

THE JUDO ACADEMY

'Technique Over Strength'



MON GRADING SYLLABUS

Incorporating Fundamental Skills Programme & Mon Grade Syllabus

Foreword

'To afford everyone the opportunity to demonstrate knowledge, skills and understanding of the plethora of techniques that judo has to offer and ensure that every member can achieve their goals as part of a sport for life'.

The Technical Grading System, TGS, is based on several key performance indicators that have been identified through extensive and analytical research over the past 20 years.

Two main areas of definitive importance are:

- 1. To increase the technical ability of players through knowledge and understanding of the application of the principles of judo.**
- 2. To allow and sustain a higher level of participation, retention and develop a system where players can progress in 'Judo for Life'.**

The TGS is skills based, underpinned with knowledge, understanding and an appreciation of the application of techniques.

There is **NO** contest requirement, but a progressive 'Randori' programme is encouraged.

Video assessment and recording of learning can and should be used with this programme.

This TGS acknowledges several ideals that have been at the forefront of UK and European Judo models in the past years.

Long Term Player Development Model

NIJF/IJA/BJA/EJU Grading Syllabus

IJA Emerging Talent Programme

NI Talent Development Model

BJA 'Throwing for Ippon' / 'Winning in Newaza' Model

Neil Adams Technical Excellence Model

The Technical Grading System is also a tool for coaches and graders at each age category.

The separate programmes for theory, skills, activities, and syllabi should be followed and not skipped.

The skills and activities included are essential for the understanding the principles of judo for both Tachi Waza and Newaza.

The TGS will act as a progressive lesson plan and guide for coaches at all levels.

TGS is categorised primarily by age,

5-7 years Fundamental Skills Programme

Judo Suit, White Belt, License

Grading to include new belt

8 years + Mon grading syllabus/Fundamental Skills Programme

Judo Suit, White Belt, License

1st mon recorded on completion of Fundamental Skills programme

White/ Yellow Belt achieved on second grading 2nd mon

14 years + Kyu grading syllabus/Fundamental Skills Programme

Judo Suit, White Belt, License

6th Kyu recorded on completion of Fundamental Skills programme

Transferring from Mon to Kyu grades will be ‘like for like’ but 12th mon to 1st Kyu will require a grade confirmation by the club coach/grading officer.

18 years + Kyu grading syllabus/Fundamental Skills Programme

Dan grading syllabus

Technical Grades and Belt Colours

5-7 years Fundamental Skills



8 years + Junior Mon Grades

White	1st mon
White/Yellow	2nd mon
Yellow	3rd mon
Yellow/Orange	4th mon
Orange	5th mon
Orange/ Green	6th mon
Green	7th mon
Green/Blue	8th mon
Blue	9th mon
Blue/Brown	10th mon
Brown	11th mon
Brown/Black	12th mon

Introduction

'The aim of the Technical syllabus is to afford everyone the opportunity to demonstrate knowledge, skills and understanding of the plethora of techniques that judo has to offer so that every member can be part of a sport for life.'

Promotion within the Technical Grading Syllabus is based on demonstration of techniques, showing knowledge of the application of techniques as well as the understanding of the principles associated with the techniques.

Pairing this with Japanese terminology and supplementary knowledge will be the basis that the TGS is built.

There is no contest requirement in the Technical Grading Syllabus. However, there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.

For grades up to and including 7th Mon (Green Belt), gradings should be completed within the candidate's club and can be examined by the same coach that instructed the candidate.

For 8th mon and above, gradings may be completed within the club, but candidates may also grade at Inter-club, Area, Regional and National promotion examinations.

It is good practice that the examiner should be different from the coach.

With regular study and training, the judoka should be able to complete the syllabus by the age of 16 (the keen judoka may complete it as early as 15 years of age).

It is, however, vitally important that all judoka follow the progressive study of techniques detailed in this syllabus and attempt promotion to the next grade at regular intervals.

