

Irish Judo Association

Junior Grading Syllabus



**Implementation Date:
22nd June 2009**

INSTRUCTIONS TO CLUB GRADERS, COACHES ETC
RE : JUNIOR GRADING

1. It is your responsibility to ensure that the Judoka is graded within the rules
2. When filling in the grading sheet put the Judokas surname first, then the first name. Put in the child's age/date of birth if he/she is over 12 years
3. It may be necessary for Regional Councils to organise gradings where there are insufficient Judoka to gain the required contest wins
4. Clubs must inform the Irish Judo Association 2 weeks prior to the grading of the date, time and venue for the exam. Spot checks may be carried out
5. Completed grading forms plus correct monies must be returned to the IJA office at Sport HQ, 13 Joyce Way, Park West Business Park, Nangor Road, Dublin 12 within 2 weeks of the grading
6. Graders may not issue Membership/Licence Books. Membership/Licence books will be issued from the office of the Irish Judo Association on receipt of correctly completed membership forms and appropriate fee. Approved Club Graders can only stamp Membership/Licence books for promotion of grades only
7. Children under 8 years should pre-grade under a separate system
8. Any breach of the rules will seriously jeopardise your status as a Grader

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GRADING SYSTEM

1. Skipping of grades is not permitted * see exception
2. Judoka may be asked techniques from previous grades on the left as well as the right
3. No contest up to and including Orange Belt. 2 Randoris will suffice
4. Duration of contest – 3 minutes, only scores of Ippon or Wazari will count
5. For Orange/Green, Green & Green/Blue promotion, judoka must win 1 out of 4 contests
6. For Blue and above, Judoka must win 2 out of 4 contests
7. Contests must be against equal grades. If a Judoka cannot get 4 contests from equal grades, then he/she may have one contest against another grade and may take a line up of 4 (min green/blue) and win 3. In this situation a win for a lower grade shall be deemed as two contest wins
8. There must be a minimum of 4 months between promotions
9. Coaches are requested to align Judokas with the recommended age for that level
10. Under 12's can go from beginner to White/Yellow, skipping White, but thereafter, must proceed 1 grade at a time
11. When a Judoka reaches their 16th birthday he/she transfers to the Senior Kyu System keeping the colour belt he/she had in the junior system e.g. (1) a Junior brown proceeds to the Senior Kyu System where their next exam will be for Senior Brown (2) a Green/Blue transfers to Senior Green where their next exam will be for 2nd Kyu (Senior Blue)
12. Grading Fees - €6.00 up to 15 years, €15.00 up to 20 years, €20.00 over 20 years
13. National Grading Fees - €40.00

* Exceptions

A child who begins judo at the age of 12 or above may take up to Yellow Belt at his/her first exam and thereafter must proceed 1 grade at a time

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Requirements for White

Ukemi

Full break falls

Nage-Waza

Uki-Goshi

O-Goshi

O-Soto-Gari

Osaekomi-Waza

Kesa-Gatame

Escape Kesa-Gatame

Kuzure Kesa-Gatame

Shime-Waza

Kansetsu-Waza

Nage no Kata

Formal bowing to other

Judoka

Terminology

Hajime

Matte

Requirements for White/Yellow

Ukemi	Full break falls
Nage-Waza	O-Uchi-Gari Ko-Uchi-Gari Ko-Uchi-Gake
Osaekomi-Waza	Escape Kuzure-Kesa-Gatame Mune-Gatame Escape Mune-Gatame
Shime-Waza	Hadake-Jime
Kansetsu-Waza	Juji-Gatame
Nage no Kata	Formal bowing to other judoka & referee
Terminology	Rei dojo

Requirements for Yellow

Ukemi	Full break falls
Nage-Waza	Tai-Otoshi Koshi-Guruma
Osaekomi-Waza	Yoko-Shiho-Gatame Escape Yoko-Shiho-Gatame Kuzure-Yoko-Shiho-Gatame
Shime-Waza	Nami-Juji-Jime
Kansetsu-Waza	
Nage no Kata	1 st Set Te-Waza
Terminology	Osaekomi Toketa

