

British Judo Association

MON GRADE PROMOTION SYLLABUS

Revised edition 1st October 2013

EFFECTIVE 1ST OCTOBER 2013



BRITISH JUDO ASSOCIATION

MON GRADE PROMOTION SYLLABUS

INTRODUCTION

This syllabus, effective from 1st October 2013, supersedes all previously published syllabi. All previously taken theory examinations for 7-18 Mon higher than the contest grade, are no longer valid.

Within the British Judo Association (BJA) there are 18 Mon grades. The grades are indicated by the following coloured belts:-

1st Mon	Red + 1 Yellow Tag	10th Mon	Green + 1 Red Tag
2nd Mon	Red + 2 Yellow Tags	11th Mon	Green + 2 Red Tags
3rd Mon	Red + 3 Yellow Tags	12th Mon	Green + 3 Red Tags
4th Mon	Yellow + 1 Red Tag	13th Mon	Blue + 1 Red Tag
5th Mon	Yellow + 2 Red Tags	14th Mon	Blue + 2 Red Tags
6th Mon	Yellow + 3 Red Tags	15th Mon	Blue + 3 Red Tags
7th Mon	Orange + 1 Red Tag	16th Mon	Brown + 1 Red Tag
8th Mon	Orange + 2 Red Tags	17th Mon	Brown + 2 Red Tags
9th Mon	Orange + 3 Red Tags	18th Mon	Brown + 3 Red Tags

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

For grades up to and including 9th Mon, gradings should be completed within the candidate's club and can be examined by the same coach that instructed the candidate.

For 10th Mon and above, gradings may be completed within the club, but candidates may also grade at Inter-club, area promotion examinations and at any other event such as a Technical Training course. It is good practice that the examiner should be different from the coach.

With regular study and training, the judoka should be able to complete the syllabus by the age of 18 (the keen judoka may complete it as early as 15 years of age). It is, however, vitally important that all they follow the progressive study of techniques detailed in this syllabus and attempt promotion to the next grade at regular intervals.

All judoka are encouraged to take increasing responsibility for their technical development as they progress through the grades and it may be necessary for them to undertake supplementary study and training in addition to that which is available at the judoka's club. Study of the BJA Technical Grading Syllabus (TGS) and other resources will be highly beneficial (see page 6 for further information).

Important Notes:

- 1. Candidates can only be graded one grade at a time. (See Fast Tracking on Page 5 and fast track policy for exceptional circumstances))**
- 2. Although there is no contest requirement in this promotion syllabus, judoka are encouraged to participate in competition of the appropriate level for their age and experience. There are many competitive opportunities which can be used to supplement the judoka's technical development.**

MINIMUM AGE

The minimum age a judoka may attempt promotion is 5 years of age. The recommended maximum grade that can be held before the age of 8 is 6th Mon and there are recommended age bands for each of the grades as detailed in the following pages. Judoka may, in consultation with their coach, choose to seek promotion under the Kyu Grade syllabus on reaching 14 years of age.

Important Note:

Judoka aged 14 and 15 years of age choosing to seek promotion under the Kyu Grade Syllabus are not required to take out senior membership of the BJA. Players are encouraged to seek advice from their coach on whether they should seek promotion under the Kyu Grade Syllabus. Junior judoka of 1st Kyu aged 14 can collect promotion points towards their Dan grade in point scoring competitions, but are not able to enter Dan gradings until the age of 15. Age 15 is also the minimum age they can register for promotion to 1st Dan as specified in the Dan Grade Syllabus.

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ADMINISTRATION

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

Grading test success is registered at BJA Head Office within 28 days, by completing the Grade Registration Sheet in accordance with the instructions on the sheet.

GRADING FEES

The BJA charges a grading fee of £10 for grading of judoka aged 8 and over, grading fee for judoka under the age of 8 is £7.50 (including transfers). This fee is used for the administration and development of the BJA's grading schemes and must be forwarded to the BJA along with the completed Grade Registration Sheet.

