

NATIONAL 1ST KYU AND DAN GRADING SYLLABUS

EFFECTIVE 1ST MAY 2018



Prepared by:
Mark Littrean
Technical Director
Judo Trinidad and Tobago
qpjudo@hotmail.com
(868) 683-9343

13/04/2018

TABLE OF CONTENTS

	Page
Principles of Judo.....	3
The Meaning of Grades.....	3
Purpose of 1 st Kyu and Dan Grading Syllabus.....	4
Promotion System of 1 st Kyu and Dan Grades.....	4
National Promotions.....	4
Requirements for Promotion.....	4
Points for Promotion.....	5
Candidate Classification.....	5
The Standards of this Syllabus.....	5
The 1st Kyu Grading Syllabus	
Requirements for Grading to 1 st Kyu, 14-16, 17 + years.....	6
1 st Kyu (Techniques to teach at).....	7
Dan Grade Syllabus	
Sho-dan.....	8
Ni-dan.....	9
San-dan.....	10
Yon-dan.....	11
Go-dan.....	12
Roku-dan.....	13
Service Points.....	14
Competition Attendance Points.....	14

Principles of Judo:

- **Seiryoku Zenyo** - Maximum Efficient Use of Energy
- **Jita Kyoei** - Mutual Welfare and Benefit

The Meaning of Grades

Grades in judo are a basic tool in its practice. They represent a hierarchy of ranks attained by the pupil and show most visibly his/her knowledge. However, this is only one part of the journey; there is the mental toughness that accompanies the practice of judo that builds character and exemplifies one's spirit. Finally, the extent to which one has experienced the first two aspects is manifested in the intellectual aspect of judo practice by sharing with others what one has benefited from for everyone's welfare - the highest ideal of Kodokan Judo. Of course, we strive to maintain all three aspects in our practice but one would always be more prevalent than others depending on where we are in our journeys.

As such, achievement in judo is recognized by a series of ranks differentiated by coloured belts for student ranks called *kyu* and black belts for expert ranks called *dan*. Here is the list of ranks and corresponding belt colours used by Judo Trinidad and Tobago (JudoTT), the National Governing Body for judo in T&T.

	Rank	Infantile (5 - 11 years)	Juvenile (12 - 16 years)	Senior (17 years +)	
Club	Roku-kyu (6 th Kyu)	White		White	
		White	Yellow		
	Go-kyu (5 th Kyu)	Yellow		Yellow	
		Yellow	Orange	Yellow Orange	
	Yon-kyu (4 th Kyu)	Orange		Orange	
		Orange	Green	Orange Green	
San-kyu (3 rd Kyu)	Green		Green		
	Green	Blue	Green Blue		
Ni-kyu (2 nd Kyu)	N/A		Blue	Blue	
Ik-kyu (1 st Kyu)	N/A		Brown	Brown	
JudoTT	Sho-dan (1 st Dan)	N/A	Black	Black	
	Ni-dan (2 nd Dan)	N/A	N/A	Black	
	San-dan (3 rd Dan)	N/A	N/A	Black	
	Yon-dan (4 th Dan)	N/A	N/A	Black	
	Go-dan (5 th Dan)	N/A	N/A	Black	
	Roku-dan (6 th Dan)	N/A	N/A	Black OR	Red White
	PJC	Shichi-dan (7 th Dan)	N/A	N/A	Black OR
Hachi-dan (8 th Dan)		N/A	N/A	Black OR	Red White
IJF	Ku-dan (9 th Dan)	N/A	N/A	Black OR	Red
	Ju-dan (10 th Dan)	N/A	N/A	Black OR	Red

Purpose of the 1st Kyu and Dan Grading Syllabus

This syllabus sets the required standards and other criteria necessary for 1st Kyu and all Dan examinations and promotions in Trinidad and Tobago. This is to facilitate the development of its members with a passion for judo.