All judoka are encouraged to take increasing responsibility for their technical development as they progress through the grades and it may be necessary for them to undertake supplementary study and training in addition to that which is available at the judoka's club.

Those that are using the Technical Grading Pathway are encouraged and indeed expected to supplement their learning by attending technical training courses such as, refereeing, officiating, coaching, revalidation, and continuous personal development opportunities. Records of attendance to be kept and submitted with grade application.

Important Notes

1. Candidates can only be graded one grade at a time.
2. Although there is no contest requirement in this promotion syllabus, judoka are encouraged to participate in competition of the appropriate level for their age and experience. There are many competitive opportunities which can be used to supplement the judoka's technical development.

Minimum Age

The minimum age a judoka may attempt Technical Mon Grading is 8 years of age.

Those that have had membership of the Association from 5 years may start the Technical Grading at 7 years old.

For 5-7years, the Fundamental Skills Programme will be used.

Judoka may, in consultation with their coach, choose to seek promotion under the Kyu Grade syllabus on reaching 14 years of age.

Judoka aged 14 and 15 years of age choosing to seek promotion under the Kyu Grade Syllabus are **NOT** required to take out senior membership of the IJA.

Players are encouraged to seek advice from their coach on whether they should seek promotion under the Kyu Grade Syllabus.

Frequency

Grading should be carried out by the registered club grading Officer and should be no more than two times per year. (Three times for lower grades)

Technical Requirements

Participants are required to know the common English names and meaning of all Japanese terminology used for the grade. Examination of Japanese terminology should be appropriate to the age and grade of candidate.

Techniques must be demonstrated in an appropriate practical situation and it is intended that the exam process should become greater in depth as the candidate progresses through the grades and acquires greater knowledge and understanding of Judo.

All demonstrations will be presented in a formal manner, either static or on the move to the candidate's preferred side. All techniques will be demonstrated once only.

The examiner may ask for further demonstrations and will also test that the candidate understands the key principles involved in the application of the technique,

Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force), Kime (control).

Techniques and applications must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip, and movement.

The examiner may decide to test the candidate on any items from any of the previous grades already passed.

Candidates are to be conversant with the contest rules and prohibited acts.

Male and female candidates may be examined together, as can candidates of different ages and physique.

Candidates achieving 12th Mon (Brown/Black belt) can convert to 1st Kyu after the age of 14. However, the candidates must display a significantly higher level of knowledge and understanding of Shime Waza, Kansetsu Waza and transition from Green belt on the Kyu Syllabus.

This should be confirmed by the club grading officer as a '**confirmation of grade**' assessment and in line with the kyu grading syllabus. The integrity of this assessment is left with the club grading officer/coach. It would be best practice to seek assistance from another coach.

Candidates for Technical 1st Dan must have 3 years at 1st Kyu before applying for Technical 1st Dan; although candidates may begin section by section technical theory assessments, finishing with a theory submission and video presentation of technical elements to the Grading Commission.

Participants must be a minimum age of 18 to gain a Technical 1st Dan, although they can begin completing the requirements when the club grading officer/coach deems fit.

The grading assessment can be carried out in many ways, examples listed below:

- Holding a formal grading session where the judoka is tested on all the grading requirements.
- Carrying out the assessment over a period of sessions until all grading requirements have been satisfied.
- Continuous assessment of the judoka during the period of instruction until the assessor coach is satisfied that the judoka has demonstrated all the grading requirements.

For Dan grades, Techniques, Randori and Kata can be recorded on video and sent to senior examiner as evidence of completion.

Assisted Grading

The purpose of the grading syllabus is to help coaches provide a safe, enjoyable, and stimulating learning environment, where players of all abilities feel confident and motivated to reach their potential.

The coach/examiner and judoka should work together and in the practical section where a Waza is not possible due to any restriction or limitation the judoka has, then the coach/examiner and the judoka should replace the Waza with a substitute Waza more appropriate but within the grading criteria e.g. If the exam states two throws and two hold-downs it may be more appropriate only to have four hold-downs.

