



Midland Region

Syllabus

Kansetsu Waza (arm locks)



Ude Hishigi Juji Gatame



Ude Gatame



Ude Garami



Hiza Gatame



Ude Hishigi Ashi Gatame

Shime Waza (strangles)



Kata Ha Jime



Sode Guruma



Okuri Eri Jime



Kata Juji Jime



Gyaku Juji Jime



Nami Juji Jime



Hadaka Jime

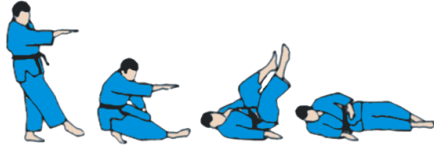
This booklet should only be used as a guide

This booklet identifies the minimum requirements need to grade at time of publication and may change at any time. All gradings will be conducted in line with the current All England Judo Federation policy.

Novice to 6th Kyu (Red to White belt)



Ushiro Ukemi



Yoko Ukemi



Mae Ukemi



Mae Mawari Ukemi



O Goshi
(major hip throw)



O Soto Gari
(major outer reaping throw)



Ippon Seoi Nage
(one arm shoulder throw)



Kesa Gatame
(scarf hold)

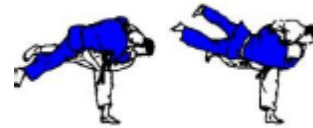


Kuzure Kesa Gatame
(broken scarf hold)

Intermediate and Seniors
1 Arm lock
1 Strangle

2nd Kyu to 1st Kyu (Blue To Brown Belt)

Brown & Black Bars Junior



Taka Uchi Mata
(high inner thigh throw)



O Guruma
(major wheel throw)



Harai Tsuru Komi Ashi
(lift pull foot sweep throw)



Ashi Guruma
(leg wheel throw)



Tomoe Nage
(stomach throw)



Sumi Gaeshi
(corner throw)



Soto Maki Komi
(outer winding throw)

3 Renraku Waza (combination techniques)
3 Kaeshi Waza (counter techniques)
3rd set of Nage-no-Kate
Full Katame-no-Kata



Uki Waza
(floating throw)

3rd Kyu to 2nd Kyu (Green to Blue Belt)

Blue bars Junior



Ko Soto Gari
(minor outer reap throw)



Hiza Guruma
(knee wheel throw)

**Green belt juniors,
Intermediate and Seniors**

5 Arm locks

5 Strangles



Tsuru Komi Goshi
(lift pull hip throw)



Koshi Guruma
(hip wheel throw)

2nd set of Nage-no-Kata
2nd set of Katame-no-Kata

6th Kyu to 5th Kyu (White to Yellow Belt)



Harai Goshi
(sweeping loin throw)



Tai Otoshi
(body drop throw)



O Uchi Gari
(major inner reaping throw)



Yoko Shiho Gatame
(side 4 quarters hold)



Kami Shiho Gatame
(upper 4 quarters hold)



Kuzure Yoko Shiho Gatame
(broken side 4 quarters hold)



Kuzure Kami Shiho Gatame
(broken upper 4 quarters hold)

Intermediate and Seniors

2 Arm locks

2 Strangles

5th Kyu to 4th Kyu (Yellow to Orange belt)

Intermediate and Seniors

3 Arm locks

3 Strangles



Morote Seoi Nage
(two hand shoulder throw)



Hane Goshi
(spring hip throw)



De Ashi Barai
(advancing foot sweep throw)



Ko Uchi Gari
(minor inner reaping throw)



Mune Gatame
(chest hold)



Makura Kesa Gatame
(pillow hold)

4th Kyu to 3rd Kyu (Orange to Green Belt)

Intermediate and Seniors

4 Arm locks

4 Strangles



Uki Goshi
(floating hip throw)



Seoi Otoshi
(shoulder drop throw)



Okuri Ashi Barai
(double foot sweep throw)



Tani Otoshi
(valley drop throw)



Tate Shiho Gatame
(lateral 4 quarters hold)



Gyaku (ushiro) Kesa Gatame
(reverse scarf hold)

1st set of Nage-no-Kata
1st set of Katame-no-Kata