Promotion System of 1st Kyu and Dan Grades in Trinidad and Tobago

1. The JudoTT Executive Committee (EC) must ratify Brown and Black Belt Ranks.
2. The Technical Committee (TC), a sub-committee of JudoTT, oversees examinations and approves Brown and Black Belt Rank promotions up to 6th Dan.
3. Promotion to 7th Dan shall be referred to the Pan American Judo Confederation (PJC), while promotions to 8th, 9th and 10th Dan shall be referred to the International Judo Federation (IJF).

National Promotions

The TC shall appoint a Panel of Examiners consisting of higher-ranking Yudansha (Ni-dan or higher). These Examiners will be responsible for carrying out evaluations of candidates that have met all preconditions of the syllabus and for recommending them for promotion to the TC.

<u>Panel of Examiners</u>	<u>Rank</u>	<u>Promotional Authority</u>
Two (2) or more	Ni-dan or higher	Up to Ik-kyu
Two (2) or more	San-dan or higher	Up to Sho-dan, and so on

Examiners should be at least two (2) Dan-grades higher than the rank to which the subject is being graded. Only in special circumstances, such as lack of competent Examiners, can the TC appoint one person with the required ability and Promotional Authority to evaluate and recommend anyone for promotion to Sho-dan and up to Go-dan. For promotion to Roku-dan the panel must consist of at least three Kodansha (Go-dan or higher), one of which must be Hachi-dan (8th Dan).

Requirements for Promotion

- For promotions to 1st kyu and over (Ik-kyu and over) the candidate should be recommended by his/her Instructor having met all the prerequisites stated in the National Syllabus. In the case of an Instructor the EC may recommend the individual for promotion to the TC. This recommendation is formalized when the authorized Instructor or a designated representative of the EC completes the following forms:
 - 1- Dan/Ik-Kyu Promotion Record, Section A
 - 2- Competition and Service Points Summary, Page 1 where applicable
 The EC or the Technical Director must receive these forms no less than thirty (30) days prior to the date of the examination. If there are any errors or omissions, the TC shall return the form(s) to the recommender within seven (7) days for necessary action. The form(s) must be resubmitted no less than fourteen (14) days before the examination after which the TC shall accept/reject the application.
- The candidate must be an active member of JudoTT for at least 12 months prior to the examination. Only grades from other national federations recognized by the IJF shall be accepted by JudoTT.
- In general, all candidates should possess - good moral character, attitude and maturity, some competitive ability, technical proficiency, relevant experience, contributions to judo and time in grade.

Points for promotion

- Any competition sanctioned by the national body as such may be considered as a valid method of accumulating points. However, verification must first be accepted by the Technical Committee (TC).
- In competition Attendance Points, Ippon and Waza-ari scores will be counted for promotion purposes.
- Points are counted from victories, never from losses. However, anywhere from 0.25 to 5 Attendance Points can be awarded to a judoka that attends any sanctioned competition for promotion.
- In actual contest there is a weighted value for each point depending on the rank of the opponent faced.

(Attendance Points to be included)

OPPONENT	1 Rank or More Lower	Same Rank (or any rank at int'l competition)	1 Rank or More Higher
IPPON	1/2	1	2
WAZA-ARI	1/4	1/2	1

Candidate Classification

Evaluations for promotion are done for two classifications of players.

- COMPETITOR - should spend less time in grade and his achievements in competition will be weighted higher when being considered for promotion. Points are acquired first, then other assessments follow
- NON-COMPETITOR - is an active judoka who participates and contributes at all levels of judo except as a competitor. He would spend a longer time in grade and his requirements will be stricter.
 - All members under the age of 36 years are automatically classified as Competitive; those 36 years and over are classified as Non-Competitive. One may change one's classification but must be done in writing to the TC which may make exceptions as the situation requires, such as one's health or other factors.
 - Points can also be accumulated by Competitors and Non-Competitors depending on the level of service to judo locally (dojo and/or community) or nationally. "Service Points" will be verified and recorded only by officials designated by JudoTT for sanctioned events. Activities include but not restricted to refereeing, tournament technical staff, teaching/coaching, demonstrations of judo and service as a JudoTT official. Points range from 0.5 to 10 and are accumulated during the candidate's present rank.

