

SYLLABUS FOR KYU GRADES


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This document is based on the following publications:

[2021-06-25-National-Kyu-Grading-Syllabus-EN.pdf](#)

[JudoTT Kyu Grading Syllabus 2019 edit.pdf](#)

[JudoTT LTAD Framework 2018.pdf](#)

Foreword

The QPJC's purpose is to offer judo as a means of personal development. As such, we see judo not merely as a martial art or a sport, but also as a life-long journey of physical, mental and spiritual growth. We believe in KANO Jigoro's ideal of **mutual benefit for self and others** and in the spirit of *Kaizen*, the philosophy of continuous improvement.

This syllabus was developed by QPJC to achieve the aims above as clearly and as concisely as possible. It is based on **Judo Trinidad and Tobago National Kyu Grading Syllabus**, which itself is based on the **Judo Canada Kyu Grade Syllabus**. The latter was upgraded in 2021 to reflect the growth of a vibrant judo culture in that country. Therefore, we are obligated to make modifications to our syllabus to reflect this upgrade for the benefit of our members and to keep current with international standards. It is important to note that these changes were made to respect our reality in T&T, but also to recognize and grow T&T's immense potential. Lastly, the syllabus is guided by the **Long Term Athlete Development Framework of Judo in Trinidad and Tobago**. This ensures that while we continue to give all participants, young and not so young, the opportunities to realize their fullest potential, we also keep the pathways open to them to embark on life's unpredictable journeys.

Understanding the Syllabus

The Founder of Kodokan Judo, KANO Jigoro (1860-1938), was a Doctor of Education and he established a hierarchy in setting learning objectives for judo students. The judo rank system represents a progression of learning with a syllabus and a grade indicating an individual's level of proficiency. 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*.

This Kyu Grade Syllabus facilitates learning various techniques and helps with the standardization of our requirements with those of other countries. It identifies a 6-kyu/10-level system for juniors based on half-belts (i.e. white, white/yellow, yellow, etc.) and a 6-kyu/6-level system for seniors, as per chart on the next page. The requirements of the syllabus are for only FULL RANKS (single-coloured belts). They are presented in the form of what should be taught at the current grade; for example, under 6th kyu are requirements necessary to progress to 5th kyu, and so on. For juniors moving to HALF RANKS (dual-coloured belts), judoka are required to learn the first half of techniques on the list. Senior judoka will follow the traditional 6-kyu/6-level system.

Understanding Differences in Proficiency

It is not expected that younger judoka will perform techniques at the same standard or level of proficiency that would be expected of older judoka. Therefore, some throwing techniques have been given latitude to be demonstrated in ways by these judoka that would be best suited to the individual's abilities or needs due to size, age, abilities and developmental level or safety concerns. This understanding is clearly shown in how some techniques are demonstrated by children of different levels and ages in the Kodokan and French versions of the *Kodomo-no-Kata* available at: Kodomo-No-Kata - Kodokan Version - <https://youtu.be/FhwV1BjPYJQ> and Kodomo-No-Kata - French Judo Federation Version - <https://youtu.be/sdGEvYpqR9k>

Club Promotions

The head instructor or sensei of each club must be a practicing black belt holder at least at the level of 2nd dan recognized by JudoTT. This instructor has the responsibility of awarding grades in the form of belts of different colours to students who are non-black belt holders. Please note the following:

