

**University of Toronto Judo Club at Hart House**

# **Promotional Syllabus**

**From White Belt to Brown Belt**

**And from Brown Belt to Black Belt**

**Plus Japanese-English Terminology**

February 2002  
Donald Smith, 5<sup>th</sup> Dan  
Chief Instructor  
And Bernie Sattin, 1<sup>st</sup> Dan  
President

## Japanese and English Terminology

Judo	Gentle way, gentle art
Kiyo-tsuke	Pay attention
Sensei	Teacher
Tatami	Mat
Waza	Technique
Jigoro Kano	Japanese professor who started Judo in 1882
Kodokan	Major dojo in Tokyo where Jigoro Kano started Judo
Rei	Bow, shows respect
Dojo	Practice hall
Judoka	Person who practices judo
Judogi	Judo costume
Obi	Belt
Seiza	Formal kneeling Posture
Makuzo	Silent reflection
Makuzo Yame	Stop Meditating
Shomen Ni Rei	Bow, implying respect to Judo and Jigoro Kano
Sensei Ni Rei	Bow, implying respect to Senseis
Onagai Shimas	If one could have the honour (may we practice?)
Arigato	Thank you
Ukemi	Breakfall
Zempo-kaiten	Rolling breakfall
Randori	Free-style judo practice
Shiai	Judo tournament
Kiai	"Meeting of the spirit" (attack or defense shout)
Uchi-komi	Repeated practice of waza, not throwing uke
Migi	Right
Hidari	Left
Tori	Person who performs a technique
Uke	Person who is thrown, or submits
Seiryoku-zen'yo	Maximum efficiency, minimum effort
Jita-Kyoei	Mutual welfare and benefit in Judo
Kyu	Grade (coloured belts)
Dan	Degree (black belts)

## Japanese and English Terminology

Yudansha	Person holding black belt rank
Mudansha	Person holding coloured belt rank
Shizentai	Natural posture
Tai-sabaki	“Body attitude” describing body and foot movement
Jigotai	Defensive posture
Te-Waza	Hand Throw
Koshi-Waza	Hip Throw
Ashi-Waza	Foot Sweep
Ma-sutemi-waza	Back sacrifice technique
Yoko-sutemi-waza	Side sacrifice technique
Samurai	Warrior knights of feudal Japan
Bushido	Samurai code of war and ethics
Eri	Collar
Kuzushi	Unbalancing opponent
Tsukuri	Placing both bodies in position for the throw
Kake	Finish throw (ippon), helping uke to land safely
1 to 10	ichi, ni, san, shi, go, roku, shichi, hachi, ku, ju
20	ni-ju
Kubi	Neck
Ude	Arm
Kata	Shoulder or single
O	Major, large
Ko	Minor, small
Uchi	Inner, inside
Soto	Outer, outside
-gari	Reaping
-gake	Hooking
Nage	Throw
Otoshi	Drop
-guruma	Wheel, circle
Ushiro	Reverse, backwards

## University of Toronto Judo Club at Hart House Promotional Syllabus

### ***Gokyu – Yellow Belt***

#### **Nage Waza (Throwing Techniques)**

O Goshi	Major hip throw
Osotogari	Major outer reaping
Ippon Seoi Nage	One arm shoulder throw
Sode Tsurikomi Goshi	Sleeve lifting pulling hip throw
De Ashi Harai	Advancing foot sweep
Hiza Guruma	Knee wheel
Ouchi Gari	Major inner reaping

#### **Osaekomi Waza (Hold Down Techniques)**

Hon Kesa Gatame	Scarf hold
Yoko Shiho Gatame	Side four quarters hold
Kami Shiho Gatame	Upper four quarters hold
Two turnovers from behind uke who is in kneeling position	
Two turnovers facing uke who is in sitting position	

#### **Shime Waza (Strangulation Techniques)**

Okuri Eri Jime	Sliding collar strangle
Hadaka Jime	Naked strangle
Nami Juji Jime	Normal cross strangle
Gyaku Juji Jime	Reverse cross strangle