The Standards of this Syllabus

This syllabus meets international standards as set out by the IJF. It is partially based on the Judo Canada National Grading Syllabus¹ and the IJF "Dan" Ranks and Grades². The Kata recognized by JudoTT are:

- Nage-no-kata; Katame-no-kata; Kime-no-kata; Kodokan Goshinjutsu; Ju-no-kata; Koshiki-no-kata; Itsusu-no-kata; Gonosen-no-kata

Any aspect of promotion or grading not covered in this syllabus shall be referred to both syllabi (of Judo Canada and the IJF) previously mentioned. Any conflict between the two especially if relates to promotions to any grade lower than Roku-dan shall be resolved by JudoTT.

¹ **National Grading Syllabus**, Judo Canada, 2017

<https://www.judosask.ca/documents/grading-syllabus.pdf>

² **"Dan" Ranks and Grades**, International Judo Federation, 2017 (included with this document)

<http://www.eju.net/statutes/?action=settingsfile&id=87&file=e237e428959b5fc9f432654fabaa4fb0>

1st Kyu Grading Syllabus

Ages 14 – 16 years

Requirements for grading to 1st kyu

- Must be able to clearly and concisely explain the two Principles of Kodokan Judo
- All newly introduced ne-waza skills and techniques must be demonstrated; 9 of the 11 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade. Mechanical analysis (Kuzushi, Tsukuri, Kake) of a chosen technique.
- A minimum designation as a National Junior Referee (attendance at national refereeing seminars and practical work at Shiai Geiko assessed by a member of the Refereeing Commission).
 - Nage-no-kata – theoretical knowledge of this form.
 - A minimum of 30 weeks of practice 2 x per week as a blue belt before the grading for a brown belt should be allowed. Ability to concentrate for a minimum of 120 minutes; Continuous respectful treatment of instructors, peers and respect for dojo rules.
 - Fitness goals: 40 full push-ups; 60 sit-ups; 62 jump squats, or 40 in 1 minute.
 - 10 competition points (1 point=1 ippon) or equivalent.
 - **For grading to 1st kyu (Brown), the child must be a minimum of 14 years old (competitor) or 15 years old (non-competitor).**
-

Ages 17 and over

Requirements for grading to 1st kyu

- Must be able to clearly and concisely explain the two Principles of Kodokan Judo
- All newly introduced ne-waza skills and techniques must be demonstrated; 10 of the 10 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade. Mechanical analysis (Kuzushi, Tsukuri, Kake) of a chosen technique.
- A minimum designation as a National Junior Referee (attendance at national refereeing seminars, working towards National “C” certification and practical work at Shiai Geiko assessed by a member of the Refereeing Commission).
 - Nage-no-kata – theoretical knowledge of this form.
 - Active promotion of dojo rules and judo etiquette. Knowledge of Judo tradition and heritage.
 - A minimum of 22 weeks of practice 2 x per week, as a blue belt before the grading for a brown belt should be allowed. Ability to concentrate for a minimum of 120 minutes; Continuous respectful treatment of instructors, peers and respect for dojo rules.
 - Fitness goals: 50 full push-ups; 60 sit-ups; 45 jump squats in 1 minute.
 - 10 competition points (1 point=1 ippon) or equivalent.

1st Kyu

Nage-waza (Throwing techniques)			14-16	17+
Utsuri-goshi (Hip shift)			●	●
Tawara-gaeshi (Rice bag throw)			●	●
Daki-age (High lift)			●	●
Obi-otoshi (Belt drop)			●	●
Kibisu-gaeshi (Heel trip)			●	●
Yama-arashi (Mountain storm throw)			●	●
Daki-wakare (Rear trunk turnover)			●	●
Harai-makikomi (Hip sweep wraparound throw)			●	●
Hane-makikomi (Springing wraparound throw)			●	●
Uchi-mata-makikomi (Inner thigh wraparound throw)			●	●
Yoko-wakare (Side separation)			●	●