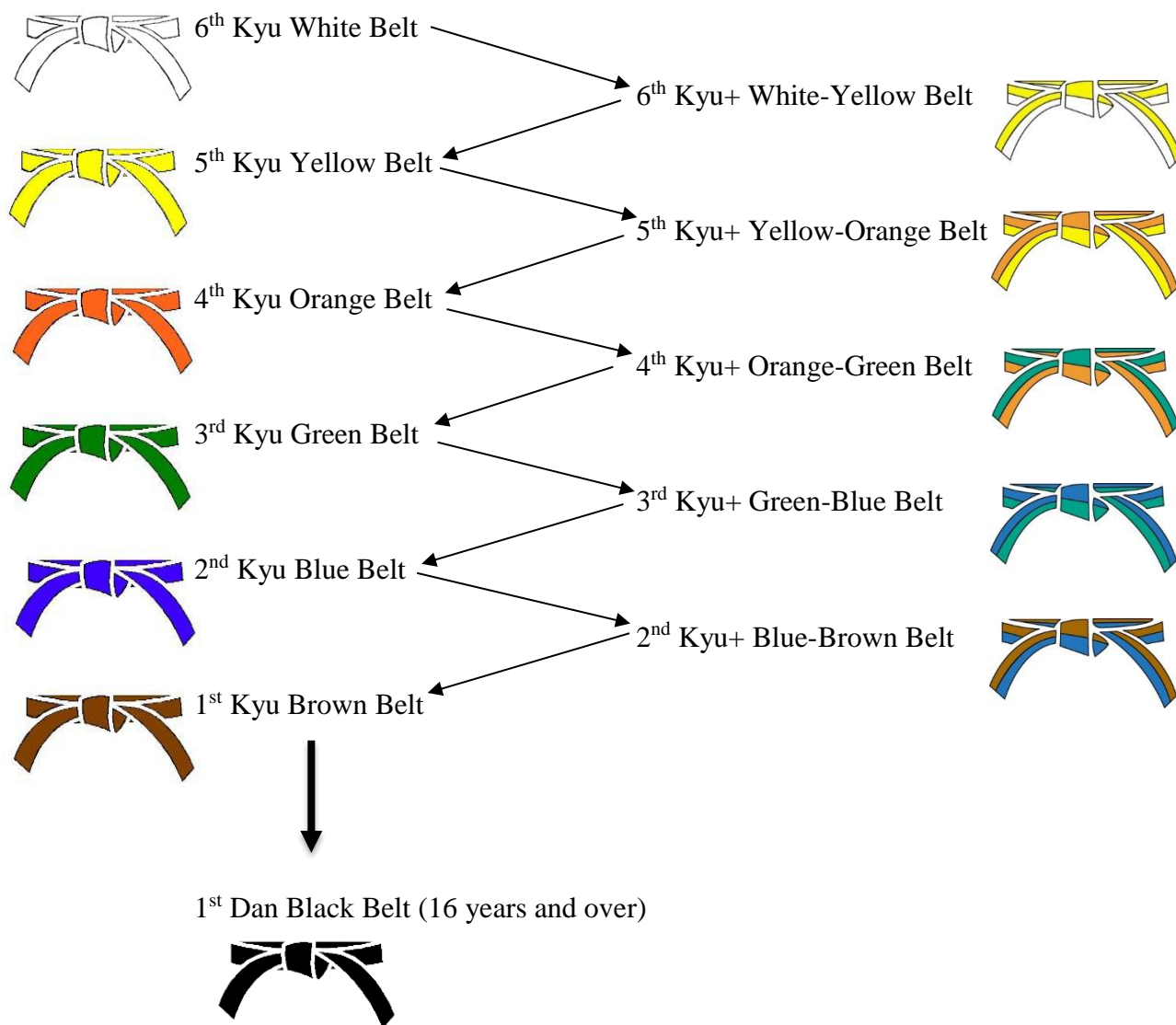
- For black belts or dan grades requirements, please refer to the National 1st Kyu and Dan Grades Syllabus
- JudoTT oversees examinations and approves brown and black belt promotions
- Individual clubs and schools examine and promote to all kyu grades, except 1st kyu brown belt

Ranks and Kyu System used by QPJC for Juniors* and Seniors as of 1st January 2026

*Juniors (judoka 6 to 15 years old)

Full ranks for Juniors and [only] Seniors

Half-ranks for [only] Juniors



Requirements for Promotion

The time requirements between promotions vary and depend of the following criteria:

- Physical fitness level
- Age
- Regular attendance at classes
- Frequency of classes per week
- Natural disposition of the student*
- Behaviour consistent with the Judo Moral Code (found on the next page)*
- Ability to demonstrate the required techniques at an acceptably proficient level*
- Passion for judo and attitude that serves the development of club, community and judo*

* These must have the Instructor's Positive Assessment (IPA), the instructor's discernment of the judoka. This involves the student's Maturity, Ability and Disposition that are important to move to the next level.

Time In Grade

There is a minimum time to stay and number of classes to attend for each grade. This is to help ensure that the judoka is given sufficient time to fully grasp and satisfactorily perform the techniques and skills required for promotion to the next rank. For juniors, special care must be given to tracking the minimum time and age required at each grade with the minimum age one can get a black belt in T&T (16 years). A balance must be found between being promoted too early or too late, which can cause one to spend too much time at a grade. The time in grade in the table below is a RECOMMENDED minimum. It is a GUIDE.