The BJA recognises that organisers of gradings may require to add a surcharge to the £10 or £7.50 grading fees to cover additional costs such as venue hire, examiner's expenses etc. The BJA recommends a maximum surcharge of £5.00 but recognises that grading organisers may charge more or less depending on circumstances. Any surcharge should be retained by the grading organiser and not sent to the BJA.

AUTHORITY TO GRADE

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

Novice to 6th Mon

BJA Level 1 Coach - **see note**

Novice to 18th Mon

BJA Level 2 Coach - **see note**

BJA Level 3 Coach

BJA Senior Examiner

Note - Level 1 and Level 2 coaches that qualify from January 2013, must attend the appropriate Technical Grading Coach Re-validation module in order to be able to grade judoka

TIME REQUIREMENTS/FREQUENCY OF PROMOTIONS

Novice up to and including 6th Mon ages 5-7

Candidates may be promoted one Mon every 3 calendar months.

Novice up to and including 6th Mon — ages 8-17

Candidates may be promoted one Mon every calendar month.

This allowance for ages 8-17 is because it is known and accepted that at this age range, young people have a greater capacity for learning and therefore more able to undertake examination at shorter intervals.

6th Mon and above — all ages

Candidates are limited to one promotion every 2 calendar months.

A month is a calendar month e.g. a candidate can be examined any date in January and then any date in March. This means a candidate could theoretically be promoted 6 times per year, following a learning pathway of continuous progress, however, it is anticipated they would go up 1 belt colour per year. There is no limit to the number of attempts to gain promotion.

NOTES ON THE TECHNICAL REQUIREMENTS

For promotion to all grades, candidates are required to know the common English names and meaning of all Japanese terminology used for the grade and, where appropriate, must be able to discuss with the examiner the reasons for their choice of technique, grip etc. Examination of Japanese terminology should be appropriate to the age and grade of candidate.

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

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

From 7th Mon and above there is no specific Ukemi requirement. The candidate may, however, be required to act as Uke and must be able to demonstrate the level of Ukemi required by the grade.

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

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

Candidates for examination must wear clean judogi and maintain a high standard of personal hygiene. Hair must be secured back, if it is long enough to impede their partner. No metallic or hard object including body piercings may be worn – rings must be removed, it is not sufficient to cover them with adhesive tape.

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

Male and female candidates may be examined together, as can candidates of different ages and physique.

Candidates achieving 18th Mon can convert to 1st Kyu after the age of 14. They must have a record of contest activity on at least 2 occasions recorded in their BJA record book under "Record of Judo Events Attended", (signed by a BJA official) before entering their first competitive Dan grading. Also, they must be a minimum age of 15 to enter the Dan grading and to be promoted. SEs will carry out random checks of record books during the grading booking in process.

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

RECOMMENDED COMPETITION/ RANDORI PROGRAMME

- | | |
|-----------|---|
| 0-3 Mon | Judoka should be proficient in light randori/nage komi/ukemi sufficient to support entry into red belt events.
Enters 1 red belt event or closed club competition - Level 1 (this can just be pairing of players for informal contest with a Level 2 coach refereeing) |
| 4-6 Mon | Judoka should be proficient as above to support their participation in mini-mon comps
Enters mini-mon competition for yellow belts or
Takes part in inter-club randori or competition - Level 2 |
| 7-9 Mon | Judoka participates in regular club randori
Enters low level area or equivalent competitions Level 2 or multi club randori such as county squad training |
| 10-12 Mon | Judoka participates in above
Judoka enters area competitions or equivalent - Level 3
Judoka takes part in area or equivalent randori/training |
| 13-15 Mon | Judoka satisfies all above and enters a National or equivalent championships - Level 4 |
| 18 Mon | Judoka is competing and participating in a level of randori that would prepare them to enter their first competitive Dan grading |

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QUALITY CONTROL

Club gradings may be subject to visits from the Area Director of Examiners (ADofE) to provide support and ensure a consistent application of the examination criteria. These visits will be selected on a random basis as a means of sampling a percentage of the clubs within the area. The ADofE may appoint other authorised officials to carry out this responsibility.