#### **Kansetsu Waza (Joint Locking Techniques)**

Ude Hishigi Juji Gatame	Cross arm lock
-------------------------	----------------

## **Yonkyu – Orange Belt**

### **Nage Waza (Throwing Techniques)**

Kouchi Gari	Minor inner reaping
Tsurikomi Goshi	Lifting pulling hip throw
Harai Goshi	Sweeping hip throw
Koshi Guruma	Hip wheel
Morote Seoi Nage	Two arm shoulder throw
Sasae Tsurikomi Ashi	Propping drawing ankle throw
Okuri Ashi Barai	Double foot sweep
Ushiro Goshi	Rear hip counter throw

### **Osaekomi Waza (Hold Down Techniques)**

Kuzure Kesa Gatame	Modified scarf hold
Kuzure Yoko Shiho Gatame	Modified side four quarters hold
Kuzure Kami Shiho Gatame	Modified upper four quarters hold

### **Shime Waza (Strangulation Techniques)**

Kata Juji Jime	Single cross strangle
Kata Ha Jime	Single wing lock

### **Kansetsu Waza (Joint Locking Techniques)**

Ude Garamme	Entangled arm lock
Ude Gatame	Straight arm lock

## **Sankyu – Green Belt**

### **Nage Waza (Throwing Techniques)**

Kosoto Gari	Minor outer reaping
Kosoto Gake	Minor outer hook
Ashi Guruma	Leg wheel
Uchi Mata	Inner thigh throw
Kata Guruma	Shoulder wheel
Tomoe Nage	Stomach throw
Seoi Otoshi	Shoulder drop
Morote Gari	Double leg grab
Sukui Nage	Scooping throw
Hane Goshi	Spring hip throw
Tsubame Gaeshi	Swallow counter throw
Tai Otoshi	Body drop

### **Osaekomi Waza (Hold Down Techniques)**

Kata Gatame	Shoulder hold
Tate Shiho Gatame	Lengthwise four quarters hold
Ushiro Kesa Gatame	Reverse scarf hold

### **Shime Waza (Strangulation Techniques)**

Sankaku Jime	Triangle strangle
--------------	-------------------

### **Kansetsu Waza (Joint Locking Techniques)**

Waki Gatame	Armpit arm lock (across the side)
-------------	-----------------------------------

## ***Nikyu – Blue Belt***

### **Nage Waza (Throwing Techniques)**

Utsuri Goshi	Switching hip counter throw
Uchi Mata Gaeshi	Uchi-Mata counter throw
Osoto Otoshi	Major outer drop
Osoto Guruma	Major outer wheel
O Guruma	Major wheel
Uchi Mata Sukashi	Uchi-Mata sidestep counter throw
Hane Maki Komi	Spring hip wraparound throw
Soto Maki Komi	Outside wraparound throw
Yoko Otoshi	Side drop
Yoko Tomoe Nage	Side stomach throw
Tani Otoshi	Valley drop

### **Renraku Waza (Combination Techniques)**

Seoi Nage to Kouchi Gari and vice versa  
 Hiza Guruma to Osoto Gari and vice versa  
 Osoto Gari to Kesa Gatame  
 Seoi Nage to Juji Gatame  
 Tai Otoshi to Nami Juji Jime

### **Osaekomi Waza (Hold Down Techniques)**

Makura Kesa-Gatame	Pillow scarf hold
Mune Gatame	Chest hold

### **Shime Waza (Strangulation Techniques)**

Ryo Te Jime	Two hand strangle
Kata Te Jime	Single hand strangle

### **Kansetsu Waza (Joint Locking Techniques)**

Hiza Gatame	Knee arm lock
Hara Gatame	Stomach arm lock

### **Nage no Kata**

1<sup>st</sup> set: Te-Waza                      Hand throw techniques

## ***Ikkyu – Brown Belt***

### **Nage Waza (Throwing Techniques)**

Sumi Otoshi	Corner drop
Tawara Gaeshi	Rice bale counter throw (to Morote-Gari)
Osoto Makikomi	Major outer wraparound throw
Uchi Mata Makikomi	Uchi-Mata wraparound throw
Harai Makikomi	Harai-Goshi wraparound throw
Yama Arashi	Mountain storm
Harai Tsurikomi Ashi	Sweeping lifting pulling ankle throw
Yoko Wakare	Side separation