Ne-waza (Ground work)			14-16	17+
Ashi-gatame (Leg arm lock)			●	●
Koshi-jime (Hip choke)			●	●

Other skills			14-16	17+
Nage-no-kata as Uke and Tori:				
- Te-waza			●	●
- Koshi-waza			●	●
- Ashi-waza			●	●
Knowledge of Kinishi-waza (Prohibited techniques):				
- Kani-basami (Scissors throw)			●	●
- Kawazu-gake (1-leg entanglement drop)			●	●
- Do-jime (Body scissors)			●	●
- Ashi-garami (Entangled leg lock)			●	●

Dan Grading Syllabus

SHO-DAN

PREREQUISITES

1. Minimum of three (3) years active in judo with a valid membership
2. Minimum of one year as Ik-kyu
3. A minimum of 120 points
 - For candidates 20 years and younger, a minimum of 40 points must be earned in Shiai
 - For candidates 21-35 years, a minimum of 20 points must be earned in Shiai
 - For candidates 36 years and older, there is no Shiai requirement
4. Shiai point accumulation starts at age 14 and from Ik-kyu in rank; earned in events U18 and higher
5. Minimum age of 15 years old

ABILITY TO DEMONSTRATE

1. Increased proficiency in all lower rank requirements
2. Nage-Waza and Katame-Waza, as per Examination Panel's choice
 - 8 Nage-waza
 - 3 Osae-waza
 - 3 Shime-waza
 - 3 Kansetsu-waza
3. Randori, as per Examination Panel's choice
 - The partner may be selected at random by the jury
4. Kata
 - Must perform the complete Nage-no-kata as Tori and Uke

NI-DAN

PREREQUISITES

1. Minimum age of 17 years old
2. Minimum of 2 years active in judo as shodan with valid membership
3. A minimum of 160 points
 - For candidates 25 years old and younger, a minimum of 60 points must be earned in Shiai
 - For candidates 26-35 years old, a minimum of 40 points must come from Technical Activities and/or Shiai
 - For candidates 36 years old and over, there is no Shiai requirement

ABILITY TO DEMONSTRATE

1. Increased proficiency in all lower rank requirements
2. Nage-Waza and Katame-Waza, as per the Examination Panel's choice
 - 8 nage-waza
 - 4 Osae-waza
 - 4 Shime-waza
 - 3 Kansetsu-waza
3. Randori, as per the Examination Panel's choice
4. Kata
 - Must perform the Nage-no-kata as Tori and/or Uke, as per the Examination Panel's choice
 - Must perform the complete Katame-no-kata as Tori and Uke

SAN-DAN

PREREQUISITES

1. Minimum age of 20 years old
2. A minimum of three (3) years active in judo as Ni-dan with a valid membership
3. A minimum of 200 points
 - For candidates up to 25 years old, 70 points must be earned in Shiai
 - For candidates 26 years old and older, a minimum of 50 points must come from Technical Activities and/or Shiai
 - For candidates 36 years and older, there is no Shiai requirement

ABILITY TO DEMONSTRATE

1. Increased proficiency in all lower rank requirements
2. Nage-Waza and Katame-Waza, as per the Examination Panel's choice
 - 8 nage-waza
 - 4 Osae-waza
 - 4 Shime-waza
 - 4 Kansetsu-waza
3. Randori, as per the Examination Panel's choice
4. Kata
 - Must perform the Katame-no-kata as Tori and/or Uke, as per the Examination Panel's choice and
 - Must perform the complete Kime-no-kata as Tori and Uke

YON-DAN

PREREQUISITES

1. Minimum age of 24 years old
2. A minimum of four (4) years active in judo as San-dan with a valid membership
3. A minimum of 240 points.
 - For candidates 25 yrs or younger, 80 points must be earned in Shiai
 - For candidates 26-35 years, a minimum of 60 points must come from Technical Activities and/or Shiai
 - For candidates 36 years and older, there is no Shiai requirement

