

Mon Grade Promotion Syllabus

Novice to 1ST Mon - Red Belt One Tab

Fundamental Skills		
Ukemi	Tachiwaza	Osae-komi-waza
Backward Breakfall Side Breakfall Front Breakfall	Throw coaches choice	Hold down coaches choice
Combination Techniques		
Candidate to be thrown and held down	Candidate to show how to submit	Fundamentals
		Travelling - Running - Dodging Balance/stability -Static Balance -Dynamic Balance
Know the English translation for Dojo, Hajime, Matte, ukemi, show examiner/coach how to tie your belt (obi)		

Mon Grade Promotion Syllabus

1ST to 2ND Mon - Red Belt Two Tabs

Fundamental Skills		
Ukemi	Tachi waza	Osae komi waza
Forward Breakfall Side Breakfall	Two throws coaches choice	Two hold downs coaches choice
Combination techniques		
Show movement about the mat with a willing partner	Fundamental ground work movement. (movement on back)	Fundamentals
		Travelling -Horizontal Jumping -Vertical Jumping Balance & Stability -Animal Walks -Landing on feet
Know the English translation for Ippon, soremade, osae komi, toketa Demonstrate the correct bowing procedure for standing bow (ritsurei)		

Mon Grade Promotion Syllabus

2nd to 3rd Mon - Red Belt Three Tabs

Fundamental Skills		
Ukemi	Tachi waza	Osae komi waza
Back breakfall Side breakfall Front breakfall Front brake fall with partner	Three throws coaches choice	Three hold downs coaches choice
Combination techniques	Ne waza	Fundamentals
Any throw/ hold coaches choice	Fundamental ground work movement. (movement on back with progression from 2 nd mon)	Travelling -Hopping -Galloping -skipping Balance & Stability -Forward Roll -Backward Roll
Know the English translation for Waza ari, sono mama, yoshi, yuko, Demonstrate the correct bowing procedure for za rei		

Mon Grade Promotion Syllabus

3rd to 4th Mon - Yellow Belt One Tab

Fundamental Skills		
Ukemi	Tachi waza	Osae komi waza
Breakfall coaches choice	Osoto Gari O Goshi Throw from previous syllabus examiners choice	Kesa Gatame Kuzure Kesa Gatame Hold down from previous syllabus examiners choice
Combination techniques	Ne waza	
Osoto Gari to Kesa gatame O Goshi to Kuzure Kesa gatame	Escape from Kesa Gatame into Kuzure Kesa Gatame	
Know the English translation for the throws hold downs above and Shido, hansoku make, hantei, hiki wake		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately one minute's duration or nage waza throw for throw one minute's duration and ne waza of one minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission.		

Mon Grade Promotion Syllabus

4th to 5th Mon - Yellow Belt Two Tabs

	Tachi waza	Osae komi waza
Breakfall coaches choice	Tai Otoshi Ippon Seoinage Throw from previous syllabus examiners choice	Yoko Shiho Gatame Kuzure Tate Shiho Gatame Hold down from previous syllabus examiners choice
Combination techniques	Ne waza	
Tai Otoshi To Yoko Shiho Gatame Ippon Seonage to Kuzure Yoko Shiho Gatame	Yoko Shiho Gatame from side attack uke in all fours Escape from Kuzure tate shiho gatame	
Show referees sign for fix your kit know the English translation for the throws , hold downs above and uke ,tori ,kumi kata		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately one minute's duration or nage waza throw for throw one minute's duration and ne waza of one minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission.		

Mon Grade Promotion Syllabus

5th to 6th Mon - Yellow Belt Three Tabs

	Tachi waza	Osae komi waza
Breakfall coaches choice	Uki Goshi Morote Seoinage Throw from previous syllabus examiners choice	Ushiro Kesa Gatame Kami Shiho Gatame Hold down from previous syllabus examiners choice
Combination techniques	Ne waza	
Uki Goshi to Ushiro Kesa gatame Morote Seonage to Kami Shiho Gatame	Ushro Kesa Gatame from arm roll tori on all fours uke attacks with arm over back Escape from Kami Shiho Gatame	
Know the English translation for the throws and holds above and Shizen hon tai, jigo hon tai, kuzushi, example of one shido.		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately one minute's duration or nage waza throw for throw one minute's duration and ne waza of one minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission.		

