



JUDO SYLLABUS

PRIMARY GRADE

MARCH 2010

## The Primary Grading System

At Bushido Budo Kai we are aware that there are many children who wish to participate in Martial Arts, including Judo, from a very young age. We wish to be able to include and reward these youngsters for their achievements and participation but are also conscious that they may not carry the maturity to enter the main, traditional grading system.

Adapting the 'ten level system' devised by Kano, we have taken the basic elements required by anyone who practices Martial Arts. These include such things as etiquette, cleanliness, safety, participation, awareness, confidence and courage. The awards promote these elements while also considering transition into the main system of techniques that need to be learned.

We know that children need rewards; these should be frequent and for smaller achievements, especially up to and including 7 years of age. Therefore, a system of badges (mon) are given in recognition for each level. These are broken down so that the first five levels are rewarded with a single red tab (mon) for each, which are worn on one end of the belt. From level six, five more mons are awarded in colours that reflect the main system; orange, green, blue, brown and black mon for each level. These are worn on the other end of the belt.

Transition to the main syllabus has been catered for in that the students will have been taught and tested upon elements of the syllabus throughout. The tenth level requires attendance of a formal grading and is necessary for any child so that they are introduced to the formalities and stresses of a grading while still being rewarded. This also helps identify strengths and weakness in anticipation of their first real assessment. As it may not have been possible for a student to have achieved all of the levels prior, this mon can be awarded at anytime, but must be the last level awarded before transition.

On transition therefore, a black mon will be worn, easily identifying the student as one who is attending his/her first proper assessment at a grading. To ensure that students are not graded too highly, too soon, thus defeating the object of the Primary Syllabus, it is agreed that a new grade will be awarded once formally assessed, but that that grade will not be **higher** than 5<sup>th</sup> Kyu (Yellow Belt).

All mon will be awarded one at a time and no more frequently than every three months. They can, with the exception of the 10<sup>th</sup> mon, be awarded at clubs, by club sensei's.

## Primary Grade Syllabus

### Level 1 – 1 x Red Mon

- Exhibit good behaviour while in the Dojo – *Students should adhere to the club rules and generally conduct themselves appropriately*
- Dressing smartly in a clean gi, keeping a high degree of cleanliness and maintaining short finger and toe nails – *Students should take a care of their appearance as well as considering safety to themselves and others*
- Following both Japanese and English instructions when given – *For a matter of safety, the student should be understanding of words such as Matte and Hajime and adhere to club rules.*
- Bowing at appropriate points i.e. entry / exit dojo, on / off mat area, before / after training etc... - *This is a promotion of etiquette as per both Club and Bushido Budo Kai rules*

### Level 2 – 2 x Red Mon

- Complete a written or oral test to demonstrate knowledge of basic terms used in Judo – *A list of the basic terms that should be learned is attached and a pass mark is set at 75%.*
- Be able to tie one's own belt – *This promotes independence and it may be acceptable, dependent on age that some assistance is still offered.*
- Understand why we carry out warm up and cool down exercises and participate well in them – *Again a matter of safety, but now we are looking to recognise good participation.*
- Demonstrate all breakfalls and rolls – *Once more safety is the key and by now all breakfalls should be performed to a reasonable standard. The definition of reasonable is that the student should be able to prevent injury when falling.*
- Understand what to do if anyone gets hurt / injured – *This relates to the student as well as fellow students. They must know who to tell and how to keep themselves safe when doing so e.g. it would be unsafe to run across an active practice area.*

### Level 3 – 3 x Red Mon

- Demonstrate a knowledge of the history of Judo – *They should understand the basics of where Judo comes from, who devised it and why. Perhaps some knowledge of other martial arts that exist would be useful. An instructor could set this as a task to present to the class, thus helping others to learn as well as encouraging independence, courage and participation.*
- Demonstrate a normal standing grip – *We would recognise this as collar and sleeve but it would be acceptable if the student could also show other grips.*
- Demonstrate the Kuzushi Kata – *By now a student should have developed the skills to demonstrate the whole Kata. It is up to the instructor to ensure that they have been presented with this from their early stages.*
- Demonstrate how to roll a partner from a kneeling position on to their back and control – *This exercise does not require a specific technique to be used but should show that they can turn an opponent effectively and safely using kuzushi. It may be practiced in groundwork randori from an early level to encourage participation.*

### Level 4 – 4 x Red Mon

- Demonstrate one of the throws from the Yellow Belt (5<sup>th</sup> Kyu) syllabus – *By now they should be learning throws and may have more than one in their armoury. They can select their favourite to demonstrate to a reasonable standard. This would mean that they maintain control throughout beginning with Kuzushi and transitioning through to a safe delivery of their opponent to the ground.*
- Demonstrate two of the holds from the Yellow Belt (5<sup>th</sup> Kyu) syllabus – *Self explanatory, but the student should show clear control and should be able to make some effort to control if the opponent is moving.*
- Demonstrate an ability to move about the mat while gripping and standing – *By now they will be considering throws on the move and so need to demonstrate good movement i.e. not crossing feet, and keeping feet in close contact with the ground. Also, they should maintain a relaxed posture to promote freedom of movement.*

### Level 5 – 5 x Red Mon

- Demonstrate three throws from the Yellow Belt (5<sup>th</sup> Kyu) syllabus – *By now throws should be multi-directional i.e. throwing to the front and the rear.*
- Demonstrate three holds from the Yellow Belt (5<sup>th</sup> Kyu) syllabus – *By now holds will be sufficiently different to allow a student to transition between them in order to maintain good control of an opponent e.g. Kesa-Gatame and Kata-Gatame are too similar, but incorporate Mune-Gatame or Kami-Shiho-Gatame and the student can move between them for control.*
- Demonstrate an ability to move about the mat while on the floor with no Uke (Partner) – *Movement on the ground is unusual for human beings and is more difficult than standing. Exercises such as crawling on all fours, leopard or commando style crawls, Knee walking, or moving while on their back will all help develop the skills.*