Areas and Club gradings may be visited by the National Promotions and Gradings Manager (NPGM), again to provide support and ensure consistent application of the exam criteria.

PERSONAL CHOICE

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

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

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

CONVERSION TO THE KYU GRADE SYLLABUS

Judoka of 14 years of age and above who hold a Mon grade may, if they wish, convert to a Kyu grade. The following table will be used for all Mon to Kyu grade conversions. It may appear that the junior is converting to a lower level of examination; however this is to allow for a period of assimilation into the Kyu grade system and in order to cover all the grading requirements. Judoka holding a Mon grade should be converted to the equivalent Kyu grade on reaching 18 years of age.

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

CANDIDATES FROM IJF/EJU MEMBER ORGANISATIONS

It is acknowledged that there are many Judoka from foreign countries residing in the UK and joining the BJA. If they hold a grade in an association that is a member of the International Judo Federation (IJF) or European Judo Union (EJU), then that grade is accepted by the BJA. Examiners are to convert the colour belt from the original association to the equivalent BJA grade e.g. An IJF Mon/Junior Blue belt would become a BJA 15th Mon. The normal grade registration fee of £10 applies.

TRANSFER OF GRADES FROM NON BJA ORGANISATIONS

In a similar way to the process for recognising IJF and EJU judoka, candidates from non BJA organisations (including independent organisations), that have joined the BJA may convert from the colour held in the previous organisation to the colour appropriate to the BJA grade. However they must undertake the examination of all the previous grades and this can be done by examining a percentage of the syllabus deemed suitable by the examiner. If the examiner is satisfied that the candidate has demonstrated the knowledge and understanding appropriate to the grade being converted he can add the candidates name to the Grade Registration Sheet annotating the "From Grade" block as initials of previous organisation e.g. British Judo Council (BJC). The normal grade registration fee of £10 applies.

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FAST TRACKING

Judoka taking up the sport at the of 12 years of age and above who have no record of grade may be 'Fast Tracked' in their first year of BJA membership, a maximum of three Mon grades in any of their gradings i.e. Novice to 3rd Mon and 3rd Mon to 6th Mon, or novice to 2nd Mon, 2nd Mon to 4th Mon, 4th Mon to 6th Mon or any combination of jumps up to 6th Mon.

Any judoka that have no record of grade for reasons such as lost record book, achieved grade prior to BJA computer records, returning to judo after long absence etc, may be assessed by the ADofE in order to re-join the grading scheme at the appropriate grade commensurate with prior technical knowledge. The ADofE may appoint an authorised official to carry out this responsibility.

Judoka aged 12 and above that have successfully completed a formal beginner's course such as "sportivate" or club introductory course, can in their first grading be promoted up to a maximum of 6th Mon. This must be a formal course approved by the National Promotions and Gradings Manager (NPGM) with a minimum of 12 hours instruction. Judoka under age of 12 on the same courses can be promoted to a maximum of 3rd Mon. Completion of the course must be specified on the Grade Registration Form.

FAST TRACKING POLICY IN EXCEPTIONAL CIRCUMSTANCES

The British Judo Association (BJA) recognise that all judoka have varying levels of capacity for learning, depending on a vast range of factors including age, ability, experience and frequency of judo instruction. In order to provide a credible and fair grading scheme, individuals authorised to conduct grading examinations for Mon and Kyu grades in accordance with the syllabus instructions may, under exceptional circumstances, apply to deviate from the syllabus time requirements or frequency of promotions in order to promote a candidate. They are to follow the process as detailed below:

- The individual proposing to conduct the promotion examination must seek prior approval from BJA Promotions Commission by contacting the National Promotions and Gradings Manager (NPGM) by e-mail or by letter.
- They must provide a detailed explanation of the extenuating circumstances and candidate's age and grading history by way of grades achieved and date awarded.
- Application must also confirm that the candidate has, in their opinion, the necessary skills to complete the syllabus requirements for the grade which is being recommended. All applications will be subject to random verification on a sampling basis by a commission appointed official in order to maintain an audit trail.
- The NPGM will make a decision set by earlier precedents or will seek approval from the Promotions Commission Chairman.
- The NPGM will inform the individual proposing to conduct the promotion examination of the final decision which will be copied to BJA Head office.
- On receipt of approval, the individual proposing to conduct the promotion examination official may then conduct the examination and then submit grade registration sheet together with written commission authorisation.
- In addition to the grading fee, an additional administration charge of £10.00 per candidate must be submitted with grade registration sheet.

