

Judo Federation of India
National Grading Syllabus for Juniors

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| 15 th Mon | Wearing a Judo Dress, Ritsu Rei, Zarei, Rolling (Front & Back) |
| 14 th Mon | Ushiro Ukemi, Ogoshi, Hon Kesa Gatame |
| 13 th Mon | Yoko Ukemi, Ipponseoi Nage, Kuzure Kesa Gatame. |
| 12 th Mon | Brief History of Judo, Morotsseoi Nage, Escapes from Kesa Gatme |
| 11 th Mon | Mae Mawari Ukemi, Osotogari, Yoko Shiho Gatame |
| 10 th Mon | Lower Grade Syllabi (L.G.S.) Plus shizentai, Ouchi Gari, Kuzure Yoko shihoGatame. |
| 9 th Mon | L.G.S. Plus : Jigotai, Koshi Guruma, Escapes from Yoko Shiho gatame |
| 8 th Mon | L.G.S. Plus : Tai Otoshi, De Ashi Barai, Kami shiho Gatame |
| 7 th Mon | L.G.S. Plus :Tsurikomi Goshi, Kosoto Gari, Kuzure Kami Shiho Gatame. |
| 6 th Mon | L.G.S. Plus : Uki Goshi, Ko UchiGari, Escapes from Kami Shiho Gatame |
| 5 th Mon | L.G.S. Plus :Harai Goshi, Okuri Ashi Barai, Tate Shiho Gatame. |
| 4 th Mon | L.G.S. Plus : Uchimata, Tani Otoshi, Kuzure Tate Shiho Gatame |
| 3 rd Mon | L.G.S. Plus : Seoi Otoshi, Sode Tsurikomi Goshi, Escapes from Tate Shiho Gatame |
| 2 nd Mon | L.G.S. Plus : Tsubame Gaeshi, combinations : Ouchi Gari Seoi Nagel Ouchi Gari – Ogoshi, Kesa Gatame – yokoshiho Gatame, Ushiro Kesa Gatame – Tate shiho Gatame. |
| 1 st Mon | L.G.S. Plus : Te Guruma, Kibisu Gaeshi, Cominations : Ouchi Gari – Tai otoshi, Ko Uchi Gari-seoi Nage, Ouchi Gari- Kouchi Gari |
| Sho Dan | L.G.S. Plus :Kuzushi, tomoe Nage, Attacking an Opponent who is : i) lying back-to-mat ii) face -to mat positions. Attacking an Opponent when Tori is in a Black -to mat position, Combinations HaraiGoshi – Osoto Gari, OuchiGari – Uchimata, Ouchi Gari – Te Guruma, Seoi Nage Kibisu Gaeshi, De Ashi Barai- Taiotoshi, Counters : Seoi Nage by Tani Otoshi, Osoto Gari by Osoto Gari Harai Goshi /Uchimata by Te Guruma, Yoko Shiho Gatame by Kuzure Kami Shiho Gatame, Kesa Gatame by Kuzure Kesa Gatame, Nage – no-kata (First Set only), Basic Knowledge of i) Elements of contest Training ii) Importance of Nutrition in contest Training |

Belt Coloring System :

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|----------------------|--------|-------------------|
| 15 th Mon | Yellow | + 1 White Stripe |
| 14 th Mon | Yellow | + 2 White Stripes |
| 13 th Mon | Yellow | + 3 White Stripes |
| 12 th Mon | Orange | + 1 White Stripe |
| 11 th Mon | Orange | + 2 White Stripes |
| 10 th Mon | Orange | + 3 White Stripes |
| 9 th Mon | Green | + 1 White Stripe |
| 8 th Mon | Green | + 2 White Stripes |
| 7 th Mon | Green | + 3 White Stripes |

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|---------------------|-------|-------------------|
| 6 th Mon | Blue | + 1 White Stripe |
| 5 th Mon | Blue | + 2 White Stripes |
| 4 th Mon | Blue | + 3 White Stripes |
| 3 rd Mon | Brown | + 1 White Stripe |
| 2 nd Mon | Brown | + 2 White Stripes |
| 1 st Mon | Brown | + 3 White Stripes |

The 1/2 thick white Stripe should be stitched on both the Edges of the Belt.

Qualifying Time (QT) Schedule :

| <u>Between Grade</u> | <u>QT (Mths)</u> | <u>Between Grades</u> | <u>QT (Mths)</u> |
|--|-------------------------|--|-------------------------|
| Beginner to 15 th Mon | 1 | 6 th to 5 th Mon | 5 |
| 15 th to 14 th Mon | 1.5 (45 Days) | 5 th to 4 th Mon | 6 |
| 14 th to 13 th Mon | 1.5 (45 Days) | 4 th to 3 rd Mon | 6 |
| 13 th to 12 th Mon | 2 | 3 rd to 2 nd Mon | 8 |
| 12 th to 11 th Mon | 2 | 2 nd to 1 st Mon | 8 |
| 11 th to 10 th Mon | 3 | 1 st Mon – Sho Dan | 12 |
| 10 th to 9 th Mon | 3 | | |
| 9 th to 8 th Mon | 4 | | |
| 8 th to 7 th Mon | 4 | | |
| 7 th to 6 th Mon | 5 | | |