### Level 6 – Orange Mon

- Demonstrate the three throws in a randori (moving) situation – *By now the student should be able to move and throw in multiple directions.*
- Demonstrate an ability to transition from throw to ground hold – *By now the student should be able to throw with control and move from a standing position to a recognised hold in a controlled and safe manner.*
- Demonstrate an ability to transition from one hold to another – *Once more the student should be able to move between the holds known while maintaining control of their partner.*
- Demonstrate an ability to move an opponent from all fours to a hold – *Progressing from the earlier exercise, the opponent may now be in a more defensive position and simple methods can be used to safely roll an opponent to their back to be controlled with a recognised hold.*

### Level 7 – Green Mon

- Demonstrate all of the above in a contest situation – *This need not be a formal competition but should be at least an uncooperative randori i.e. not throw for throw. It should contain elements of both standing and groundwork and show a consideration for safety.*
- Understand signals and commands used in Contest – *This can be learned from practical training or theoretically using word searches etc... Many important words will have already been learned but this will expand knowledge.*
- Demonstrate 4 throws from the Yellow Belt (5<sup>th</sup> Kyu) Syllabus – *We should now be considering the transition to Junior grade and so the levels expected will be higher.*
- Demonstrate 4 holds from the Yellow Belt (5<sup>th</sup> Kyu) Syllabus – *Self explanatory, bearing in mind the above comments.*

### Level 8 – Blue Mon

- Demonstrate and explain a technique of the Judoka's own choice to a class – *We are now checking understanding by asking the student to talk through what he/she is doing. In addition, the student is building confidence and beginning to understand the principle that in martial arts knowledge is passed on to less experienced people. It helps to promote confidence, independence and good communication skills.*
- Demonstrate Kuzushi Kata to the class – *By now the students ability should be sufficient to clearly demonstrate this to less experienced people. Once more it promotes confidence and independence.*

### Level 9 – Brown Mon

- Demonstrate all of the above as an informal assessment in club to a reasonable standard – *This should allow the club sensei to be certain that they are ready for transition to Junior Grade*
- Enter a competition and participate in the spirit of judo – *This demonstrates confidence, courage as well as skill.*

### Level 10 – Black Mon

- Must be completed before transition to ‘Junior’ – *The transition from Primary to Junior could be daunting and so we must introduce them to the environment of a formal grading.*
- Enter a formal grading and demonstrate knowledge to the best of their ability – *They will not be graded as a Junior but will receive this mon for participating and doing the best they can. It will also help us identify areas that may need improvement in comparison to others.*

These are the basic terms that are used in Judo. They do not specifically include those terms typically only used in contest.

<b>JAPANESE</b>	<b>PRONOUNCED</b>	<b>TRANSLATION</b>
BUDO	Boo-Doe	<i>FIGHTING WAY</i>
JUDO	Joo-Doe	<i>THE GENTLE WAY</i>
SENSEI	Sen-say	<i>TEACHER</i>
SEMPAI	Sem-pie	<i>SENIOR PERSON</i>
KOHAI	Koh-High	<i>JUNIOR PERSON</i>
DENSHI	Den-she	<i>STUDENT</i>
BUDO KA	Boo-doh-Kah	<i>MARTIAL ARTS PLAYER</i>
JUDO KA	Joo-doe-Kah	<i>JUDO PLAYER</i>
DOJO	Doe-Joe	<i>PRACTICE HALL</i>
TATAMI	Tah-Tah-me	<i>MAT AREA</i>
REI	Ray	<i>BOW</i>
TACHI REI	Ta-she-Ray	<i>STANDING BOW</i>
NE REI / ZA REI	Nee / Zah Ray	<i>KNEELING BOW</i>
GI	Ghee	<i>OUTFIT</i>
ZORI	Zaw-Ree	<i>SLIPPERS</i>
MON	Mon	<i>BADGE</i>
OBI	Oh-bee	<i>BELT</i>
ERI	Ear-Ee	<i>COLLAR</i>
SODE	Sew-Dee	<i>SLEEVE</i>
MIGI	Mi-Gee	<i>RIGHT</i>
HIDARI	Hi-Da-Ree	<i>LEFT</i>
MAE	May	<i>FORWARD</i>
USHIRO	Ush-ear-oh	<i>BACKWARD</i>
YOKO	Yo-Ko	<i>SIDE</i>
TORI	Taw-Ree	<i>ATTACKER</i>
UKE	Oo-Kee	<i>DEFENDER</i>
HA-JIME	Ha-Jimmy	<i>BEGIN</i>
MATTE	Mat-tay	<i>STOP</i>
MAITTA	My-ee-ta	<i>I SUBMIT</i>
KUZUSHI	Kuz-Oo-she	<i>BREAKING OF BALANCE</i>
SHIAI	She-I	<i>CONTEST</i>
RANDORI	Ran-Daw-Ree	<i>FREE PRACTICE</i>
KATA	Kah-Ta	<i>FORMS</i>
UKEMI	You-Kem-mee	<i>BREAKFALL</i>
WAZA	Wah-Zaa	<i>TECHNIQUE</i>
NAGE	Nah-Gay	<i>THROW</i>
KATAME	Kah-Ta-may	<i>GROUNDWORK</i>
EMBU	Em-Boo	<i>DEMONSTRATION</i>

*(Please note that pronunciation may vary slightly from one Dojo to another)*