### **Renraku Waza (Combination Techniques)**

At least one Renraku Waza for each of the techniques to Brown Belt

### **Kaeshi Waza (Counter Throw Techniques)**

At least one Kaeshi Waza for each of the techniques to Brown Belt

### **Osaekomi Waza (Hold Down Techniques)**

Sankaku Gatame	Triangle hold down
----------------	--------------------

### **Shime Waza (Strangulation Techniques)**

Tsukkomi Jime	Thrusting strangle
Sode Guruma Jime	Sleeve wheel strangle

### **Nage no Kata**

2 <sup>nd</sup> set: Koshi Waza	Hip techniques
3 <sup>rd</sup> set: Ashi Waza	Leg techniques

## Preparation for Black Belt Examination

Promotion from Brown Belt to Black Belt and from Shodan up is based on accumulated points. There are some restrictions as to maximum number of points that can be collected from each category each year. Total points required to be eligible for promotional examination are:

Shodan	120
Nidan	160
Sandan	200
Yondan	240
Godan	280

Recently, Judo Canada amended the National Grading Syllabus to upgrade the importance of Technical Activities. There is now a requirement that a certain number of points must be gathered from “Technical Activities”. These technical points can be collected from Kata competitions, National Coaching Certification, Coaching and/or teaching when NCCP certified, teaching or participating at clinics, Referee certification, Refereeing at competitions and winning Tournament (Shiai) points.

Points from Technical Activities required for promotion are:

Shodan	30
Nidan	40
Sandan	50
Yondan	60
Godan	70

In summary, to be eligible for Shodan examination, the candidate must have 120 points total, of which 30 must be from Technical Activities.

These could be collected entirely from competition – 12 Ippons against Brown Belts at 10 points each = 120 points since all Shiai points are categorized as Technical.

Or they could be collected from 3 years paid-up membership in Judo Ontario, (3 years x 30 points/year = 90 points) plus 30 points collected from a combination of Technical activities as noted above.

For competition points that have been won, the candidate needs to collect documentation from the Shiai organizers or Judo Ontario about the name and grade of the person beaten, the date and location of the Shiai and the win (Ippon, Waza-ari, Yuko or Koka). This applies to all competition points, including out-of-province and out-of-country points.

The points can be collected through several methods including:

4.1 Active in Judo as a paid up member of Judo Ontario. No purchase of previous year's points is permitted.

- a. As Brown Belt, collect 30 points/year {\$40 for Judo Ontario membership}
- b. As Shodan, collect 25 points/year {\$85 for Judo Ontario membership for all Black Belts}
- c. For Nidan and above, collect 20 points/year

4.2 Kata Competitions – 2 points per place and 2 points per entry. [Technical].

4.3 National Coaching Certification Programme (NCCP) [Technical]

4.4 Coaching/Teaching when NCCP Certified [Technical]

Level I	4 points per 100 hours
Level II	8 points per 100 hours
Level III	12 points per 100 hours
Level IV	20 points per 100 hours
Level V	24 points per 100 hours

4.5 Clinics as conductor or participant [Technical]

4.6 Club Membership Registration with Judo Ontario

4.7 Referee Certification – provincial 5, national 10, or international 15 [Technical]

4.8 Refereeing – 1 point per event [Technical]

4.9 Tournament Volunteer – 1 point per event

4.10 Administration – elected position in provincial Judo association - 5 points per year.

4.11 Tournament points can be collected only from competitions which are sanctioned by Judo Ontario, Judo Canada or the International Judo Federation. If a Brown Belt defeats a Brown Belt - collect 10 points for Ippon, 7 for Waza-ari, 3½ for Yuko and 1½ for Koka. More points are gained for defeating a person of higher grade, and fewer points for defeating a person of lesser grade. [Technical]