Grades / Ages	6-9 years	10-11 years	12-15 years	16+ years
White to Yellow	2 years	1 year	10 months	8 months
Yellow to Orange	2 years	1 year	10 months	8 months
Orange to Green	N/A	1 year	8 months	8 months
Green to Blue	N/A	N/A	8 months	8 months
Blue to Brown	N/A	N/A	8 months <i>15yrs min</i>	8 months
Brown to Black	N/A	N/A	N/A	1 year

Exemption From Grading Tests

Although the standard process for promotions is for students to meet the requirements for the next rank and then demonstrate specific techniques in a grading test, there is the option to bypass any formal evaluation or exam by accumulating enough points for such an exemption. Students can be rewarded for participating in competition. Some areas of human nature can be exposed only when subjected to the stresses of competition and it is from this perspective that the judo experience is much fuller with competition as a part of it. A list of POINTS FOR COMPETITION AND SERVICE can be found at the end of this document on page 17.

Behaviour Consistent With The Judo Moral Code

It is expected that all judoka, instructors and coaches follow values that make up the Judo Moral Code.

1. **Courage** – To face difficulties with bravery
2. **Courtesy** – To be polite to others
3. **Friendship** – To be a good companion and friend
4. **Honesty** – To be sincere with your thoughts and actions
5. **Honour** – To do what is right and to stand by your principles
6. **Modesty** – To be without ego in your actions and thoughts
7. **Respect** – To appreciate yourself and others
8. **Self-control** – To be in control of your emotions and actions

Fitness Goals

Fitness goals imply what the judoka should be striving to attain. These goals may not be achievable in all cases. To promote the growth of judo we need to emphasize safety. Since improved levels of fitness are important to a person's health and well-being, a minimum level of general fitness is required from judo students at the time of grading. Such requirements will also increase one's motivation towards achieving certain fitness standards, and thus one will be better prepared to handle learning judo-specific skills.

Three basic exercises should be performed in a uniform format. The numbers suggested in testing are goals that the student and instructor should strive for; however, they should be adjusted for judoka who may not be capable of meeting the full standard. Each exercise should be completed within a specific time frame.

Pull up - Grip the pull-up bar or hanging ropes/belts with your hands slightly wider than your shoulders, feet off the ground (option A). Some may choose to support their body with their legs fully outstretched in front of them on the floor during this phase of the exercise (option B). If gripping a pull-up bar face your palms away for a pull-up, and toward you for a chin-up. Pull your shoulder blades down and back, sticking out your chest. Use only your arms and upper body to raise your chin above the bar, or to the level of your hands in the case of hanging ropes/belts. Steadily lower yourself until your arms are extended, and repeat. If a pull-up bar or hanging rope is not available, the pull-up can be performed with a partner. The subject sits at the feet in front of a partner, legs outstretched as in option B, both facing the same direction; the partner takes a jigotai (defensive or open stance) posture and the subject grabs both of his partner's lapels and performs the exercise as above. It is important for the partner to have good posture.

Modified sit up - The starting position is on the back with legs bent at an angle of 90°, both feet on the ground. Arms are straight and extended alongside the body. Palms of both hands are face-down on the ground. The head is held off the ground. The exercise starts with a curl-up starting with the head and shoulders. Hands must stay on the ground at all times. One sit-up is completed when the fingers slide on the ground towards the feet by approximately the length of the middle finger, then slide back when the shoulder blades are on the ground. This exercise tests not only abdominal muscle endurance but also the endurance of the neck muscles that are so important in performing proper *ushiro ukemi*.

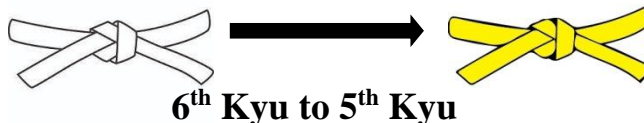
Burpees – Start in standing position. One repetition is performed after the following cycle is completed: bend your knees to a full squat position; place your hands on the ground; keeping your feet together at all times; kick both legs simultaneously back until in an upper push-up position; perform a full push-up (some may choose to support their body on their knees during this phase of the exercise); pull your legs simultaneously into the initial squat position; jump up moving your arms up and clap your hands together at the peak point of the jump; when landing after the jump proceed to the second repetition.