Requirements for Yellow/Orange

Ukemi	Full break falls
Nage-Waza	Tsuri-Komi-Goshi Tsuri-Goshi
Osaekomi-Waza	Escape Kuzure-Yoko-Shiho-Gatame Kata-Gatame Escape Kata-Gatame
Shime-Waza	Gyaku-Juji-Jime
Kansetsu-Waza	Ude-Gatame
Nage no Kata	1 st Set Te-Waza
Terminology	Soremade

Requirements for Orange

Ukemi	Full break falls
Nage-Waza	Ippon-Seoi-Nage Morote-Seoi-Nage Harai-Goshi
Osaekomi-Waza	Kami-Shiho-Gatame Escape Kami-Shiho-Gatame Kuzure-Kami-Shiho-Gatame
Shime-Waza	
Kansetsu-Waza	
Nage no Kata	2 nd Set Koshi-Waza
Terminology	Sonamama Yoshi

Requirements for Orange/Green

Ukemi	Full break falls
Nage-Waza	O-Guruma Hane-Goshi O-Soto-Guruma
Osaekomi-Waza	Escape Kuzure-Kami-Shiho-Gatame Tate-Shiho-Gatame Escape Tate-Shiho-Gatame
Shime-Waza	Kata-Ha-Jime
Kansetsu-Waza	Ude-Garame
Nage no Kata	2 nd Set Koshi-Waza
Terminology	Sensini Judoka Judogi

Requirements for Green

Ukemi	Full break falls
Nage-Waza	Makikomi Hane-Makikomi Harai-Tsurikomi-Ashi Ko-Soto-Gari
Osaekomi-Waza	Ushiro-Kesa-Gatame Escape Ushiro-Kesa-Gatame Ushiro-Yoko-Shiho-Gatame
Shime-Waza	Sangaku-Jime
Kansetsu-Waza	
Nage no Kata	3 rd Set Ashi-Waza
Terminology	Yuko Wazari Ippon

Requirements for Green/Blue

Ukemi	Full break falls
Nage-Waza	Ko-Soto-gake Ashi-Uchi-Mata Koshi-Uchi-Mata Ken-Ken-Uchi-Mata
Osaekomi-Waza	Escape Ushiro-Yoko-Shiho-Gatame Makura-Kesa-Gatame Escape Makura-Kesa-Gatame
Shime-Waza	Koshi-Jime
Kansetsu-Waza	Kanuki-Gatame
Nage no Kata	3 rd Set Ashi-Waza
Terminology	Shido Hansoku-Make

Requirements for Blue

Ukemi	Full break falls
Nage-Waza	Okuri-Ashi-Barai Sasae-Tsurikomi-Ashi De-Ashi-Barai Hiza-Guruma
Osaekomi-Waza	Kuzure-Tate-Shiho-Gatame Escape Kuzure-Tate-Shiho-Gatame
Shime-Waza	Ryote-Jime
Kansetsu-Waza	
Nage no Kata	4 th Set Ma-Sutemi-Waza
Terminology	Demonstration of Score Signals

Requirements for Blue/Brown

Ukemi	Full break falls
Nage-Waza	Ashi-Dori Morote-Gari Tomoe-Nage Yoko-Tomoe-Nage Sumi-Gaeshi
Osaekomi-Waza	Turnover to hold down
Shime-Waza	Tsuri-Komi-Jime
Kansetsu-Waza	Waki-Gatame
Nage no Kata	4 th Set Ma-Sutemi-Waza
Terminology	Demonstration of Penalty Signals

Requirements for Brown One

Ukemi

Full break falls

Nage-aza

Ushiro-Goshi
Utsuri-Goshi
Seoi-Otoshi
Tani-Otoshi

Osaekomi-Waza

Turnover to hold down

Shime-Waza

Katsugi-Jime

Kansetsu-Waza

Hiza-Gatame

Nage no Kata

5th Set Yoko-Stemi-Waza

Terminology

Tachi-Waza
Ne-Waza

Requirements for Brown Two

Ukemi	Full break falls
Nage-Waza	Yoko-Wakare Sukui-Nage Kata-Guruma Rolling Kata-Guruma
Osaekomi-Waza	Turnover to hold down
Shime-Waza	Kata-Ju-Ji-Jime
Kansetsu-Waza	Ashi-Gatame
Nage no Kata	All five sets
Terminology	Katame-Waza Shime-Waza Kansetsu-Waza