In the promotional examination, expect to be fully prepared for the Gokyo, the Shimmeisho no Waza, Katame Waza and Nage no Kata (first three sets for Brown Belt – more sets and more Katas for Black Belts) as summarised below. The lists have been taken from Judo Canada's National Grading Syllabus. This can be found at [www.judocanada.org](http://www.judocanada.org)

The applicant will also be required to demonstrate Randori and his/her uke must also be a paid up member of Judo Ontario. Application forms are submitted 6 weeks before the examination and the forms must be signed by the Chief Instructor of the club. The applicant must have valid Judo Ontario membership (and within the dan ranks a Judo Canada passport) and must be a Canadian Citizen or Landed Immigrant (except for exceptional circumstances). Successful candidates will receive a Judo Canada dan diploma and for an extra fee can order a Kodokan Dan Diploma as well. I have the details on all of the above and will be happy to share the documentation.

Don Smith, 5<sup>th</sup> Dan, 17 Feb 02

## The Nage-Waza of the Gokyo

### TE-WAZA

Tai-otoshi	Body drop
Seoi-nage	Shoulder throw
Ippon seoi-nage	One arm shoulder throw
Kata-guruma	Shoulder wheel
Uki-otoshi	Floating drop
Sumi-otoshi	Corner drop
Sukui-nage	Scooping throw
Obi-otoshi	Belt drop
Seoi-otoshi	Shoulder drop
Yama-arashi	Mountain storm

### KOSHI-WAZA

Uki-goshi	Floating hip throw
Harai-goshi	Hip sweep
Tsurikomi-goshi	Lift-pull hip throw
Sode-Tsurikomi-goshi	Sleeve lift-pull hip throw
Hane-goshi	Hip spring
O-goshi	Major hip throw
Ushiro-goshi	Reverse hip throw (counter throw)
Utsuri-goshi	Switching hip throw (Hip shift)
Tsuri-goshi	Lifting hip throw
Koshi-guruma	Hip wheel

### ASHI-WAZA

Hiza-guruma	Knee Wheel
Ouchi-gari	Large inner reap
Osoto-gari	Large outer reap
Sasae-tsurikomi-ashi	Supporting foot lift-pull throw
Harai-tsurikomi-ashi	Lift pull foot sweep
Okuri-ashi-harai	Double foot sweep
Deashi-harai	Forward foot sweep
Kouchi-gari	Small inner reap
Kosoto-gari	Small outer reap
Kosoto-gake	Small outer hook
Ashi-guruma	Leg wheel
Uchi-mata	Inner thigh reaping throw
O-guruma	Large wheel
Osoto-guruma	Large outer wheel
Osoto-otoshi	Major outer drop

### MASUTEMI-WAZA

Tomoe-nage	Circular throw
Ura-nage	Back throw
Sumi-gaeshi	Corner throw
Hikikkomi-gaeshi	International Judo Federation (IJF)
Obi-tori-gaeshi	(IJF)
Tawara-gaeshi	Rice bail throw

### **YOKO-SUTEMI-WAZA**

Uki-waza	Floating throw
Yoko-gake	Side body drop
Yoko-guruma	Side wheel
Tani-otoshi	Valley drop
Yoko-wakare	Side separation
Yoko-otoshi	Side drop
Hane-makikomi	Springing wraparound throw
Soto-makikomi	Outer wraparound throw
Uchi-makikomi	Inner wraparound throw

## **Katame-Waza**

### **OSAE-KOMI-WAZA (Hold-down techniques)**

Hon-kesa-gatame	Scarf hold
Kuzure-kesa-gatame	Variation of Scarf hold
Makura-kesa-gatame	Pillow scarf hold
Kata-gatame	Shoulder hold
Kami-shiho-gatame	Top four corner hold
Kuzure-kami-shiho-gatame	Variation on top four corner hold
Yoko-shiho-gatame	Side locking four corner hold
Tate-shiho-gatame	Straight four corner hold
Uki-gatame	(IJF)