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Judo Federation of India

National Grading Syllabus for Seniors

- 10th Kyu Ritsu Rei, Za Rei, Ushiro ukemi, Yoko Ukemi(Migi & Hidari), Shizentai (Hon. Migi, Hidari), Basic Kumi Kata, Kuzushi (Front, Back, Right & Left Side), Ogoshi, Hon Kesa Gatame.
- 9th Kyu : Jigotai (Hon, Migi, Hidari), Koho Ukemi, Shintai (Ayumi Ashi, Tsugi Ashi), Kuzushi (other four) Mae Mawari Ukemi, Classification of techniques, Uki Goshi, Ippon Seoi Nage, Kuzure Kesa Gatame, Ushiro Kesa Gatame, Escapes from Kesa Gatame.
- 8th Kyu : Advanced Ukemi, Morote Seoi Nage, Kubi Nage, Osoto Gari, Kata Gatame, Yoko Shiho Gatame, Kuzure Yoko Shih Gatame.
- 7th Kyu : Lower Grade Syllabi (L. G. S.) Plus : Mae Mawari Ukemi Over obstacles, De Ashi Harai, kTsurikomi Goshi, O Uchi Gari, Kami Shiho Gatame, Kuzure Kami Shiho Gatame, Escapes from Yoko Shiho Gatai
- 6th Kyu : L. G. S. Plus : Kosoto Gari, Tai Otoshi, Hari Goshi, Seoi Otoshi, Tate Shiho, atame, Kuzure Tate Shiho Gatame, Escapes from Kami Shiho Gatame, Combinations – Ouchi Gari- Seoi Nege, De Ashi Harai –Tai oitoshi, Kesa Gatame- Kata Gatame, Kesa Gatame – yoko Shiho Gatame.
- 5th Kyu : L. G. S. Plus : Sode Tsurikomi Goshi, Sukui Nage, Kou chi Gari, Tani Otoshi, Escapes from Tate Shiho Gatame, Mani Juji Jime, Combinations –Ouchi Gari – Taiotoshi, Seoi Nage – Seoi Otoshi, Taiotoshi – Taiotoshi, Kouchi Gari – Ouchi Gari, Ushiro Kesa Gatame – Tate Shiho Gatame.
- 4th Kyu : L. G. S. Plus : Uchimata, Kata Guruma, Ushiro Goshi, Okuri Ashi Barai, Gyaku Juji Jime, Kata Juji Jime, Combinations – Ouchi Gari – Harai Goshi, Harai Goshi – Osoto Gari, kouchi Gari –Seoi Nage, Taiotoshi – Ouchi Gari, Counters-Seoi Nage by Taniotoshi, Osoto Gari by Osoto Gari (o Soto Gaeshi).
- 3rd Kyu : L. G. S. Plus : Harai Tsurikomi Ashi, Sasae Tsurikomi Ashi, Kosoto Gake, Hane Goshi, Okuri Eri Jime, Ude Gatame, Combinations-Kosoto Gari-Seoi Nage, Osoto Gari- Harai Goshi, Osoto Gari-Ouchi Gari, Kosoto Gari- taiotoshi, Counters-Harai Goshi by Tani Otoshi, Osoto Gari by Harai Goshi, Kesa Gatame by Kuzure Kesa Gatame.