Note: The BJA are committed to ensure that all judoka are of the correct grade in accordance with their ability and it is considered poor practice for judoka to be held back in a lower grade in order to obtain an advantage in certain levels of competition.

SPECIAL NEEDS (SN) GRADINGS, INCLUDING VISUALLY IMPAIRED – (VI)

The purpose of the grading syllabus is to help coaches provide a safe, enjoyable and stimulating learning environment where all people with special needs feel confident and motivated to reach their individual potential as a judoka. SN/VI judoka may choose in consultation with their coach to take part on this mainstream syllabi for Mon and Kyu grades. If they decide that the mainstream syllabus is not suitable they should contact the Inclusion commission to participate in the separate Special Needs grading system.

The coach/examiner and judoka should work together and in the practical section where a waza is not possible due to any type of restriction or limitation by the judoka, then the waza should be substituted for a waza more appropriate but within the grading criteria. For the verbal part of the exam, the judoka can by any appropriate means, pass on the information

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required to the examiner. There is no pass or fail and the examination process can take minutes or quite a few days. When the examiner is satisfied that the candidate has completed the requirements for the grade, the promotion is then registered with the BJA and also recorded in the candidates' record book.

A great amount of discretion is given to the coach and/or examiner, with the grading scheme being very flexible in dealing with all needs. All mainstream documentation should be utilised, however, on submission of grade registration to the BJA, the Inclusion Commission is to be copied in (via BJA Head Office attention SN gradings co-ordinator) with any deviations from the syllabus in order to monitor and distribute best practice. Although generally considered best practice that a different person should examine than the coach, it is acknowledged that the candidates own coach is best placed to determine the ability and best time to carry out the exam.

Important Note:

Each candidate taking part in an examination should be relaxed with no tension or stress. If the candidate is unable to complete any section of the examination, their coach will either adapt or replace the waza with one that the candidate is able to complete. The aim is to challenge players according to their individual abilities so that each player is fully able to reach their potential. The candidate should be given the opportunity to develop and demonstrate their skills and understanding of judo and therefore qualify and progress through the higher grades by virtue of their personal efforts. This grading process is a working partnership between coaches, examiners, players and parents/guardians.

BJA TECHNICAL GRADING SYLLABUS BOOK

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

THE JUDO CODE

For each grade up to and including 6th Mon, knowledge of the judo code as detailed in the record book is required. Examiners are required to ensure that candidates have the knowledge and understanding of the Judo Code appropriate to their chronological age and experience in the sport.

ADDITIONAL RESOURCES AND INFORMATION

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

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

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

NOVICE – 1ST MON (AGE RECOMMENDATION 5-10)

FUNDAMENTAL SKILLS

Ukemi:

- Ushiro Ukemi

Tachi-waza:

- Osoto-otoshi

Osaekomi-waza:

- Kesa-gatame

PERFORMANCE SKILLS

Combination Techniques:

- Osoto-otoshi into Kesa-gatame

Ne-waza:

- escape from Kesa-gatame by 'trapping Uke's leg

PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

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

Rei

Hajime

Matte

- answer the question
In which country was judo devised?

NOTES

1. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

1ST MON — 2ND MON (AGE RECOMMENDATION 5-10)

FUNDAMENTAL SKILLS

Ukemi:

- Yoko Ukemi

Tachi-waza:

- De-ashi-barai

Osaekomi-waza:

- Mune-gatame

PERFORMANCE SKILLS

Combination Techniques:

- De-ashi-barai into Mune-gatame

Ne-waza:

- escape from Mune-gatame using a 'bridge and roll' action

PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

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

Osaekomi Toketa Randori

- have knowledge of the judo code
- demonstrate the correct bowing procedure for Tachi-rei and Za-rei
- answer the question
Who is the founder of modern judo?

