



JUDO FEDERATION OF INDIA

INTEGRATED JUDO GRADATION SYLLABUS

2026 EDITION

GOVERNING FRAMEWORK	IJF & JFI Gradation Syllabus
PROGRESSION	10th Kyu → 1st Kyu → 1st Dan → 5th Dan and higher
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Prepared in a consolidated official format from the supplied JFI National Grading Syllabus, IJF Belt Grades Guide and IJF Dan Guideline extract.

DOCUMENT CONTROL & GOVERNING PRINCIPLES

Item	Official Format
Document	Integrated Judo Gradation Syllabus
Edition	2026
Governing bodies	Judo Federation of India (JFI) and International Judo Federation (IJF) framework
National pathway	10th Kyu through 1st Kyu, followed by Dan grades
Dan framework	IJF minimum programme with JFI national enrichment

1.Scope and Governing Principle

This Integrated Judo Gradation Syllabus consolidates the supplied source documents into one progressive national framework from beginner grades through Dan grades. The JFI National Grading Syllabus provides the national progression in theory, general exercises, warm-up/cooling-down, gymnastics, gripping, leg movement, throws, grappling, combinations, counters, training methods, refereeing, coaching and JFI/IJF rules. The IJF Belt Grades Guide supplies the age/progression-oriented technical repertoire, including Kodokan-classified techniques and staged Kata requirements.

The supplied IJF Dan Guideline, Version 29 July 2026, states that examinations for 1st–5th Dan are organised by IJF member National Federations and that the IJF provides homologation. National programme proposals may be enriched by National Federations. Accordingly, this syllabus uses the IJF Dan programme as the minimum Dan framework and the JFI material as national enrichment.

2. GRADE PATHWAY

Kyu Grade	Belt	Development focus
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10th Kyu	White	Beginner foundation
9th Kyu	White	Basic movement and safety
8th Kyu	White	Ukemi, gripping and movement
7th Kyu	White	Foundational throws and groundwork
6th Kyu	White	Technical consolidation
5th Kyu	Yellow	Basic technical development
4th Kyu	Orange	Advanced ukemi and combinations
3rd Kyu	Green	Developing counters and transitions
2nd Kyu	Blue	Expanding repertoire; counters and transitions
1st Kyu	Brown	Pre-Dan advanced application
1st Dan	Black	Sho-Dan
2nd Dan	Black	Ni-Dan
3rd Dan	Black	San-Dan
4th Dan	Black	Yon-Dan
5th Dan	Black	Go-Dan

The supplied JFI syllabus states that a judoka who has completed 15 years of age can appear for Sho-Dan. This is retained as the JFI national eligibility statement, subject to the current JFI/IJF regulations in force at the time of examination.

3. COMMON CURRICULUM FOR EVERY KYU GRADE

- Theory and history of Judo
- Judo etiquette: Ritsu-rei and Za-rei
- Hygiene and safety
- General exercises and physical preparation
- Warm-up and cooling-down
- Stretching
- Ukemi and rolling
- Kumikata and Kuzushi
- Shintai, Tai-sabaki and movement
- Nage-waza
- Ne-waza and Osaekomi-waza
- Combinations and counters
- Judo terminology and classification
- Basic first aid and injury prevention as introduced in the JFI syllabus
- Progressive knowledge of IJF/JFI rules
- Training and physical-development principles at the appropriate grade.

5th Kyu — Yellow Belt

Development focus: Basic technical development

- Ritsu-rei; Za-rei.
- Ushiro-ukemi; oko-ukemi both sides; Mae-mawari-ukemi both sides.
- Rolling: front, back, mixed, split, dive-and-roll, handstand-and-roll, back-roll-and-handstand; cartwheel both sides.
- Shisai; Kumikata; Kuzushi front/back/right/left; Shintai; movement with partner on mat.
- Basic Ne-waza exercises: leg-thrusting, neck-bridge, shoulder roll; Tai-sabaki 90°.
- Classification of Judo techniques.
- Tai-otoshi; Uki-goshi; O-uchi-gari; KO-uchi-gari (small inner reap); O-soto-otoshi; Hiza-guruma.
- Kesa- gatame ; kuzure-kesa-gatame; Yoko-shiho-gatame and all 3 techniques escapes.
- Two basic Osae-waza entries.