For the verbal part of the exam, the judoka can by any appropriate means, pass on the information required to the examiner.

There is no pass or fail and the examination process can take minutes or quite a few days. When the examiner is satisfied that the candidate has completed the requirements for the grade, the promotion is then registered as per TGS. Where techniques are substituted to demonstrate their skill and knowledge, the intention is that the same standard is reached, by alternative equivalent means.

Recommended Randori Programme

Although there are no specified requirements, the candidate must understand and observe the simple regulations and terminology governing Randori, including the correct method for signalling submission.

5-7 years White Belt - Judoka should be proficient in light Randori/Nage-komi/Ukemi sufficient to support entry into white belt events, festivals, inter club events. Enters 1 white belt event or closed club competition - Level 1 (this can just be pairing of players for informal contest with a Level 2 coach refereeing).

White/Yellow and above - Judoka should be proficient as above to support their participation in mini-mon comps. Enters mini-mon competition for yellow belts or takes part in inter-club Randori or competition - Level 2.

Orange Belt - Judoka participates in regular club Randori. Enters low level area or equivalent competitions Level 2 or multi club Randori such as that in county squad training.

Green Belt - Judoka participates in above. Judoka enters area competitions or equivalent - Level 3. Judoka takes part in area or equivalent Randori/training.

Blue Belt - Judoka satisfies all above and enters a National or equivalent championship's - Level 4.

Brown Belt - Judoka should be competing and participating in a level of Randori that would prepare them to enter their first competitive Dan grading.

Fundamental Skills and Novice Programme

The authority to grade is via the club grading officer/coach.

It is the purpose of the TGS to allow a wider scope of development for every member, considering the differing levels of ability, stages and styles of learning and individual circumstances presented.

It is also the purpose of the TGS to achieve a higher level of technical understanding of the principles of each technique and its application in practice.

It is recommended the all new members begin their judo journey using the Novice / Fundamental Skills programme. This includes minor, junior, and senior judoka. It is seen as a starting point for all judoka and includes the building blocks for understanding the importance of:

Ukemi, Waki Shime, Ebi

Posture and Balance, Shizentai and Jigotai

Tsuri Ashi, Ayumi Ashi and Tsugi Ashi

Kumikata

Tai Sabaki and Ashi Sabaki

Kuzushi, Tsukuri, Kake and Kime

Transition to Newaza

Fundamental Skills Programme for 5-7 Years

All new junior members under 8 will follow the Fundamental Skills Programme.

On reaching 8 years of age the young player will be transferred to White/Yellow belt, 2nd mon or be awarded a Mon grade to reflect their achievements from the programme.

The decision as to which grade the player will transfer to will be made by the coach but will be not higher than Yellow belt.

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FUNDAMENTAL SKILLS & NOVICE PROGRAMME

'Success is all about consistency around the Fundamentals'

White Belt + Purple Stripe

Theory	Skills
Rei	Tachi Rei & Za Rei
Hajime	Ushiro Ukemi & Assisted Ukemi
Matte	Bunny Hops forward and Backward
Sono Mama/Yoshi	Bear Crawl forward and Backward
Respect	Balance on one leg

White Belt + Red Stripe

Theory	Skills
Ippon/Waza Ari	Yoko Ukemi & Assisted Ukemi
Hansoku Make	Ushiro Ukemi with Back Roll
Osaekomi/Toketa	Monkey Crawl
Dojo	Mae Yoko Ukemi, Arm roll
Fair Play	Frog hop with high hold

White Belt + Orange Stripe

Theory	Skills
Judogi	Mae Mawari Ukemi
Obi	Ankle Touches, De Ashi Barai
Zori	Bridge and Turn, stretch
How to tie your Belt	Forward/ Backward Shrimp
Hygiene	Mune Gatame, stay with partner