- 2nd Kyu : L. G. S. Plus : Morote Gari, Soto Makikomi, Tomoe Nage, Harai Makikomi, O Guruma, Te Guruma, Kataha Jime, Ude Garami, Combinations-Taiotoshi-Kouchi Gari, Ippon Seoi Nage-Kouchi Makikom Ouchi Gari- Uchimata, Kouchi Gari- uchimata, Uchimata-Taiotoshi, Kesa Gatame-ude Gatame, Counters- Ouchi Gari by Ouchi Gaeshi, Tani Otoshi by Ouchi Gari, Yoko Shiho Gatame by Kuzure Kami Shiho Gatame.
- 1st Kyu : L. G. S. Plus : O Soto Guruma, Hiza Gurume, Sumi Otoshi, Uchimata Sukashi, Hane Makikomi, Juji Gatame, Hadaka Jime, Combinations – Seoi Nage – Juji Gatame, Taiotoshi-Seoi Otoshi, Ouchi gari- Te Guruma, Uchimata-Ouchi Gari, Uchimata-Kouchi Gari, Kesa Gatame-Ude Garami, Tate Shiho-Gatame-Ude Garami, Counters-Seoi Nage by Te Guruma, Uchimata by Taiotoshi, Kosoto Gari by Ocuhi Gari,
- Sho Dan : L. G. S. Plus : Explanation of Theory of Kuzushi, Attacking an opponent who is in : i) Back-to ii) Face- to – mat positions, Attacking Uke Who is trying to enter into Ne-Waza when Tori is : Back –to – mat position, Advanced Kumi Kata, Kibisu Gaeshi, Yoko Tomoe Nage, Sumi Gaeshi, Tsubame Gaeshi, Koshi Jime, Sankaku Jime, Waki Gatame, Combintions – Seoi Nage- kibisu Gaeshi, Taiotoshi- Kibisu Gaeshi, Ouchi Gari-Tomoe Nage, Kesa Gatame-Juji Gatame, Juji Gatame-Ude Tomoe Nage – Juji Gatame, Tate Shiho Gatame-Ude Garami, Kesa Gatame-Juji Jime, Kami Shih Gatame-Ude Gatame, kesa Gatame-Okuri Eri Jime, Kesa Gatame-Waki Gatame, Counters-Uchimata by Te-Guruma, Harai Goshi by Te-Guruma, Kosoto Gari by Uchimata, Nage-No-Kata (First 3 sets only) Releases from : Hug Holds (from Front & Back), Collar Holds, Strangulation Holds (From Front Back & Lying Down Position).
- Ni Dan : L. G. S. Plus : Explanation of Theory of Ukemi, Ways of Extricating Leg Caught By Opponent in Ne-Waza, Attacking Uke who is Trying to Enter Ne-Waza when Tori is in Back-to-mat Position (Tori Gaeshi, Hikkomi Gaeshi, ura Nage, Uki Waza, Utsuri Goshi, YokoSankaku Jime, Ura Sankaku Jim Jigoku Jime, Hara Gatame, Combinations-Taiotoshi-Uchimata, Ippon Seoi Nage-Waki Otoshi, Koshi Jime- Tate Shiho Gatame, Kataha Jime-Tate Shiho Gatame, Tate Shiho Gatame- Juji Gatame, Ka Shiho Gatame-Juji Gatame, Ude Gatame-Juji Gatame, Ouchi Gari- Harai Tsurikomi Ashi, Osoto Gari Sasae Tsurikomi Ashi, Koshi Jime-Kami Shiho Gatame, Kuzure Kami Shiho Gatame-Yoko Sankaku Ji... Counters-Seoi Nage by Okuri Eri Jime, Tomoe Nage by Ouchi Gari, Koshi Waza by Utsuri Goshi, Okuri Eri Jime by Ushiro Kesa Gatame, Nage-no-Jata (All) Five Sets), Katame-no Kata (Toris P... Demonstration of Supplementary Exercises, Principles for Designing Training Programmes for

Competition Judo, Blocking & Countering Punches To The Face, Chest, Stomach, From Behind To Neck & Kidney, Blocking & Countering Kicks To Stomach, Groin & Knees, Defence Against Attacks with Baton.

San Dan : L. G. S. Plus : Explanation of the Theory of Kuzushi in Ne-Waza, Theory of Renroku Waza- initial attacking movement, change of direction, using position gained, Combinations-Te Guruma-Ouchi Gari, Te-Guruma-Kouchi Gari, Obi Tori Gaeshi-Ouchi Gari, Obi Tori Gaeshi-Harai Goshi, OuchiGari-Uchimata-Kouchi Gari, Ouchi Gari-Taiotoshi-Seoi Otoshi, Seoi Nage-Kibisu Gaeshi-Oouchi Gari, Hare Gatame-Jigou Jime, Jigoku Jime-Sarkaku Jime, Sankaku Jime-Juji Gatame, Ude Garai Sankaku Jime, Ude Garai-Yoko Sankaku Jime-Yoko Shiho/Kami Shiho Gatame, Hara Gatame-Ude, Countere-Osoto Gari by Ura Nage, Obi Tori Gaeshi by Ouchi Gari, Obi Tori Gaeshi by Harai Goshi, Yoko Shiho Gatame by Yoko Sankaku Jime, Te Guruma by Ouchi Gari, Demonstration & Explanation of the Theory Of Warm Up & Warm Down, Specific Training Methods For Improvement of Skill For Seoi Nage, Taiotoshi, Uchimata, Te Guruma, Escapes From Osaе Waza, Elementary knowledge of i) Weight Control & Nutrition ii) Sports Psychology & Motivation, Defence Against Attacks With Knife/Lathi, Psychological Aspects Of Self Defence.

Belt Coloring system :

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|----------------------|-----------------------|---------------------|----------------------|
| 10 th Kyu | Yellow | 5 th Kyu | Green +1 Red Stripe |
| 9 th Kyu | Yellow +1 Red Stripe | 4 th Kyu | Blue |
| 8 th Kyu | Orange | 3 rd Kyu | Blue + 1 Red Stripe |
| 7 th Kyu | Orange + 1 Red Stripe | 2 nd Kyu | Brown |
| 6 th Kyu | Green | 1 st Kyu | Brown + 1 Red Stripe |

The ½" thick Red Stripe should be stitched on Both the Edges of the belt.

Qualifying Time (QT) Schedule :

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

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