NOTES

1. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

2ND MON — 3RD MON (AGE RECOMMENDATION 5-10)

FUNDAMENTAL SKILLS

Ukemi:

- Mae Mawari Ukemi I

Tachi-waza:

- Uki-goshi

Osaekomi-waza:

- Kuzure-kesa-gatame

PERFORMANCE SKILLS

Combination Techniques:

- Uki-goshi into Kuzure-kesa-gatame

Ne-waza:

- escape from Kuzure-kesa-gatame using 'sit up and push'

PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and knowledge of the judo code
- demonstrate the correct wearing of the judogi and tying of the obi.
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

Dojo

Judogi

Zori

NOTES

1. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

3RD MON — 4TH MON (AGE RECOMMENDATION 5-10)

FUNDAMENTAL SKILLS

Ukemi:

- Mae Mawari Ukemi II

Tachi-waza:

- Tai-otoshi

Osaekomi-waza:

- Yoko-shiho-gatame

PERFORMANCE SKILLS

Combination Techniques:

- Tai-otoshi into Yoko-shiho-gatame

Ne-waza:

- escape from Yoko-shiho-gatame using 'trap, bridge and roll'
- turnover into Yoko-shiho-gatame (Uke in prone position)

Kumi-kata:

- demonstrate the right and left standard grip

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two tachi-waza and one osaekomi-waza from the BJA Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and knowledge of the judo code

NOTES

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

4TH MON — 5TH MON (AGE RECOMMENDATION 5-10)

FUNDAMENTAL SKILLS

Ukemi:

- Mae Mawari Ukemi III

Tachi-waza:

- Ippon-seoi-nage

Osaekomi-waza:

- Kami-shiho-gatame

4TH MON — 5TH MON (CONTINUED)

PERFORMANCE SKILLS

Combination Techniques:

- Ippon-seoi-nage into Kami-shiho-gatame

Ne-waza:

- turnover into Kesa-gatame (Uke in “all fours” position)
- escape from Kami-shiho-gatame using ‘action and re-action’

Kumi-kata:

- demonstrate alternatives to the right and left standard grips

PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and knowledge of the judo code

NOTES

1. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

5TH MON — 6TH MON (AGE RECOMMENDATION 5-10)

FUNDAMENTAL SKILLS

Ukemi:

- Mae Ukemi

Tachi-waza:

- O-uchi-gari

Osaekomi-waza:

- Tate-shiho-gatame

PERFORMANCE SKILLS

Combination Techniques:

- O-uchi-gari into Tate-shiho-gatame

Ne-waza:

- escape from Tate-shiho-gatame using ‘clamp and roll’ action
- turnover into Mune-gatame (Uke “all fours” position)

Kumi-kata:

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

Randori:

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

PERSONAL CHOICE

Candidates are required to:

- demonstrate two of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

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

NOTES

1. Nage-komi is introduced for this grade. It is to be demonstrated in the form of light randori which will be of approximately two minutes duration with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety of techniques and, if possible, to both right and left sides.

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2. Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
3. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

6TH MON — 7TH MON (AGE RECOMMENDATION 8-11)

FUNDAMENTAL SKILLS

Tachi-waza:

- Ko-uchi-gari
- Tsuru-komi-goshi
- O-goshi

PERFORMANCE SKILLS

Combination Techniques:

- O-uchi-gari into Ko-uchi-gari
- Ko-uchi-gari into O-soto-gari or O-soto-gake

Counter Techniques:

- O-uchi-gari countered by Tsuru-komi-goshi

Ne-waza:

- escape
 - from Kesa-gatame using 'bridge and roll'
 - into Kesa-gatame from between Uke's legs'

Randori:

- demonstration of light Randori with a co-operative partner

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two tachi-waza and one osaekomi-waza from the BJA Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- give two examples of actions against the contest rules
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