Fitness goals requirements

Age Groups	6-9yrs	10-11yrs		12-15yrs					16yrs+				
Kyu Grades	6-5	6-5	5-4	6-5	5-4	4-3	3-2	2-1	6-5	5-4	4-3	3-2	2-1
Pull-up	4	5	6	8	8	18	18	20	10	10	20	20	25
Mod. Sit-up	20	22	22	24	24	26	28	32	26	26	28	30	36
Burpees	12	15	25	16	20*	25*	25*	27*	20	22*	29*	29*	31*

*In 60 seconds

White Belt Syllabus



Fundamentals	
1. Rei (bow) – sitting/kneeling	5. Ukemi (break-falls) – rear, side, forward rolling
2. Seiza (kneel), Anza (sit)	6. Tai-sabaki – front pivot 90°, rear pivot 90°
3. Shizentai (natural stance), Jigotai (defensive stance)	7. Kumikata (Gripping) – collar and sleeve
4. Ayumi-ashi (normal walk), Tsugi-ashi (shuffling)	8. Ebi (shrimping)

Nage-waza (Throwing techniques)	
1. O-soto-otoshi – leg	Tori advances ayumi-ashi to uke's right and blocks uke's right leg with own right
2. Ko-soto-gari <i>OR</i> Ko-soto-gake – leg	Tori advances mae-sabaki diagonally to uke's right, reaps <i>OR</i> hooks uke's right foot/leg with own left
3. O-uchi-gari – leg	Tori advances left, uke retreats right; tori reaps uke's left with own right from inside <i>For very young: same as above but uke kneels on right after retreating</i>
4. Ko-uchi-gari – leg	Tori retreats left, uke advances right; tori reaps that leg with own right from inside <i>For very young: same as above but uke kneels on left after advancing with right</i>
5. Hiza-guruma – leg	Tori moves in half circle to uke's left and blocks uke's right knee with left foot <i>For very young: same as above but uke kneels on right and tori steps to left</i>
6. Uki-goshi <i>OR</i> Tsuri-goshi <i>OR</i> O-goshi – hip	Tori moves tsugi-ashi sideways sleeve-side, changes collar grip to back/belt while moving and load on side or back of hips
7. Uki-otoshi – hand	Tori retreats left 90°, uke advances right; focus on tori's kuzushi/uke's mae-mawari ukemi
8. Tai-otoshi – hand	Tori retreats ayumi-ashi, turns sleeve-side to throw uke over outstretched leg

Ne-waza (Ground work techniques)	
1. Kesa-gatame & escape	Tori in sitting position, facing uke's head, holds sleeve and head
2. Kuzure-kesa-gatame & escape	Tori in sitting position holds uke's sleeve and shoulder
3. Yoko-shiho-gatame & escape	Tori on all-4s holds uke's head and belt from side
4. Kami-shiho-gatame & escape	Tori on all-4s holds uke's belt from head-side

Other skills	
1. Ayumi-ashi – with a partner in all directions	4. Forward and backward rolls
2. Tsugi-ashi – with a partner in all directions and circular	5. Ground work defences – on all 4s/on stomach
3. Tai-sabaki – with a partner 90° front and rear pivots	6. Ground work attacks – uke on all 4s/on stomach

Knowledge and terminology	
1. Judo – The way of gentleness	4. Tori – One who executes the technique
2. Sensei – Teacher	5. Uke – One who receives the technique
3. Dojo – Place where judo is practiced	6. Japanese numerals – 1 ichi, 2 ni, 3 san, 4 shi/yon, 5 go, 6 roku, 7 shichi/nana, 8 hachi, 9 ku/kyu, 10 ju



Guiding principle for new participants: Emphasis on making judo fun and enjoyable, attracting new participants of all ages to judo, and fully understanding and satisfying their initial and ongoing motivations and needs. The key to this is to emphasize the core value of cooperation in judo, rather than opposition.

General priorities: Programs focus on development of fundamental judo movement skills, first without, and then with a partner. Develop core and neck strength to promote confidence in falling backwards. Introduce certain throwing techniques for children under 8 years with uke in kneeling position on one knee.

