

Fundamental Movement

- Side step pattern
- Hop left and right leg and balance on one leg

Breakfalls (Ukemi)

Ushiro Ukemi (back breakfall) from sitting



Judo Techniques (Waza)

Osoto-otoshi (Major outer drop)



Terminology

Matte Hajime Ukemi

Judo Code

Courtesy

1st Kai – 2nd Kai

Fundamental Movement

- Commando crawl
- Sky diver to Banana

Breakfalls (Ukemi)

Ushiro Ukemi (back breakfall) from crouching



Judo Techniques (Waza)

Kesa-gatame (scarf hold)



Escape from Kesa-gatame (trapping a leg)



Terminology

Rei Gatame Waza

Judo Code

Courage

MELBOURN JUDO CLUB

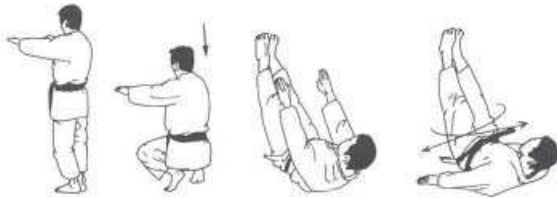
2nd Kai – 3rd Kai (1st Mon)

Fundamental Movement

- Backwards shrimping
- Forward roll

Breakfalls (Ukemi)

Ushiro Ukemi (back breakfall) from standing



Judo Techniques (Waza)

Osoto-otoshi into Kesa-gatame



Terminology

Osoto-otoshi Kesa-gatame

Judo Code

Fairplay

3rd Kai – 4th Kai

Fundamental Movement

- Step and Pull / Sleeve pulls
- Ashi-waza step pattern / Step & sweep

Breakfalls (Ukemi)

Yoko Ukemi (side breakfall) from sitting



Judo Techniques (Waza)

De-ashi-barai (advancing foot sweep)



Terminology

Tachi-Rei Za-Rei Ashi-Waza

Judo Code

Honour

MELBOURN JUDO CLUB

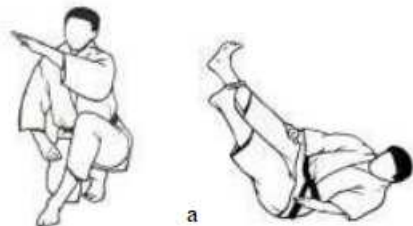
4th Kai – 5th Kai

Fundamental Movement

- Bridge and reach
- Grab and Drag / Monkey run

Breakfalls (Ukemi)

Yoko Ukemi (side breakfall) from one knee

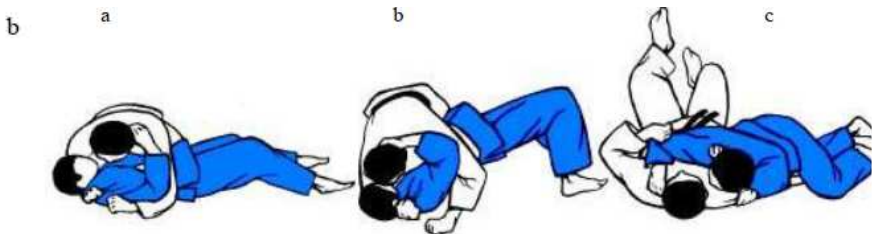


Judo Techniques (Waza)

Mune-gatame (Chest hold)



Escape from Mune-gatame (bridge and roll)



Terminology

Osaekomi Toketa

Judo Code

Modesty

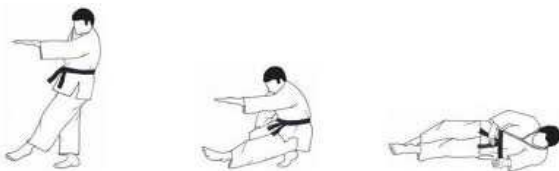
5th Kai – 6th Kai (2nd Mon)

Fundamental Movement

- Forward shrimping
- Backwards roll

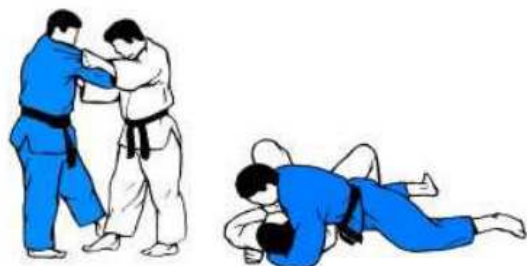
Breakfalls (Ukemi)