Uke	Tori	Waza-ari-awasete-ippon
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- demonstrate the proper procedures for coming onto and leaving the mat for a contest

NOTES

1. Randori is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration. The examiner will expect to see a variety of waza and kumi-kata and, if possible, throws to both right and left sides. Although there are no specified requirements the judoka should understand and observe the simple regulations and terminology governing Randori, including the correct method for signalling submission.
2. For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

7TH MON — 8TH MON (AGE RECOMMENDATION 8-11)

FUNDAMENTAL SKILLS

Tachi-waza:

- Ko-soto-gari
- Ko-soto-gake
- Morote-seoi-nage

PERFORMANCE SKILLS

Combination Techniques:

- Ko-uchi-gari into Morote-seoi-nage

Counter Techniques:

- Tai-otoshi countered by Ko-soto-gake or gari

Ne-waza:

- escape into Yoko-shiho-gatame from between Uke's legs
- turn over from underneath Uke into Tate-shiho-gatame

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Randori:

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

PERSONAL CHOICE

Candidates are required to:

- demonstrate three of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

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

Shido

Hansoku-make

- demonstrate the Referee's signals for Matte, Osaekomi, Toketa and adjusting the judogi
- give two examples of actions (not grips) against the contest rules for negative and safety reasons

NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
 2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.
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8TH MON — 9TH MON (AGE RECOMMENDATION 8-11)

FUNDAMENTAL SKILLS

Tachi-waza:

- Seoi-otoshi
- O-soto-gari

PERFORMANCE SKILLS

Combination Techniques:

- Ippon-seoi-nage into Ko-uchi-gari
- any techniques, as combinations with
 - Seoi-otoshi
 - Ko-uchi-gari

Ne-waza:

- arm roll
 - from behind Uke
 - from in front of Uke

Randori:

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

PERSONAL CHOICE

Candidates are required to:

- demonstrate three of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

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

Hiki-wake

- give two examples of grips against the contest rules for negative or safety reasons

NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

9TH MON — 10TH MON (AGE RECOMMENDATION 11-15)

FUNDAMENTAL SKILLS

Tachi-waza:

- Harai-goshi
- Uchi-mata

Kansetsu-waza:

- Ude-gatame
- Waki-gatame

Randori:

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

PERSONAL CHOICE

Candidates are required to:

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

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.
It is expected that the judoka will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. **From this grade onwards, Kansetsu-waza must not be applied to the point of submission and is taught so that the judoka has an understanding and awareness of the application.**

10TH MON — 11TH MON (AGE RECOMMENDATION 11-15)

FUNDAMENTAL SKILLS

Tachi-waza:

- Hiza-guruma
- Sasae-tsuri-komi-ashi

Kansetsu-waza:

- Juji-gatame
- Hiza-gatame

PERFORMANCE SKILLS

Ne-waza:

- Juji-gatame
 - sit back entry
 - roll over entry

Randori:

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

BRITISH JUDO ASSOCIATION

MON GRADE PROMOTION SYLLABUS

10TH MON — 11TH MON (CONTINUED)

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
 2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.
 3. Additional Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.
-

11TH MON — 12TH MON (AGE RECOMMENDATION 11-15)

FUNDAMENTAL SKILLS

Tachi-waza:

- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

PERFORMANCE SKILLS

Ne-waza:

- Juji-gatame
 - over the shoulder entry
 - entry from beneath

Randori:

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

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four of their favourite waza

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

12TH MON — 13TH MON (AGE RECOMMENDATION 11-15)

FUNDAMENTAL SKILLS

Tachi-waza:

- Tani-otoshi
- Yoko-guruma

Kansetsu-waza:

- Ude-garami

PERFORMANCE SKILLS

Combination Techniques:

- Knowledge of selected Kaeshi-waza (various options)

Ne-waza:

- Ude-garami from Kuzure-kesa-gatame

Kumi-kata:

- Kumi-kata (gripping) skills (right and left)

Randori:

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

PERSONAL CHOICE

Candidates are required to:

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

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

NOTES

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

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

13TH MON — 14TH MON (AGE RECOMMENDATION 11-15)

FUNDAMENTAL SKILLS

Tachi-waza:

- Tomoe-nage
- Yoko-tomoe-nage

Shime-waza:

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

PERFORMANCE SKILLS

Ne-waza:

- Nami-juji-jime – Uke underneath (between Tori's legs)
- Gyaku-juji-jime – Uke on top (between Tori's legs)
- Okuri-eri-jime – Uke attempts Seoi-otoshi (or other) dropping attack

Kumi-kata:

- Kumi-kata (gripping) skills (right and left)

Randori:

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

BRITISH JUDO ASSOCIATION

MON GRADE PROMOTION SYLLABUS

13TH MON — 14TH MON (CONTINUED)

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two of their favourite combinations or counters

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
 2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
 3. Shime-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.
-

14TH MON — 15TH MON (AGE RECOMMENDATION 11-15)

FUNDAMENTAL SKILLS

Tachi-waza

- Uki-waza
- Soto-maki-komi

PERFORMANCE SKILLS

Ne-waza:

- Koshi-jime – Uke has attempted a “dropping attack”
- Kata-te-jime - Uke in “all fours” position

Randori:

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

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two of their favourite combinations or counters

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

15TH MON — 16TH MON (AGE RECOMMENDATION 15-17)

FUNDAMENTAL SKILLS

Tachi-waza:

- Ura-nage
- Uki-otoshi
- Koshi-guruma

Shime-waza:

- Kata-ha-jime
- Kata-te-ashi-koshi-jime

PERFORMANCE SKILLS

Tachi-waza:

- knowledge of performance forms of selected techniques

Ne-waza:

- Kata-ha-jime – Uke in “all fours” position

Randori:

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

PERSONAL CHOICE

Candidates are required to:

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

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

NOTES

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

16TH MON — 17TH MON (AGE RECOMMENDATION 15-17)

FUNDAMENTAL SKILLS

Tachi-waza:

- Ushiro-goshi
- Sumi-gaeshi
- Ryo-hiza-seoi-otoshi
- Yoko-gake

Shime-waza:

- Hadaka-jime

PERFORMANCE SKILLS

Tachi-waza:

- knowledge of performance forms of selected techniques

Ne-waza:

- Hadaka-jime – Uke prone position

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MON GRADE PROMOTION SYLLABUS

16TH MON — 17TH MON (CONTINUED)

Randori:

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

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate three of their favourite combinations or counters

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section

NOTES

- During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
- For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
- Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

17TH MON — 18TH MON (AGE RECOMMENDATION 15-17)

FUNDAMENTAL SKILLS

Tachi-waza:

- Sode-tsuri-komi-goshi
- Kata-guruma
- Ko-uchi-gake-maki-komi

Shime-waza:

- San-gaku-jime

PERFORMANCE SKILLS

Tachi-waza:

- Demonstrate any two variations of Sumi-gaeshi

Ne-waza:

- San-gaku- gatame – complex entry
- San-gaku-Jime – complex entry
- San-gaku-osae-gatame – turnover and hold

Randori:

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

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters
- Demonstrate 1 set of Nage No Kata or Katame No Kata

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- give three examples of any of the penalties in the competition rules

NOTES

- During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.

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MON GRADE PROMOTION SYLLABUS

2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza.

17TH MON — 18TH MON (CONTINUED)

Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

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

Candidates who have attained a BJA Junior Referee Award or a BJA Kata Award may, if they wish, exempt themselves from this section.