L.G.S + 4th Kyu — Orange Belt

Development focus: Basic technical development

- Advanced Ukemi; Tai-sabaki 180°.
- Rolling; one-hand cartwheel; handstand walk.
- Seoi-nage; Ippon-seoi-nage; Koshi-guruma; O-goshi; De-ashi-harai; Okuri-ashi-harai; O-soto-gari; Ko-soto-gari; Ko-soto-gake.
- Kami-shiho-gatame; Tate-shiho-gatame.
- Combinations: O-soto-gari to Kesa-gatame; O-goshi to Kuzure-kesa-gatame; Ko-uchi-gari to Ippon Seoi-nage; O-uchi-gari to Seoi-nage; O-uchi-gari to O-soto-gari.
- Counter: De-ashi-barai by Tsubame-gaeshi.
- Two basic entries when Uke is face-down/flat/turtle; supplementary Ne-waza exercises; two basic Ne-waza entries when Uke is on the back.

L.G.S + 3rd Kyu — Green Belt

Development focus: Developing counters and transitions

- First-aid knowledge.
- Uki-otoshi; Sumi-otoshi; Harai-goshi; Hane-goshi; Sasae-tsurikomi-ashi; Uchi-mata; Ashi-guruma; O-guruma;.
- Kata-gatame ;Kuzure-kami-shiho-gatame; Ura-gatame; Ushiro-kesa-gatame.
- Nage-no-Kata Set 1: Te-waza introduction (uki-otoshi, seoi-nage); complete set for judoka over 12 years old.
- Combinations: O-uchi-gari to Tai-otoshi; O-soto-gari to Harai-goshi; Kesa-gatame to Yoko-shiho-gatame; Kesa-gatame to Okuri-eri-jime; O-uchi-gari to Ko-uchi-gari; Ko-uchi-gari to O-soto-gari; Ippon-seoi-nage to Ko-uchi-gari.
- Counters: Seoi-nage by Tani-otoshi; Tai-otoshi by Ko-soto-gari; Ouchi gaeshi; Kesa-gatame by Kuzure-kesa-gatame; De-ashi-barai by Tsubame-gaeshi.
- Two basic entries when Uke is face-down/flat/turtle; two basic Ne-waza entries for Juji-gatame.
- Nage-no-Kata Set 1: Te- waza ; complete set for judoka over 12 years old.

L.G.S + 2nd Kyu — Blue Belt

Development focus: Expanding repertoire — counters and transitions

- Tsubame-gaeshi; O-uchi-gaeshi; O-soto-gaeshi; Ko-uchi-gaeshi; Seoi-otoshi; Tsurikomi-goshi; Sode-tsurikomi-goshi; Tsurigoshi; Ushiro-goshi; Utsurigoshi; Tomoe-nage; Sumi-gaeshi.
- Nami-juji-jime; Gyaku-juji-jime; Kata-juji-jime; Hadaka-jime; Okuri-eri-jime; Kataha-jime; Sode-guruma-jime; Sankaku-jime.
- Combinations: O-uchi-gari to Uchi-mata; Sasae-tsurikomi-ashi to O-soto-gari; Seoi-nage to Seoi-otoshi; O-soto-gari to Sasae-tsurikomi-ashi; Seoi-nage to Juji-gatame; Kesa-gatame to Ude-garami/Ude-gatame; O-uchi-gari to Tomoe-nage; Tai-otoshi to Ko-uchi-gari; Kesa-gatame to Kataha-jime.
- Counters: O-soto-gari by O-soto-gari; O-soto-gaeshi; Ko-uchi-gaeshi; Harai-goshi by Tani-otoshi; O-soto-gari by Harai-goshi; Yoko-shiho-gatame by Kame-shiho-gatame.
- Escape from Juji-gatame; basic Ne-waza leg movement; two entries with Uke face-down; two basic Ne-waza entries for Hadaka-jime.
- Nage-no-Kata Set 2: Koshi-waza; complete set for judoka over 12 years old.