Mon Grade Promotion Syllabus

6th to 7th Mon - Orange Belt One Tab

	Tachi waza	Osae komi waza
Breakfall coaches choice	O Uchi Gari Ko Uchi Gari Throw from previous syllabus examiners choice	Mune Gatame Tate Shiho Gatame Hold down from previous syllabus examiners choice
Combination techniques		Ne waza
Tsuri Goshi To Mune Gatame Ko Uchi Gari to Tate Shiho Gatame	Turn over from back into Tate Shiho Gatame Escape from Mune Gatame	
Know the English translation of the throws holds above and Shiai, kata, example of one shido.		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately two minutes duration or nage waza throw for throw two minutes duration and ne waza of two minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission.		

Mon Grade Promotion Syllabus

7th to 8th Mon - Orange Belt Two Tabs

	Tachi waza	Osae komi waza
Breakfall coaches choice	Seoi Otoshi De Ashi Barai Throw from previous syllabus examiners choice	Kuzure Yoko Shiho Gatame Makura Kesa Gatame Hold down from previous syllabus examiners choice
Combination techniques		Ne waza
Seoi Otoshi to Mukura kesa gatame De Ashi Bari to Kuzure Yoko Shiho Gatame	Turn over to Makura Kesa Gatame with uke on all fours Escape from Kuzure Yoko Shiho Gatame	
Know the English translation of the throws holds above and migi, hidari, ashi eri, example of one shido.		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately two minutes duration or nage waza throw for throw two minutes duration and ne waza of two minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission.		

Mon Grade Promotion Syllabus

8th to 9th Mon - Orange Belt Three Tabs

Tachi waza		
	Tachi waza	Osae komi waza
Breakfall coaches choice	Sasae Tsuru Komi Ashi Hari goshi Throw from previous syllabus examiners choice	Kata Gatame Kuzure Tate Shiho Gatame Hold down from previous syllabus examiners choice
Combination techniques		Ne waza
Sase Tsuru Komi Ashi to Kuzure Tate Shiho Gatame Hari Goshi to Kata Gatame	Kesa Gatame to Kata Gatame Escape from Kuzure Tate Shiho Gatame	
Know the English translation for the throws holds above and O,ko, koshi(goshi),example of one shido. Know how to bow on to the mat for shiai.		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately two minutes duration or nage waza throw for throw two minutes duration and ne waza of two minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission.		

Mon Grade Promotion Syllabus

9th to 10th Mon - Green Belt One Tab

Tachi waza	Ne waza	Kansetsu waza
Ashi Guruma Tsuru Goshi Hari Tsuru Komi Ashi Throw from previous syllabus examiners choice	Turnover into Kesa Gatame Escape from Yoko Shiho Gatame	Ude Garami
Renzoku waza	Renraku waza	Kaeshi waza
Seoi Nage to Seoi Otoshi	Ko Uchi Gari to Tai Otoshi	Hari Goshi c/w Ushiro Goshi
Nage No Kata 1 st throw 1 st set		
Formal bow to open mat. Uki Otoshi Formal bow to close mat		
Know the English translation for the throws hold downs above. How to bow on and off the mat for kata,three referee signals, three shidos, two hansoku makes.		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for throw three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.		

Mon Grade Promotion Syllabus

10th to 11th Mon - Green Belt Two Tabs

Tachi waza		
Tachi waza	Ne waza	Kansetsu waza
Uchi Mata Soto Make Komi Hari Make Komi Throw from previous syllabus examiners choice	Link any five hold downs, with uke moving about the mat trying to escape from each hold down.	Ude Gatame Kansetsuwaza from previous syllabus examiners choice
Renzoku waza		
Renzoku waza	Renraku waza	Kaeshi waza
Ouchi Gari to Ko Uchi Gari Combination from previous syllabus examiners choice	Kou Uchi Gari to Ippon Seoi Nage	Uchi Mata c/w Tai Otoshi Counter from previous syllabus examiners choice
Nage No Kata 1 st & 2 nd throw 1 st set		
Formal bow to open mat. Uki Otoshi Ippon seoi nage Formal bow to close mat.		
Know the English translation for the throws hold downs above		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for throw three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.		