Specific technical considerations: Koshi-waza for children under 8 years should start with modified Uki-goshi allowing a grip on the back, which requires only 90° Tai-sabaki. When introducing 8-15 year-olds to these techniques Tsurigoshi is suggested; it offers a fixed point of reference with a grip on the belt. They can grip under uke's arm if they are the same size or shorter than uke (ko-tsurigoshi); if they are taller than uke they can grip over uke's shoulder (O-tsurigoshi). Please be aware that these are first hip throws and some children may not be confident in taking a throw *over* tori's body. There is an option to step off tori's hip and perform the break-fall with a much reduced impact. Different options of a reduced impact break-fall have been suggested in both the Kodokan and French versions of the *Kodomo-no-Kata* available at: Kodomo-No-Kata - Kodokan Version - <https://youtu.be/FhwV1BjPYJQ> and Kodomo-No-Kata - French Judo Federation Version - <https://youtu.be/sdGEvYpqR9k>

General requirements for grading to 5th kyu (competition is not allowed for white belts)

- **Minimum age for promotion to yellow belt – 8 years old**
- Demonstrate fundamental movement skills on right and left sides
- Wear the judogi and tie the belt properly
- Show practical application of fair play philosophy and judo etiquette
- Understand the concept of safety as tori and uke
- Display life skills of RESPECT and FRENDLINESS
- Recite 4 virtues of the Judo Moral Code on page 5
- Serve as uke for tori attempting a grading examination
- Attain fitness goals for the relevant age found on page 6

6-9 years old – Specific requirements for grading to 5th kyu

- Ability to follow the practice regime for a minimum of 45 minutes
- Preferably two years of practice with a minimum of 72 classes

10-11 years old – Specific requirements for grading to 5th kyu

- Ability to follow the practice regime for a minimum of 45 minutes
- Preferably one year of practice with a minimum of 72 classes

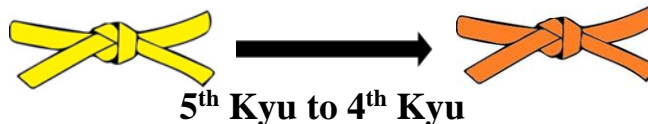
12-15 years old – Specific requirements for grading to 5th kyu

- Ability to stay concentrated and follow the practice regime for a minimum of 60 minutes
- Preferably 10 months of practice with a minimum of 72 classes

16 years old and up – Specific requirements for grading to 5th kyu

- Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes
- Preferably 8 months of practice with a minimum of 64 classes

Yellow Belt Syllabus



Fundamentals

1. Tai-sabaki – turning to front 180°/turning to rear 180°	3. Guard position as attack and defence
2. Ukemi (break-falls) – front	4. Passing uke's guard position

Nage-waza (Throwing techniques)

1. O-soto-gari – leg	Tori advances left ayumi-ashi, reaps uke's right with own right from outside
2. De-ashi-harai – leg	Tori advances or retreats ayumi-ashi, sweeps uke's forward foot from outside
3. Okuri-ashi-harai – leg	Tori and uke move sideways tsugi-ashi, sweeps uke's trailing foot from outside
4. Sasae-tsurikomi-ashi – leg	Tori retreats ayumi-ashi, blocks uke's forward ankle from front
5. Tsubame-gaeshi – leg	Uke attacks De-ashi-harai; tori counters by lifting foot back and does De-ashi-harai
6. Tsurikomi-goshi – hip	Tori retreats ayumi-ashi, lifts uke's collar and loads on hip
7. Seoi-nage – hand	Tori retreats ayumi-ashi, keeps collar grip, throws over shoulder
8. Ippon-seoi-nage – hand	Tori retreats ayumi-ashi, releases collar grip, grabs sleeve-side shoulder

Ne-waza (Ground work techniques)

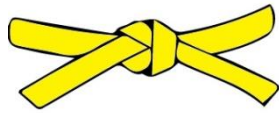
1. Ushiro-kesa-gatame & escape	Tori in sitting position, facing uke's legs, holds sleeve and belt
2. Ura-gatame & escape	Tori on back, holds uke's head and leg from side
3. Kata-gatame & escape	Tori kneels at side of uke's head and holds head and arm together
4. Tate-shiho-gatame & escape	Tori straddles uke, holds uke's arm or arm and head
5. Kuzure-kami-shiho-gatame & escape	Tori on all-4s holds uke's belt and arm with collar from head-side