White Belt + Green Stripe

Techniques

- Tai otoshi (Body Drop)
- Kesa Gatame (Scarf Hold)
- Escape by hug roll, trapping leg

Activities

- Side Steps - Mirror image
- Step, Turn, Across, 180
- Double Lapelle Roll



Tai Otoshi (Body Drop)



Kesa Gatame (Scarf Hold)



Trapping the leg

Demonstration

Tai Otoshi into Kesa Gatame with partner escaping by trapping the leg

To be carried out with uke moving forward towards tori

White Belt + Blue Stripe

Techniques

De Ashi Barai (Advance Foot Sweep)

Mune Gatame (Chest Hold)

Bridge & Roll Escape

Activities

Roll and Sit through

Press Up, Squat, Plank

Belt Pull



De Ashi Barai



Mune Gatame



Bridge and Roll Escape

Demonstration

De Ashi Barai into Mune Gatame with partner escaping by Bridge and Roll

To be carried out using ankle touch method

White Belt + Brown Stripe

Techniques

Uki Goshi (Single Hip)

Kuzure Kesa Gatame (Broken Scarf Hold)

Escape by Sit & Push

Avoid by Hip Block

Activities

T-Shape & travelling, Tsugi Ashi

Push/Pull with Partner

Crouched Rollover Partners Back

Spin around Partners Back



Uki Goshi



Kuzure Kesa Gatame



Sit & Push Escape

Demonstration

Uki Goshi in to Kuzure Kesa Gatame with escape by Sit and Push

To be carried out with uke moving forward towards tori

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MON GRADE PROGRAMME & SYLLABUS

'The first thing you learn in judo is not how to throw; but how to fall and get back up'.

Novice/White Belt (1st MON) – 8 years +

A formal grading that demonstrates understanding of the theory, skills, techniques, and activities that supplement the grade are necessary for everyone, regardless of age.

This can be achieved on becoming a member of The Judo Academy, attending regular technical judo sessions and not before 3 months has passed.

White belt is worn as a novice and is achieved by completing all elements of the Fundamental Skills Programme.

1st mon grade can be recorded after completion of the Fundamental skills Programme. For progression, a judoka that has completed the Fundamental Skills Programme can move directly to White/yellow, 2nd mon.

A beginner that is 12 years old or more may be graded to Yellow Belt, 3rd Mon at the club graders/coach's discretion. This 'fast track' programme assumes that the candidate has completed the necessary elements of the Fundamental Skills Programme and has fulfilled the requirements for both 1st and 2nd Mon on the syllabus.

A higher level of technique is expected as the syllabus progresses.

Techniques may be demonstrated.

- 'on the move'
- 'with standard grip and/or alternative grip'
- 'with cooperative partner'
- 'as combination, counterattack'
- 'with transition'
- as 'light randori'

White/Yellow Belt (2nd MON) – 8 years +

Nage Waza (Throwing Techniques)

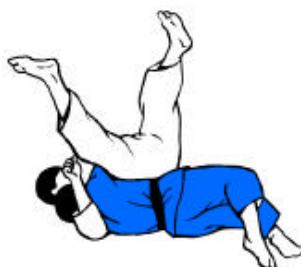


O Goshi



O Soto Gari

Osaekomi Waza (Holding Techniques)



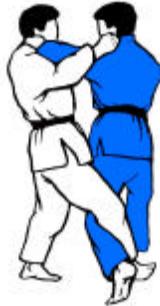
Bridge & Roll Escape from Kesa Gatame

Demonstration

O Soto Gari in to Kesa Gatame with escape by Bridge and Roll

O Goshi in to Mune Gatame with escape by Bridge and Roll

Yellow Belt (3rd MON) – 8 years +
Nage Waza (Throwing Techniques)



O Uchi Gari



Ko Uchi Gari



Ippon Seoi Nage

Osaekomi Waza (Holding Techniques)