Mon Grade Promotion Syllabus

11th to 12th Mon - Green Belt Three Tabs

Tachi waza	Shime waza	Kansetsu waza
O Guruma Hane Goshi Hane Make Komi Throw from previous syllabus examiners choice	Nami Juji Jime Gyaku Juji Jime Kata Juji Jime	Waki Gatame Kansetsuwaza from previous syllabus examiners choice
Renzoku waza	Renraku waza	Kaeshi waza
Hiza Guruma to Harai Goshi Combination from previous syllabus examiners choice	Ouchi Gari to Tusri Komi Goshi	Ko Uchi gari c/w Harai Tsurikomi Ashi Counter from previous syllabus examiners choice
Nage No Kata Complete 1 st set		
Formal bow to open mat. Uki Otoshi Ippon Seoi Nage Kata Guruma Formal bow to close mat.		
Know the English translation for the throws hold downs above		
<p>Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for throw three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see e variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.</p>		

Mon Grade Promotion Syllabus

12th to 13th Mon - Blue Belt One Tab

Tachi waza		
O Uchi Gake Ko Soto Gake Morote Gari Throw from previous syllabus examiners choice	Shime waza Tsuru Komi Jime Hadaka Jime Shimewaza from previous syllabus examiners choice.	Kansetsu waza Hiza Guruma Kansetsuwaza from previous syllabus examiners choice
Renzoku waza		
O Goshi to Uki Goshi Combination from previous syllabus examiners choice	Renraku waza Uchi Mata to Ko Uchi Gari	Kaeshi waza O Uchi Gari c/w Ko Soto Gari Counter from previous syllabus examiners choice
Nage No Kata 1 st throw 2 nd set		Refereeing questions
Formal bow to open mat. Uki Goshi Formal bow to close mat.	<ol style="list-style-type: none"> 1. Can you show the sign for ippon 2. Explain the four requirements for an ippon throwing score. 3. Show the sign for wazari 4. Explain the requirements for a wazari throwing score. 5. Show the sign for yuko. 6. Explain the requirements for a yuko scoring score. 	
Know the English translation for the throws hold downs above		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see e variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.		

Mon Grade Promotion Syllabus

13th to 14th Mon - Blue Belt Two Tabs

Tachi waza	Shime waza	Kansetsu waza
Ko Soto Gake Hiza Guruma Uki Otoshi Throw from previous syllabus examiners choice	Kataha Jime Koshi Jime Shime waza from previous syllabus examiners choice	Juji Gatame Kansetsu waza from previous syllabus examiners choice
Renzoku waza	Renraku waza	Kaeshi waza
O Uchi Gari to Kosoto Gake Combination from previous syllabus examiners choice	Hiza Guruma to O Soto Gari	Ko Soto Gari c/w Uchi Mata Counter from previous syllabus examiners choice
Nage No Kata 1 st & 2 nd throw 2 nd set	Refereeing questions	
Formal bow to open mat. Uki Goshi Harai Goshi Formal bow to close mat.	<ol style="list-style-type: none"> 1. Show the sign for wazari awasete ippon 2. Explain the requirements for wazari awasete ippon. 3. Show the sign for a shido. 4. Explain what a shido is and give an example of a shido. 5. Show the sign for matte 6. What does matte mean? Why would it be used in a grading/competition? 	
Know the English translation for the throws hold downs above		
<p>Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for throw three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.</p>		

Mon Grade Promotion Syllabus

14th to 15th Mon - Blue Belt Three Tabs

Tachi waza	Shime waza	Kansetsu waza
Tomoe Nage Sumi Gaeshi Koshi Guruma Throw from previous syllabus examiners choice	Okuri Eri Jime Sode Guruma Jime Shime Waza from previous syllabus examiners choice	Hara Gatame Kansetsu Waza from previous syllabus examiners choice
Renzoku waza	Renraku waza	Kaeshi waza
O Soto Gake to Osoto Gari Combination from previous syllabus examiners choice	Sasae Tsuru Komi Ashi to De Ashi Barai	O Soto Gari c/w O Soto Gake Counter from previous syllabus examiners choice
Nage No Kata Complete 2 nd set	Refereeing questions	
Formal bow to open mat. Uki goshi Harai goshi Tsuru komi goshi Formal bow to close mat.	<ol style="list-style-type: none"> 1. What is the minimum distance from the end of the judogi sleeve to the judokas wrist? 2. What is the minimum distance from the end of the judogi trousers to the judokas ankle? 3. Name the three elements looked for in a judogi? 4. What are the competition times for junior men and women? 5. What are the competition times for senior men and women? 	
Know the English translation for the throws hold downs above		
<p>Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for throw three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.</p>		

