

TEACHING & GRADING SYLLABUS

5th KYU (YELLOW BELT)

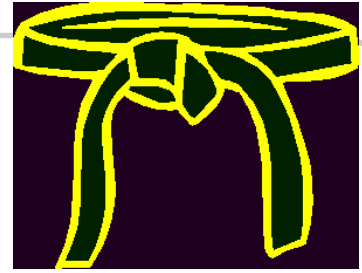
- General:** Minimum of 2 months as a registered JNZ member.
Basic knowledge of Dojo customs and formalities.
Judo Terminology: Dojo, Judo, Tatami, Judoka, Judogi, Sempai, Sensei, Kyu, Dan, Obi.
Also please refer to separate Guidelines covering Boys, Girls & Cadets.
- Ukemi:** Zenpo Kaiten Ukemi (Forward Rolling Breakfall). Improved ability including break-falling over kneeling students and other variations.
- Kumi Kata:** Develop improved ability.
- Kuzushi:** Happo no kuzushi (8 directions of breaking balance) Demonstrate improved ability
- Uchi komi:** Throwing entry practice – Hikidashi (drawing on entry),
- Nage komi:** Throwing practice without resistance.
- Nage waza:** To demonstrate the following techniques while moving uke where appropriate:
O Goshi (Major Hip), Tsurigoshi (Lifting Hip), Morote Seoi nage (Both Hands Back-Carry Throw), Ouchi gari (Major Inner Reaping), Sasae tsurikomi ashi (Propping Lifting Drawing Ankle).
- Osae waza:** Kata gatame (Shoulder Holding), Kami shiho gatame (Upper Four Quarter Holding), Yoko shiho gatame (Side Four Quarter Holding),
- Randori:** Ability to practice safely with increased fluidity under a referee's/sensei's control ie knowledge of refereeing terms including Hajime, Matte, Ippon, Waza-ari, Yuko, Shido, Hansoku-make, Sonomama and Soremade.

REFER TO JNZ WEBSITE ("DOCUMENTS" SECTION) FOR CURRENT REQUIREMENTS



JNZ GRADING SYLLABUS

GO KYU (5th Grade) YELLOW BELT

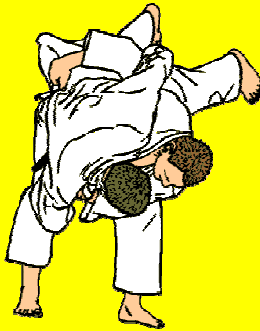


UKEMI WAZA (FALLING TECHNIQUES)

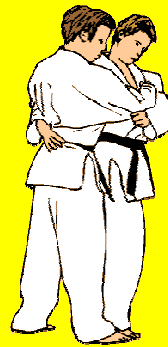


Zenpo Kaiten Ukemi (Forward Rolling Breakfall to lying & standing positions)

NAGE WAZA (THROWING TECHNIQUES)



O Goshi
(Major Hip)



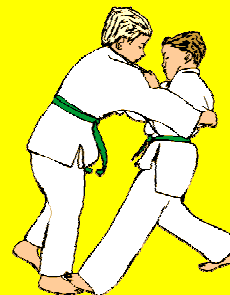
Tsuru Goshi
(Lifting Hip)



Morote Seoi Nage
(Both hands Back- Carry Throw)

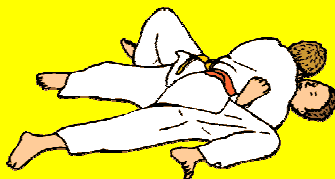


O Uchi Gari
(Major Inner Reaping)

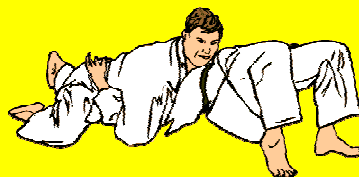


Sasae Tsuru Komi Ashi
(Propping Lifting Drawing Ankle)

OSAE WAZA (HOLDING TECHNIQUES)



Yoko Shiho Gatame
(Side Four Quarter Holding)



Kami Shiho Gatame
(Upper Four Quarter Holding)



Kata Gatame
(Shoulder Holding)



O GOSHI

MAJOR HIP



KEY POINTS;

- Knees bent, back straight
- Arm behind, do not grip belt
- Both feet inside partners
- Hips right in



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**JUDO
NEW ZEALAND**

TSURI GOSHI

LIFTING HIP



KEY POINTS;

- Knees bent, back straight
- Grip belt, use to lift
- Both feet inside partner's feet
- Under partner's arm (Ko Tsurigoshi) or
- Over partner's arm (O Tsurigoshi)



MOROTE SEOI NAGE

*BOTH HANDS BACK
CARRY THROW*



KEY POINTS;

- Straight back, bent knees
- Partner's arm off the shoulder
- Feet between partner's feet
- Elbow close to own body
- Head and shoulder rotation