Turnover in to Kesa Gatame



Turnover in to Mune Gatame

Demonstration

O Uchi Gari and Ko Uchi Gari on the move with partner moving forward
Throw for Throw Light Randori with Cooperation

Yellow/Orange Belt (4th MON) – 8 years +

Nage Waza (Throwing Techniques)



Ko Soto Gari



Morote Seoi Nage

Osaekomi Waza (Holding Techniques)



Yoko Shiho Gatame



Kami Shiho Gatame



Tate Shiho Gatame



Turnover into Yoko Shiho Gatame

Demonstration

Ko Soto Gari/ Tai Otoshi combination to Yoko Shiho Gatame

Ko Uchi Gari/ Seoi Nage (Ippon or Morote) combination to Kami Shiho Gatame

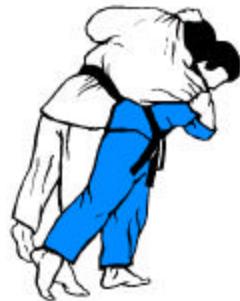
Tai Otoshi countered by Ko Soto Gari

Orange Belt (5th MON) – 10 years +

Nage Waza (Throwing Techniques)



Tsuri Komi Goshi



Harai Goshi



Ko Soto Gake

Osaekomi Waza (Holding Techniques)



Getting past legs to Kesa Gatame



Getting past legs to Yoko Shiho Gatame

Demonstration

O Uchi Gari countered by Tsuri Komi Goshi

Orange/Green Belt (6th MON) – 10 years +

Nage Waza (Throwing Techniques)



Hiza Garuma



Sasae Tsuri Komi Ashi



Okuri Ashi Barai

Osaekomi Waza (Holding Techniques)



Turnover to Tate Shiho Gatame



Arm Roll to Ushiro Kesa Gatame

Demonstration

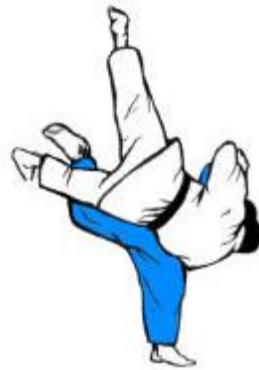
Combinations to the front with Hiza Garuma and Sasae Tsuri Komi Ashi

Sidestep Okuri Ashi Barai with cooperative uke

Green Belt (7th MON) – 10 years +
Nage Waza (Throwing Techniques)



Uchi Mata



Hane Goshi

Introduction to Kansetsu Waza (Arm Locks – Demonstration only)



Ju Ji Gatame



Ude Gatame



Waki Gatame



Ude Garami

Green/Blue Belt (8th MON) – 12 years +

Nage Waza (Throwing Techniques)



Sode Tsuri Komi Goshi



Ushiro Goshi



Ura Nage

Introduction to Shime Waza (Choking techniques – Demonstration only)



Hadaka Jime



San Gaku Jime



Kata Ha Jime



Hadaka Jime from prone position

Blue Belt (9th MON) – 12 years +

Nage Waza (Throwing Techniques)



Tomoe Nage



Koshi Garuma



Tani Otoshi

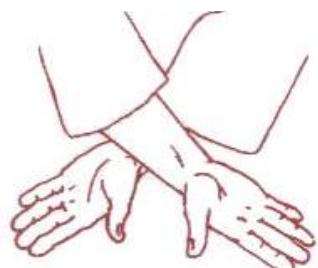
Shime/Kansetsu Waza (Demonstration only)