3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

APPENDIX 1 - TERMINOLOGY

Japanese	English Description	TGS Page
De-ashi-barai	Advancing Foot Sweep	12
Dojo	Judo practice hall	
Gyaku-juji-jime	Reverse Cross Strangle	182
Hadaka-jime	Naked Strangle	183
Hajime	Begin - Referee's command to start a judo contest	
Hane-goshi	Spring Hip	13
Hansoku-make	Disqualification	
Harai-goshi	Sweeping Hip	15
Hiki-wake	Referee's announcement of a draw at the end of a contest	
Hiza-guruma	Knee Wheel	18
Ippon	Complete point	
Ippon-seoi-nage	One arm shoulder	20
Judogi	Judo uniform	
Judoka	Judo player	
Juji-gatame	Cross armlock	201
Kaeshi-waza	Counter techniques	
Kami-shiho-gatame	Upper four quarters hold	167
Kata-guruma	Shoulder wheel	124
Kata-ha-jime	Single collar strangle	185
Kata-te-ashi-koshi-jime	Single hand leg hip strangle	187
Kata-te-jime	Strangle with one hand	
Kesa-gatame	Scarf hold	169
Koshi-guruma	Hip wheel	29
Ko-soto-gake	Minor outer hook	30
Ko-soto-gari	Minor outer reaping	31
Ko-uchi-gake-maki-komi	Minor inner hook winding	
Ko-uchi-gari	Minor inner reaping	34
Ko-uchi-gake	Minor inner hook	32
Kumi-kata	Engagement position	
Kuzure-kami-shiho-gatame	Broken upper four quarters hold	170
Kuzure-kesa-gatame	Broken scarf hold	171
Kuzure-tate-shiho-gatame	Broken lengthwise four quarters hold	172
Mae Mawari Ukemi	Forward rolling breakfall	
Morote-eri-seoi-nage	Two handed lapel shoulder	37
Morote-gari	Double leg grab	135
Morote-seoi-nage	Two handed shoulder	134
Mune-gatame	Chest hold	175
Nage-komi	Repetitive throwing	
Nami-juji-jime	Normal cross strangle	191
Ne-waza	Groundwork techniques	
Obi	Belt	

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O-goshi	Major hip	42
Okuri-ashi-barai	Double foot sweep	44
Okuri-eri-jime	Sliding collar strangle	192
Osaekomi	Hold down	
Osaekomi-waza	Holding techniques	
Osoto-otoshi	Major outer drop	138
O-uchi-gari	Major inner reaping	50
Randori	Free practice	
Rei	Bow	
Renraku-waza	Combination techniques in the opposite direction	
Renzoku-waza	Combination techniques in the same or similar direction	
Ryo-hiza-seoi-otoshi	Two knee shoulder drop	53
San-gaku-jime	Triangular strangle	194
San-gaku-osae-gatame	Triangular strangle and hold down	
Sasae-tsuri-komi-ashi	Propping drawing ankle	54
Seoi-otoshi	Shoulder drop	56
Shido	Light penalty (minor infringement)	
Sode-tsuri-komi-goshi	Sleeve lift pull hip	21
Soto-maki-komi	Outside winding	59
Sumi-gaeshi	Corner throw	62
Tachi-rei	Standing bow	
Tachi-waza	Standing techniques	
Tai-otoshi	Hand throw body drop	63
Tani-otoshi	Valley drop	64
Tate-shiho-gatame	Lengthwise four quarters hold	177
Toketa	Hold broken	
Tomoe-nage	Circle throw	66
Tori	The offensive or attacking Judoka	
Tsuri-komi-goshi	Drawing hip	70
Uchi-mata	Inner thigh	73
Ude-garami	Entangled armlock	202
Ude-gatame	Arm lock	305
Uke	The defensive or defending Judoka	
Uki-goshi	Floating hip	74
Uki-otoshi	Floating drop	75
Uki-waza	Floating throw	159
Ura-nage	Rear throw	77
Ushiro Ukemi	Rear breakfall	
Ushiro-goshi	Rear hip	78
Waza-ari-awasete-ippun	Complete point from two waza-aris	
Yoko Ukemi	Side breakfall	
Yoko-gake	Side hook	82
Yoko-guruma	Side wheel	83
Yoko-shiho-gatame	Side four quarters hold	173
Yoko-tomoe-nage	Side circle throw	86
Za-rei	Kneeling bow	

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MON GRADE PROMOTION SYLLABUS

Zori	Judo footwear	
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Note Alongside the Japanese terminology, is the English description of the waza and not the literal translation.