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O UCHI GARI

MAJOR INNER REAPING



KEY POINTS;

- Stay facing partner
- Weight on leg to be reaped
- Move non-reaping leg in first



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SASAE TSURI KOMI ASHI

*DRAWING PROPPING
LIFTING ANKLE*



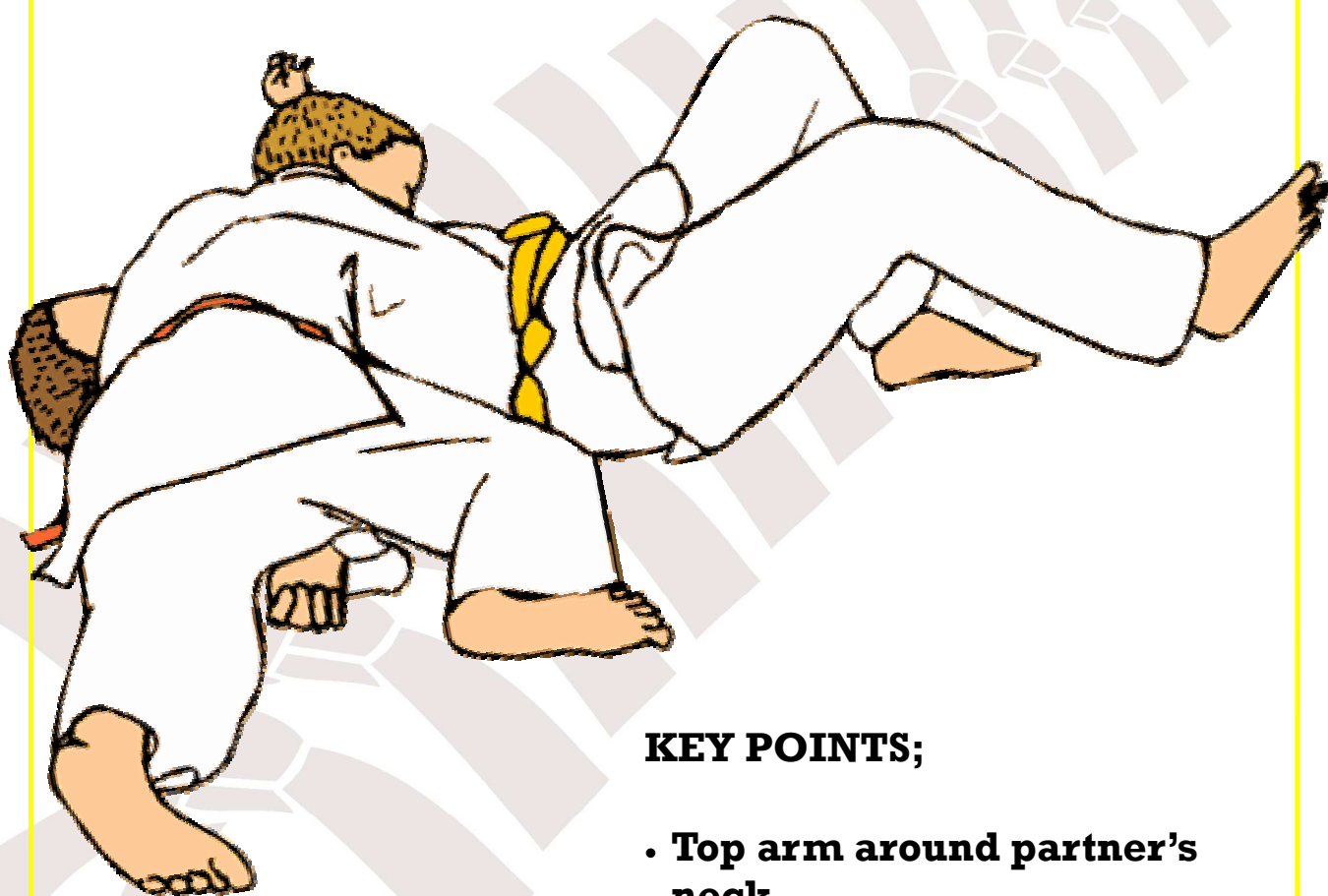
KEY POINTS;

- Strong “draw” with sleeve hand
- Step to side to allow throw
- “Prop” - not sweep



YOKO SHIHO GATAME

SIDE FOUR QUARTERS HOLDING



KEY POINTS;

- **Top arm around partner's neck**
- **Bottom arm between legs, gripping belt or skirt**
- **Chest contact**
- **Feet apart, hips down**



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KAMI SHIHO GATAME

UPPER FOUR QUARTERS HOLDING



KEY POINTS;

- Both arms under partner's shoulders
- Chest contact
- Feet apart, hips down



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KATA GATAME

SHOULDER HOLDING



KEY POINTS;

- **Partner's arm between heads**
- **kneeling with knee contact (preferred) or Kesa position variation**