ABILITY TO DEMONSTRATE

1. Increased proficiency in all lower rank requirements
2. Nage-Waza and Katame-Waza. Demonstrate and explain the mechanics of some techniques, nage-waza and katame-waza including variations and escapes, as per the Examination Panel's choice
 - 10 nage-waza
 - 5 Osae-waza
 - 5 Shime-waza
 - 5 Kansetsu-waza
3. Randori, as per the Examination Panel's choice
4. Kata
 - Must perform Katame-no-kata as Tori and/or Uke, as per the Examination Panel's choice and
 - Must perform Kodokan Goshinjutsu as Tori and Uke

GO-DAN

PREREQUISITES

1. A minimum of five (5) years active in judo as Yon-dan
2. A minimum of 280 points
 - A minimum of 70 points must come from Technical Activities and/or Shiai
3. Minimum age of 29 years

ABILITY TO DEMONSTRATE

1. An increased proficiency in all techniques and the ability to teach the techniques is expected
2. Personal research of one (1) Nage-waza and one (1) Katame-waza
3. Kata
 - Must perform Kodokan Goshinjutsu as Tori and/or Uke, as per the Examination Panel's choice and
 - Must perform Ju-no-kata as Uke and Tori

ROKU-DAN

PREREQUISITES

1. Minimum age of 35 years
2. Must be recommended for promotion by the Executive Committee of JudoTT
3. For further details please refer to the International Judo Federation's document:
IJF "Dan" Ranks and Grades, National Federation Level (page 5)

ABILITY TO DEMONSTRATE

1. Must perform Ju-no-kata as Tori and/or Uke, as per the Examination Panel's choice
and
2. Must perform Koshiki-no-kata as Uke and Tori

Service Points
(For Competitors and Non-competitors)

Service points can only be accumulated during the time spent at the candidate's present rank and only be counted if he is a current member of Judo TT for that period. Points are non-transferable and will be verified by Judo TT.

Maximum service points to be accumulated - 30

Maximum allowable service points to be accumulated by competitors - 33% of required points

1. Club Head and Senior Instructors - Must be teaching entire time in grade period
 - 50 and more members - 10 points
 - 30-49 members - 7
 - 20-29 members - 5
 - 10-19 members - 3
 - 1-9 members - 1
2. Assistant and Junior Instructors - Must be teaching entire time in grade period
 - 50 and more members - 5
 - 30-49 members - 4
 - 20-29 members - 2
 - 10-19 members - 1
3. Referee and Technical/Support Staff
 - Work an average of 5 or more events per year during time in grade period
 - Referee Classes A/B - 5 Technical Staff National Events - 5
 - Referee Class C - 4 Technical Staff Local Events - 4
 - Work an average of 2 or more events per year during time in grade period
 - Referee Classes A/B - 2 Technical Staff National Events - 2
 - Referee Class C - 1 Technical Staff Local Events - 1
4. Instructor Certification and Coaching Certification attained during time in grade period
 - Instructor Level 2 - 5 National Coach - 5
 - Instructor Level 1 - 3 Assistant Coach - 3
5. Demonstrations for the promotion of judo
 - For every 5 to 15-minute demonstration - 1 point
 - For every 5 to 15-minute demonstration (supporting role) - ½ point
6. Service as national body officer* during time in grade period
 - For every term served on the national body - 5 points

*Denotes at least 1/3 attendance at all Judo TT meetings, including at the sub-committee level

Competition Attendance Points
(For Competitors only)

Level	Type of Competition	Pts	Level	Type of Competition	Pts
1	Shiai Geiko, School, Promotion	0.25	6	National Team (Caribbean)	1
2	National Inter-club	0.50	7	National Team (CAC)	2
3	Caribbean Inter-club	0.50	8	National Team (Pan Am)	3
4	Continental Inter-club	0.75	9	National Team (IJF) Grand Prix...	4
5	National Championship	0.75	10	National Team (IJF/IOC) OG WC	5