### **SHIME-WAZA (Chokes)**

Nami-juji-jime	Normal cross lock
Gyaku-juji-jime	Reverse " "
Kata-juji-jime	Half " "
Hadaka-jime	Naked lock
Okuri-eri-jime	Sliding collar lock
Kata-ha-jime	Single wing lock
Sode-guruma-jime	Sleeve wheel choke
Katate-jime	One hand choke
Ryote-jime	Two " "
Tsukomi-jime	Thrust choke
Sankaku-jime	Triangular choke
Do-jime	Body crush (prohibited technique)

**KANSETSU-WAZA (Joint Locks)**

Ude-garami	Entangled armlock
Ude-hishigi-juji-gatame	Cross armlock
Ude-hishigi-ude-gatame	Straight arm armlock
Ude-hishigi-hiza-gatame	Knee armlock
Koshi-jime	(IJF)
Ude-hishigi-waki-gatame	Armpit armlock
Ude-hishigi-hara-gatame	Stomach armlock
Ude-hishigi-ashi-gatame	Leg armlock
Ude-hishigi-te-gatame	Hand armlock
Ude-hishigi-sankaku-gatame	Triangular armlock
Ashi-garami	Leg entanglement (prohibited technique)

**Shimmeisho no Waza (Supplementary Techniques)****TE WAZA**

Morote-gari  
Kuchiki-taoshi  
Kibisu-gaeshi  
Uchi-mata-sukashi

**HAND TECHNIQUES**

Two hand reap  
(Rotten wood push) One hand drop  
Heel trip  
Inner thigh reaping throw slip

**KOSHI WAZA**

Dakiage

**HIP TECHNIQUES**

High lift

**ASHI WAZA**

Tsubame-gaeshi  
Osoto-gaeshi  
Ouchi-gaeshi  
Kouchi-gaeshi  
Hane-goshi-gaeshi  
Harai-goshi-gaeshi  
Uchi Mata-gaeshi

**FOOT AND LEG TECHNIQUES**

Swallow counter  
Large outer reaping throw counter  
Large inner " " "  
Small " " " "  
Hip spring counter  
Hip sweep counter  
Inner thigh reaping throw counter

**YOKO SUTEMI WAZA**

Osoto-makikomi  
Uchi-mata-makikomi  
Harai-makikomi  
Kani-basami  
Kawazu-gake  
Daki-wakare

**SIDE SACRIFICE TECHNIQUES**

Large outside wraparound throw  
Inner thigh wraparound throw  
Hip sweep wraparound throw  
Scissors throw (prohibited technique)  
One leg entanglement (prohibited technique)  
(IJF)

## Nage no Kata

For Shodan: Nage no Kata as Tori

<u>TE WAZA</u>	Uki-otoshi, Seoi-nage, Kata-guruma
<u>KOSHI WAZA</u>	Uki-goshi, Harai-goshi, Tsurikomi-goshi
<u>ASHI WAZA</u>	Okuri-ashi-harai, Sasae-tsurikomi-ashi, Uchi-mata

For Nidan: Complete Nage no Kata as Tori. First three sets plus

<u>MASUTEMI WAZA</u>	Tomoe-nage, Ura-nage, Sumi-gaeshi
<u>YOKOSUTEMI WAZA</u>	Yoko-gake, Yoko-guruma, Uki-waza

For Sandan: 1. Complete Nage no Kata as Tori and Uke, and  
2. Complete Katame no Kata as Tori or Ju no Kata as Tori

For Yondan: 1. Complete Katame no Kata as Tori and Uke, and  
2. Complete kata as Tori, one of Goshin-jitsu, Ju no Kata or Kime no Kata

For Godan: 1. Goshin-jitsu as Tori and Uke, and  
2. Perform or teach one complete kata as Tori from Kime no Kata, Ju no Kata, Kime Shiki or Goshin Ho.