Mon Grade Promotion Syllabus

15th to 16th Mon - Brown Belt One Tab

Tachi waza	Shime waza	Kansetsu waza
Kata Guruma Yama rashi Tani otoshi Throw from previous syllabus examiners choice	Sode Jime Ryote Jime Shime Waza from previous syllabus examiners choice	Kesa Gatame to Hiza Gatame. Kansetsu waza from previous syllabus examiners choice
Renzouku waza	Renraku waza	Kaeshi waza
Tai Otoshi to Uchimata O Soto Gari to Nidan Ko Soto Gari Combination from previous syllabus examiners choice	Ashi Guruma to Tani Otoshi De Ashi Barai to Tomoe Nage	Hiza Guruma c/w Ouchi Gari Ashi Guruma c/w Te Guruma Counter from previous syllabus examiners choice
Nage No Kata 1 st throw 3 rd set	Katame No Kata 1 st hold 1 st set	Refereeing questions
Formal bow to open mat. Okuri Ashi Barai Formal bow to close mat.	Formal bow to close mat. Kuzure Kesa Gatame Formal bow to close mat.	<ol style="list-style-type: none"> 1. Show the sign for osaekomi. 2. Explain what osaekomi is. 3. Show the sign for toketa 4. Explain what toketa is. 5. Show the sign for hikiwake. 6. Explain what hikiwake is.
Know the English translation for the throws hold downs above		
<p>Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for throw three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see e variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.</p>		

Mon Grade Promotion Syllabus

16th to 17th Mon - **Brown Belt Two Tabs**

Tachi waza	Shime waza	Newaza
Yoko Otoshi Yoko Wakare Throw from previous syllabus examiners choice	Sangaku Jime Ashi jime Shime Waza from previous syllabus examiners choice	Escape from Yoko Shiho Gatame to Sangaku Gatame Kansetsu waza from previous syllabus examiners choice
Renzoku waza	Renraku waza	Kaeshi waza
Ippon Seoi Nage to Kata Guruma Ippon Seoi Nage to Yoko Wakare Combination from previous syllabus examiners choice	Harai Goshi to Osoto Gake Osoto gari to Yoko Wakare	Okuri Ashi Barai c/w Tsubame Gaeshi Harai Goshi c/w Ura Nage Counter from previous syllabus examiners choice
Nage No Kata 1 st & 2 nd throw 3 rd set	Katame No Kata 1 st 2 nd & 3 rd holds 1 st set	Refereeing questions
Formal bow to open mat. Okuri Ashi Barai Sasae Tsuru Komi Ashi Formal bow to open mat.	Formal bow to open mat. Kuzure Kesa Gatame Kata Gatame Kami Shiho Gatame Formal bow to close mat.	1. Show the sign for sonomama. 2. Explain when and why sonomama is used. 3. What does yoshi mean? 4. Show how and when you use yoshi. 5. Show the sign for hantei. 6. What does hantei mean?
Know the English translation for the throws hold downs above		
<p>Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for throw three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see a variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.</p>		

Mon Grade Promotion Syllabus

17th to 18th Mon - **Brown Belt Three Tabs**

Tachi waza	Shime waza	Kansetsu waza
Yoko Gake Uki Waza Throw from previous syllabus examiners choice	Escape from Yoko Shiho Gatame to Kata Te Kata Ashi Jime Shime Waza from previous syllabus examiners choice	Kansetsu Waza from previous syllabus examiners choice
Renzoku waza	Renraku waza	Kaeshi waza
Ko Soto Gari to Tani Otoshi Harai Goshi to Soto Make Komi Combination from previous syllabus examiners choice	O Soto Gake to Seoi Otoshi Ippon Seoi Nage to Ko Uchi Gake	De Ashi Barai c/w Ko Uchi Gari Tsuru Komi Goshi c/w Utsuri Goshi Counter from previous syllabus examiners choice
Nage No Kata Complete 3 rd set	Katame No Kata Complete 1 st Set	Refereeing questions
Formal bow to open mat. Okuri Ashi Barai Sase Tsuru Komi Ashi Uchi mata Formal bow to close mat.	Formal bow to open mat. Kuzure Kesa Gatame Kata Gatame Kami Shiho Gatame Yoko Shiho Gatame Kuzure Kami Shiho Gatame Formal bow to close mat.	1. What is the first shido? 2. Can you win a contest with the first shido? 3 What happens with the fourth shido? 4. What are the border line rules? Referee Practical
Know the English translation for the throws hold downs above		
Randori / Nage waza is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration or nage waza throw for throw three minutes duration and ne waza of three minutes duration. The examiner/coach will like to see e variety of waza and kumi kata if possible throws to the left and right, although there are no specified requirements. The judoka should understand and observe the simple regulations and terminology governing randori and the correct method for signalling submission. Demonstrate knowledge of basic performance skills e.g. kumi kata renraku waza renzoku waza kaeshi waza and katame waza.		