

JUDO FEDERATION OF INDIA

National Grading Syllabus

Beginners to Black Belt (Kyu Grade to Dan Grade).

Eligibility : A Judoka who has completed 15 years of age, can appear for Sho-dan.

Synopsis : The Syllabus covers subjects right from Basics to Advanced techniques & Training. Theory, General Exercises - Warm-up & Cooling down, Basic Gymnastics Exercises , Gripping Techniques, Leg movement, Throws, & Grappling Techniques(Basic & Advanced with Variations), Training methods, Refereeing & Coaching (Rules & Regulations), Governed by I.J.F. & J.F.I.

10th Kyu. (Yellow Belt) : Ritsu- Rei & Za- Rei, Importance of Rei (to the dojo, to the Shomen, to your Sensei, to your Partner, to your opponent). Correct Posture (Standing & Kneeling), Ushiro- Ukemi, Yoko Ukemi (Migi & Hidari), Mae Mawari Ukemi (Migi & Hidari). Rolling exercises -Front Roll, Back Roll, Front Roll & Back Role mix, Front Roll & Back Roll & Split, Dive & Roll, Hand Stand & Roll, Back Roll & Handstand , Cartwheel (Both side). Shisai – Shizentai & Jigotai, Kumikata, Kuzushi (Front, Back, Right & Left), Shintai. O-goshi. Hon- Kesa- gatame & its Escapes,. **THEORY:** History of Judo, Importance of Hygiene.

9th Kyu (Yellow Belt + 1 red stripe):

Last Grading System + : Tai Sabaki – Body Movement with partner & 90 degree turn, Kuzushi- All 8 directions , Classification of Judo Techniques. Uki-goshi, Ippon Seoi Nage,. Osoto Gari. **Osae Waza :** Kuzure Kesa Gatame & escapes. Makura Kesa gatame & escapes.

Basic exercises of Ne waza: Leg thrusting, Neck Bridge & Shoulder Roll.

Two basic entries of Ne Waza for Osae Waza.

8th Kyu(Orange Belt) :

Last Grading System + :Advanced Ukemi, Tai Sabaki (180°), Rolling Exercises, One Hand Cartwheel (right & left), Hand stand walk(front, back,side). Koshi Guruma, De Ashi Barai, Kouchi Gari. **Osae Waza :** Ushiro Kesa Gatame, Yoko Shiho Gatame(variations), Kuzure-Yoko Shiho- Gatame & escapes. **Combination:** O-Soto-Gari to Kesa-Gatame, O-goshi to Kuzure Kesa Gatame, Kouchi- gari - to - Seoi- nage, Two entries for Ne Waza (Osae- Waza) .

7th Kyu (Orange Belt + 1 red stripe) :

Last Grading System + : Harai Goshi, Morote Seoi Nage, Ouchi Gari. Tani Otoshi, Kame Shiho Gatame, Kuzure Kame Shiho Gatame & its escapes. Hadaka- Jime. **Combination :-** O-uchi gari to Seoi Nage, Ouchi Gari to Osoto Gari, Ne Waza supplementary exercises. Two Basic entries when Uke is on Back to Mat position.

6th Kyu (Green Belt) :

Last Grading System + : Tai Otoshi, Okuri Ashi Barai, Kata Gatame, Tate Shiho Gatame (variations) & its escapes. Okuri Eri Jime, Tsukomi Jime. Juji Gatame. **Combination :** Ouchi Gari to Tai Otoshi, Osoto Gari to Harai Goshi, Kesa Gatame to Yoko Shiho Gatame, Kesa Gatame to Okuri Eri Jime.

Two Basic entries when Uke in on face to mat position (Flat or Turtle).

Knowledge of **First Aids.**

5th Kyu (Green Belt + 1 red stripe) : Last Grading System +: Uchi Mata, Ushiro Goshi , Tomoe Nage, Kata Gatame(variation). Juji- jime, (Name -juji- jime, Kata Juji Jime & Gyaku- Juji Jime.), **Combination** : Ouchi Gari to Ko uchi Gari, Kouchi Gari to O soto Gari, Ippon Seoi Nage to Ko uchi- Gari, **Counters** : Seoi Nage by Tani Otoshi, Tai Otoshi by Ko soto Gari, Kesa Gatame by Kuzure Kesa Gatame. Two Basic Ne Waza entries for Juji Gatame .

4th Kyu (Blue Belt) : Last Grading Syllabus +: Sasae Tsurikomi Ashi, Sode Tsurikomi Goshi, Ude Garami ,**Combination** : Ouchi Gari to Uchi Mata, Sasai Tsurikomi Ashi to O soto gari, Osoto Gari to Sasai Tsurikomi Ashi. **Counters** : De Ashi Barai by Tsubame Gaeshi, Osoto Gari by Osoto Gari. Two entries when Uke is on face to mat position.

3rd Kyu (Blue Belt + 1 red stripe) : Last Grading Syllabus +: Seoi Otoshi , Ushiro Goshi, Sumi Gaeshi, Uki Waza, Ude Gatame, Kataha Jime. **Combination** : Seoi Nage to Seoi Otoshi, OSoto Gari to Sasae Tsurikomi Ashi, Seoi Nage to Juji Gatame, Kesa Gatame to Ude Garami, Kesa Gatame to Ude Gatame, **Counters** : Harai Goshi by Tani otoshi, O soto gari by Harai goshi, Escape from Juji Gatame, Basic knowledge of Leg Movement in Ne Waza.

