

IPPON Judo Club - Grading syllabus under 17

Belt	Age	Tachi Waza			Ne Waza					Judo Skills	Judo terminology	Nage No Kata	
		Nage Waza	Kaeshi Waza	Renzoku Waza	Osaekomi Waza	Escapes	Turn overs	Moves past legs	Shime Waza				Kansetsu Waza
White/Yellow	6	O Soto Gari (OSG)			Kesa Gatame	1	1- Uke on knees				Koho ukemi - Back breakfall Za rei - Knee bow	SENSEI - Instructor MATTE - Stop HAJIME - Start	
White/Yellow/Black		O Goshi (OG)				1					Ritsu rei - Standing bow	REI - Bow	
Yellow	7	O Uchi Gari (OUG)	OG (right) -OG (left)	OSG - OUG	Yoko Shiho Gatame	2	2 - Uke on knees				Kumi Kata - grips	KANO – Founder of Judo	
Yellow/Black		Seoi Nage (SN)										JUDOKA - Judo player	
Yellow/Orange	8	De Ashi Harai (DAH) Hiza Guruma (HG)		OUG - OSG	Kuzure Kesa Gatame	2	2 - Uke on a belly				Zempo ukemi - Forward roll	JUDOJI - Judo suite	
Yellow/Orange/Black		Sasae Tsuru Komi Ashi (STKA) Uki Goshi				2						IPPON - Score WAZA ARI - Score	
Orange	9	Ko Soto Gari (KSG) Ko Uchi Gari (KUG)	HG - OSG	DAH - SN (OSG)	Kami Shiho Gatame	3	3 - Uke on knees	1			Jigotai – Judo defensive posture	YUKO - Score	
Orange/Black		Koshi Guruma Tsuru Komi Goshi				3					Yoko ukemi - Side breakfall	SHIDO - Penalty	
Orange/Green	10	Tai Otoshi (TO) Uchi Mata (UM)	TO - KSG OSG - KSG	TO - KUG	Makura Kesa Gatame	4	1 - Uke between legs	2			Mai ukemi - Forward breakfall	KYU - Student grade	
Orange/Green/Black		Harai Goshi Okuri Ashi Harai				4						DAN – Master grades TATAMI - Judo mat DOJO - Training hall	
Green	11	Ko Soto Gake Tsuru Goshi	TO - SN	OUG - STKA	Tate Shiho Gatame	4	Sangaku	2			Tsugi Ashi - Judo walk	RANDORI – Free practise	
Green/Black		Yoko Otoshi Ashi Guruma			Kuzure Kami Shiho Gatame	4					Ayumi Ashi - walk	UCHI KOMI – Reps of entries	
Green/Blue	12	Hane Goshi Harai Tsuru Komi Ashi	SN – TO	OUG - KUG	Kuzure Yoko Shiho Gatame	4	2 - Uke between legs	3	Kata Juji Jime		Kuzushi - offbalancing	NE WAZA - Groundwork	
Green/Blue/Black		Tomoe Nage (TN) Kata Guruma			Mune Gatame	4			Hadaka Jime Okuri Eri Jime Sode Guruma Jime			KODOKAN – First dojo TORI - Thrower	
Blue	13	Sumi Gaeshi Tani Otoshi (TAO)	HG - KSG	OSG - Kubi Nage	Sangaku Gatame	5	2 - Rolls to Shime Waza	3	Gyaku Juji Jime Nami Juji Jime	Juji Gatame		UKE – Person being thrown Yaku Saku Geiko - throws in movement	1st set
Blue/Black		Hane Makikomi Sukui Nage (SNA)				5			Sangaku Jime Kataha Jime	Waki Gatame			1st set
Blue/Brown	14	Utsuri Goshi O Guruma	SN - TAO	OUG - SNA		5	2 - Rolls to Kasetu Waza	4	Goshi Jime	Ude Garami	Tai Sabaki - turns	UKEMI - Breakfall	1st & 2nd set
Blue/Brown/Black		Soto Makikomi (SM) Uki Otoshi				5					Kyoshi - High Kneeling Posture		1st & 2nd set
Brown	15	O Soto Guruma Uki Waza Yoko Wakare Yoko Guruma	OG - OGG	KOG - SM		6	3 - Rolls to Shime & Kansetsu Waza	4		Ude Gatame Sangaku Gatame Kesa Garami		TOKUI WAZA – Favourite technique Kakari Geiko - continues exercise with different Ukes	1-3 sets
Brown/Black	16	Ushiro Goshi Ura Nage Sumi Otoshi Yoko Gake	UM - UMGaeshi	KSG - Yoko TN		6	4 - Rolls to Shime & Kansetsu Waza	4		Hara Gatame Hiza Gatame Ashi Garami		HIKITE - pulling hand TSURITE - lifting hand	5 sets