L.G.S + 1st Kyu — Brown Belt

Development focus: Pre-Dan advanced application

- Ko-uchi-makikomi; Uchi-makikomi; Soto-makikomi; Harai-makikomi; Hane-makikomi; Uchi-mata-makikomi; O-soto-makikomi; Ura-nage; Yoko-guruma; Tani-otoshi; Uki-waza; Yoko-gake.
- Uki-gatame; Ude-garami; Ude-hishigi-juji-gatame; Ude-hishigi-ude-gatame; Ude-hishigi-te-gatame;
- Ude-hishigi-hara-gatame; Ude-hishigi-waki-gatame; Ude-hishigi-hiza-gatame; Ude-hishigi-ashi-gatame; Ude-hishigi-sankaku-gatame.
- Combinations: O-uchi-gari to Tomoe-nage; Tai-otoshi to Ko-uchi-gari; Kesa-gatame to Kataha-jime; Tai-otoshi to Tai-otoshi; Kataha-jime to Tate-shiho-gatame.
- Counters: Yoko-shiho-gatame by Kame-shiho-gatame; Seoi-nage by Okuri-eri-jime; Uchi-mata by Uchi-mata-sukashi.
- Two basic Ne-waza entries for Hadaka-jime.
- Nage-no-Kata Set 3: Ashi-waza introduction (okuri-ashi-harai, sasae-tsurikomi-ashi); complete set for judoka over 12 years old

L.G.S + 1st Dan — SHO-DAN

- Uchi-mata-sukashi; Yama-arashi; Harai-tsurikomi-ashi; O-soto-guruma; Uchi-mata-gaeshi.
- Harai-goshi-gaeshi; Hane-goshi-gaeshi; Hikikomi-gaeshi; Yoko-otoshi; Yoko-wakare; Daki-wakare.
- Ryote-jime; Katate-jime; Tsukkomi-jime.
- Combination: Tomoe-nage to Juji-gatame; Kame-shiho-gatame to Juji-gatame.
- Counter: Ko-soto-gari by Uchi-mata.
- Nage-no-Kata all Set 5 Demonstration as tori & uke (complete set for judoka over 12 years old)

L.G.S + 2nd Dan — NI-DAN

- Morote-gari; Tawara-gaeshi; Kata-guruma; Sukui-nage; Obi-otoshi; Obi-tori-gaeshi; Kuchiki-taoshi; Kibisu-gaeshi; **Kani-basami; Kawazu-gake; Do-jime; Ashi-garami.**
- Combinations: Tai-otoshi to Uchi-mata; Ko-uchi-gari to Uchi-mata; O-soto-gari to Sasae-tsurikomi-ashi; Koshi-jime to Tate-shiho-gatame.
- Counters: Koshi-waza by Utsuri-goshi; Yoko-shiho-gatame by Yoko-sankaku-jime; Okuri-eri-jime by Ushiro-kesa-gatame.
- Attack against Uke flat/turtle.
- JFI theory: ice in sport, sports nutrition/supplementary food, fatigue symptoms and injury prevention.
- Katame-no-Kata Set 1 demonstration as Tori & Uke.

L.G.S + 3rd Dan — SAN-DAN

- Methods of improving skill in Seoi-nage, Tai-otoshi and Uchi-mata.
- Combinations: Obi-tori-gaeshi→O-uchi-gari; Obi-tori-gaeshi→Harai-goshi; Hara-gatame→Jigoku-jime; Sankaku-jime→Juji-gatame; Yoko-sankaku-jime→Kame-shiho-gatame.
- Counters: O-soto-gari by Ura-nage; Obi-tori-gaeshi by O-uchi-gari.
- Demonstration of Nage-no-Kata and Katame-no-Kata.
- Training theory: circuit, interval, plyometric and fartlek training; sports physiology; massage; main points of a training plan.
- Katame-no-Kata all 3 Set demonstration as Tori & Uke.& Kodokan Goshin-jutsu Set 1

L.G.S + 4th Dan — YON-DAN

- Combination: O-uchi-gari to Uchi-mata to Harai-goshi.
- Counters: Harai-goshi-gaeshi; O-soto-gari by Ura-nage.
- Demonstration of Katame-no-Kata and Kodokan Goshin-jutsu All 3 Set.
- IJF sporting code; evaluation of speed, strength, agility, endurance and flexibility; injury in Judo; sports medicine.

Important implementation note

The examination framework above is presented from the supplied JFI minimum examination extract. National examination procedures, eligibility, homologation, exemptions, scheduling and administrative requirements remain subject to the current regulations and decisions of the competent JFI authorities.

Evaluation System

To pass the examination, participants must obtain a minimum of **40% marks separately in both the Theory and Practical examinations**. Candidates must meet the minimum qualifying marks in each component independently.

Official use and revision control

This 2026 edition has been reformatted into a standard administrative and technical syllabus structure. The technical content has been retained from the supplied document. Any future amendment should be issued through a controlled revision process, with the edition date and approving authority clearly identified.