Yoko Ukemi (back breakfall) from standing



Judo Techniques (Waza)

De-ashi-barai into Mune-gatame



Terminology

De-ashi-barai Mune-gatame

Judo Code

Respect

MELBOURN JUDO CLUB

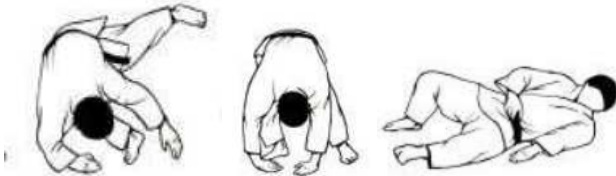
6th Kai – 7th Kai

Fundamental Movement

- Correct wearing of the Judogi (including belt tying)
- Forward step pattern / Tsugi-Ashi

Breakfalls (Ukemi)

Mae Mawari Ukemi (forward rolling breakfall) from crouching



Judo Techniques (Waza)

Uki-goshi (floating hip)



Terminology

Judogi Zoris Dojo Mae Mawari Ukemi

Judo Code

Self-control

7th Kai – 8th Kai

Fundamental Movement

- Backwards step pattern
- Turning step pattern

Breakfalls (Ukemi)

Mae Mawari Ukemi (forward rolling breakfall from standing)



Judo Techniques (Waza)

Kuzure-Kesa-gatami (broken scarf hold)



Escape from Kuzure-Kesa-gatami (sit up and push)



Terminology

Where does Judo come from?
Who invented Judo?

Judo Code

Friendship

MELBOURN JUDO CLUB

8th Kai – 9th Kai (3rd Mon)

Fundamental Movement

- Side shrimping
- Uchi-Komi

Breakfalls (Ukemi)

Mae Mawari Ukemi (forward rolling breakfall) over a partner

Judo Techniques (Waza)

Uki-goshi into Kuzure-kesa gatame



Terminology

Uki-goshi Kuzure-kesa-gatame Ippon

Judo Code

Hygiene

MELBOURN JUDO CLUB

Terminology

The English translations for all required terminology are given in the table below. Learn the ones you need for your next grade

For	Japanese	English
1 st Kai	Matte	Stop (and listen)
	Hajime	Begin
	Ukemi	Breakfall
2 nd Kai	Rei	Bow
	Gatame	Hold
	Waza	Technique
3 rd Kai	Osoto-otoshi	Major outer body drop
	Kesa-gatame	Scarf hold
4 th Kai	Tachi-Rei	Standing bow
	Za-Rei	Kneeling bow (also Ne-Rei)
	Ashi-Waza	Foot or leg technique or foot sweep
5 th Kai	Osaekomi	Holding (referee command)
	Toketa	Hold broken (referee command)
6 th Kai	De-ashi-barai	Advancing foot sweep
	Mune-gatame	Chest hold
7 th Kai	Judogi	Judo suit
	Zoris	Judo slippers
	Dojo	Judo Hall
	Mae Mawari Ukemi	Forward rolling breakfall
8 th Kai	Where does Judo come from?	Japan
	Who invented Judo?	Jigoro Kano
9 th Kai	Uki-goshi	Floating hip
	Kuzure-kesa-gatame	Broken scarf hold
	Ippon	Win (Refereeing command)

Judo code

Jigoro Kano developed Judo as an education and his moral code was an important part. Learn the meaning of each of the 9 moral codes for each Kai grade. Rather than just reciting what is below, think about what the code means and give examples of how you can follow it in your Judo sessions.

For	Code	Meaning
1 st Kai	Courtesy	Be polite to other people
2 nd Kai	Courage	Face difficulty without fear
3 rd Kai	Fair play	Be a good sport, play by the rules
4 th Kai	Honour	Fairness in beliefs and actions
5 th Kai	Modesty	Be without vanity or boastfulness
6 th Kai	Respect	Regard for others
7 th Kai	Self-control	Control over yourself and actions
8 th Kai	Friendship	Be a good friend, be helpful and kind
9 th Kai	Hygiene	Wear a clean judogi. No shoes on the mat. Zoris work off the mat.