Ju Ji Jime



Gyaku Ju Ji Jime



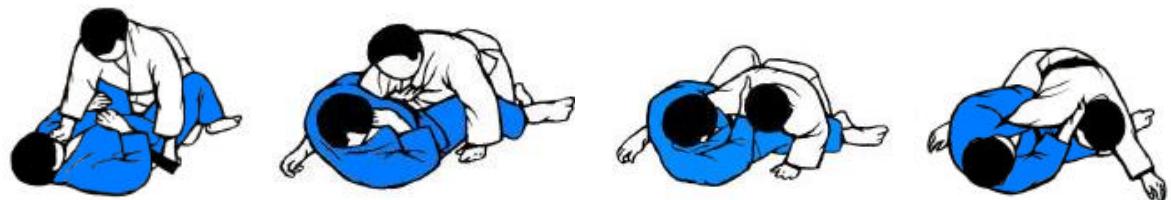
Nami Ju Ji Jime



Okuri eri Jime as uke makes drop seoi attack



Koshi Jime as uke make drop seoi attack



Nami Ju Ji Jime from guard

Demonstration

Tomoe Nage, Yoko Tomoe Nage set up and combinations

Ju Ji Jime from guard, both sides

Blue/Brown Belt (10th MON) – 12 years +

Nage Waza (Throwing Techniques)



Sumi Gaeshi



Uki Otoshi



Yoko Tomoe Nage

Shime/Kansetsu Waza (Demonstration only)



Kata-te-ashi-koshi-jime as uke drops



Kata Ha Jime with uke on all 4's

Brown Belt (11th MON) – 12 years +

Nage Waza (Throwing Techniques)



Yoko Garuma

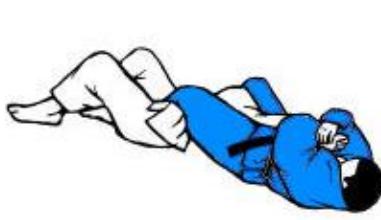


Kata Garuma

Kansetsu Waza (Demonstration only)



Sit Back entry to Ju Ji Gatame



Rollover entry to Ju Ji Gatame



Over the shoulder entry to Ju Ji Gatame



Entry from guard to Ju Ji Gatame

Demonstration

Demonstrate four techniques from Mon Grading Syllabus individually and then as series of combinations in both directions

Demonstrate Ju Ji Gatame transition from 2 positions

Demonstrate San Gaku turnover from 2 positions

Brown/Black Belt (12th MON) – 12 years +

Nage Waza (Throwing Techniques)



Seoi Otoshi



Morote Eri Seoi Nage



Ko-uchi-gake-makikomi



Kumikata skills against left-handed opponent



Kumikata skills against right-handed opponent

Demonstration

Demonstrate six techniques from Grading Syllabus individually and then as series of combinations in both directions

Light free practice with co-operation 4 minutes using multiple techniques to the front and rear, show transition to Newaza and execution of turnovers to hold, armlock and choke, commensurate with the grade.

Completion

On completion of the mon grading syllabus and no sooner than 14 years, candidates may change to the kyu grading syllabus.

The Kyu syllabus has added levels of competitive techniques both in Tachi Waza and Newaza and a full set of Nage No Kata. For example, alternative gripping strategies, 'ju ji' and 'sangaku' from variety of positions and competition style throws.

The coach and club grading officer must take reasonable steps to ensure that players have allocated enough time and are technically proficient in the techniques to preserve the integrity of the grade allocated and that the candidates are ready for transfer to 1st Kyu.

That is, a higher level of technical demonstration showing appreciation of the main principles of throwing, kuzushi, tsukuri, kake and kime and a smooth and appropriate transition to Newaza.

It is fully expected that a transition period of learning be undertaken on transfer from mon to kyu grade before attempting technical dan grade.

It would be pertinent for the club grader to take the alternatives in the Kyu grade syllabus and improve over a period of 2 years from transfer at 14. The list of techniques is not exhaustive and allows for individual specialisation and coach/grader preference. It is encouraged that the coach and player take increased ownership of their pursuit of higher grades.

'Building Skills for Life'



**Community, After School & Regional Academies -
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www.thejudoacademy.com
e: thejudoacademy@hotmail.co.uk
t:07729520334