2nd Kyu (Brown Belt) :Last Grading Syllabus + : Seoi Otoshi., Harai Goshi, Sumi Gaeshi, Soto Maki Komi, Harai Maki komi. **Combination** : Ouchi Gari to Tomoe Nage, Tai Otoshi To Ko uchi Gari, Kesa Gatame to Kataha jime. **Counters** :- Yoko Shiho Gatame by Kame Shiho Gatame. Two Basic Ne Waza entries for Hadaka Jime. Advanced newaza. Supplimentary exercises.

1st Kyu (Brown Belt + 1 red stripe) : Last Grading Syllabus + : Osoto Guruma, O Guruma, Uki Otoshi, Basic Knowledge of Nage No Kata (Ayumi Ashi and Tsugi Ashi movements). **Combination :** Tai Otoshi to Tai Otoshi, Kataha Jime to Tate Shiho Gatame. **Counters :** Seoi Nage By Okuri eri-jime, Uchi Mata By Uchi Mata Sukashi .

SHO-DAN (Black Belt- 1st Degree) : Last Grading Syllabus +:

Ashi Guruma. O Guruma, Uki Otoshi, YokoTomoe Nage, Sumi Gaeshi, Hiki Komi Gaeshi, Koshi Jime, Sankaku Jime (Variations Omote, Ura & Yoko), Waki Gatame,

Combination : Tomoe Nage to Juji gatame, Kame Shiho Gatame to Juji Gatame.

Counters : Kosoto Gari by Uchi Mata.

To demonstrate Nage No Kata (Three Sets), Attacking Uke when Tori is on Back to Mat position. Ways of Extricating leg caught by opponent in Ne Waza. Knowledge of Warming up & Cooling down. Importance of Stretching Exercises. Knowledge of Speed, Strength, Agility, Flexibility, Co-ordinative Ability & Endurance. Basic knowledge of I.J.F. Refereeing & Coaching Rules.

NI-DAN (Black Belt- 2nd Degree) : Last Grading Syllabus +:

Utsuri Goshi, Hiza Guruma, Yoko Gake, Yoko Guruma, Uki Gatame, Yoko Sankaku Jime variations, Hara Gatame, **Advanced Techniques :** Uchi Mata (variation), Seoi Nage (variation), Tai Otoshi (variation),

Combination : Tai Otoshi to UchiMata, Kouchi Gari to Uchi Mata, 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, Attacking Uke :- When Uke in on Face to Mat position. (Flat or Turtle). **Nage No Kata (All five sets) & Katame No Kata(first set).**

Importance of ice in sports, Importance of Sports Nutrition & Supplementary food, Knowledge of fatigue & its symptoms, Prevention of injury.

SAN-DsAN(Black Belt- 2nd Degree) :Last Grading Syllabus +:

Obi Tori Gaeshi, Obi Otoshi, Yoko Otoshi, Yoko Wakare, Hiza Gatame. Methods of improvement of skill (Seoi Nage, Tai Otoshi, Uchi Mata.)

Combination :- Obi Tori Gaeshi to Ouchi Gari, Obi Tori Gaeshi to Harai Goshi, Hara Gatame to Jigoku Jime, Sankaku Jime to Juji Gatame, Yoko Sankaku Jime to Kame Shiho Gatame. **Counters :-** Osoto Gari By Ura Nage, Obi Tori Gaeshi By Ouchi Gari. Demonstration of Nage No Kata & Katame No Kata. Explanation of Circuit training, Interval training, Polymetric training, Fartlek training. Importance of Sports Physiology. Importance of Massage. Main points of Training plan.

YON DAN (Black Belt – 4th Degree) : Last Grading Syllabus + :

Yama Arashi , Harai Tsurikomi Ashi , Te Gatame , Osoto Otoshi,
Osoto Guruma , Ashi Garami , Sode Jime , Morote Jime , Kakate Jime

Combination: O-uchi-gari-to –Uchi-mata-to-Harai-goshi , **Counter:** Harai-goshi gaeshi , O-soto-gari- by- Ura-nage .. - Demonstration of Katame No Kata , Kodokan Goshin Jutsu (1 set). Sporting code of I.J.F. Knowledge of evaluation– Speed, Strength , Agility , Endurance , Flexibility. Knowledge of Injury in Judo. Importance of Sports Medicine.

Qualifying Time (QT) :

| Between Grades | QT (Months) |
|--|--------------------|
| Beginner to 10 th Kyu | 1 |
| 10 th - 9 th Kyu | 2 |
| 9 th - 8 th Kyu | 3 |
| 8 th - 7 th Kyu | 4 |
| 7 th - 6 th Kyu | 4 |
| 6 th - 5 th Kyu | 6 |
| 5 th - 4 th Kyu | 6 |
| 4 th - 3 rd Kyu | 8 |
| 3 rd - 2 nd Kyu | 8 |
| 2 nd - 1 st Kyu | 10 |
| 1 st - Sho Dan | 12 |
| Sho Dan – Ni Dan | 24 |
| Ni Dan - San Dan | 24 |
| San Dan - Yon Dan | 36 |