Other skills

1. Uchikomi (repetition training)	7. Block Ippon-seoi-nage with Jigotai
2. Nagekomi (repetitive throwing practice)	8. Counter O-soto-gari with O-soto-gari
3. Randori (standing free practice)	9. Combination – O-uchi-gari to O-soto-gari
4. Ne-waza randori (ground work free practice)	10. Combination – Seoi-nage to Ko-uchi-gari
5. Evade O-uchi-gari with Tai-sabaki	11. Throw to pin – O-goshi to Kuzure-kesa-gatame
6. Evade Sasae-tsurikomi-ashi with Tai-sabaki	12. Pin control – 8-pin drill

Knowledge and terminology

1. 1882 – The year judo was founded	7. Toketa – Hold down broken
2. Kodokan (Japan) – The birthplace of judo	8. Osaekomi – Hold down
3. Jigoro Kano (1860-1938) – The founder of judo	9. Sonomama – Freeze
4. Jujutsu – The martial art from which judo was derived	10. Yoshi – Continue
5. Ippon – Full point (immediate win)	11. Shido/Chui/Keikoku – Penalties
6. Waza-ari – Half point	12. Hansoku-make – Disqualification



Guiding principle for existing participants: 5th kyu is the end of beginner level judo. Continue to emphasize making judo fun and enjoyable. Fully understand and satisfy the initial and ongoing motivations and needs within judo's structure. The key to this is to emphasize the core value of cooperation in judo, rather than opposition.

General priorities: Continued focus on development of fundamental judo movement skills. Emphasize the principles of movement with a partner and use concept of kuzushi to help future acquisition of sport specific skills. Continued focus on development of core and neck strength to promote confidence in break-falling. Participation in combat and non-combat competition is encouraged; however, for all judoka, **especially between ages of 10 and 12, the emphasis should be on experience over winning.** In training warm up sections, continue to focus on development of speed and agility. Judoka between 8 and 12 years develop these capacities very effectively when subjected to systemic training. The use of a "relay" training format is encouraged by employing a variety of individual fundamental movement skills both in nage-waza and ne-waza.

General requirements for all ages for grading to 4th kyu if exam is required

- **Minimum age for promotion to orange belt – 10 years old**
- Demonstrate improved fundamental movement and judo skills on right and left sides
- Show continuous respectful treatment of peers and instructors and respect for dojo rules
- Display life skills of COURAGE and SELF-CONTROL
- Recite the complete 8 virtues of the Judo Moral Code on page 5
- Understand judo terminology used in training
- Serve as uke for tori attempting a grading examination
- Attain fitness goals for the relevant age found on page 6

N.B. Combat judo matches are not allowed for children under 10 years

Children under 10 years old getting ready for their orange belt must:

- Practice judo preferably for a minimum of two years with 72 classes at 1 class per week as a yellow belt

10-11 years old – Specific requirements for grading to 4th kyu

- Preferably a minimum of one year of practice with 72 classes at 2 classes per week as a yellow belt
- Understand judo terminology used in competition

12-15 years old – Specific requirements for grading to 4th kyu

- Preferably a minimum of 10 months of practice with 72 classes at 2 classes per week as a yellow belt
- Understand judo terminology used in competition

16 years old and up – Specific requirements for grading to 4th kyu

- Preferably a minimum of 8 months of practice with 64 classes at 2 classes per week as a yellow belt
- Understand judo terminology used in competition

Requirements for all ages for promotion to 4th kyu if exam is NOT required

- **Minimum age for promotion to orange belt – 12 years old**
- Same minimum requirements as 16 years old and up
- Minimum of 20 competition points from at least 3 competitions for the year

Orange Belt Syllabus



4th Kyu to 3rd Kyu

Nage-waza (Throwing techniques)	
1. O-uchi-gaeshi – leg	Uke attacks O-uchi-gari; tori sweeps uke's leg from outside
2. Uchi-mata – leg	Tori retreats ayumi-ashi, turns and lifts uke's inner thigh with back of own thigh
3. Ashi-guruma – leg	Tori retreats ayumi-ashi, turns and blocks uke's leg at the knee
4. Harai-goshi – hip	Tori retreats ayumi-ashi, turns, loads uke on side of hip and sweeps uke from outside
5. Hane-goshi – hip	Tori retreats ayumi-ashi, turns, loads uke on side of hip and bent leg
6. Sode-tsurikomi-goshi - hip	Tori retreats ayumi-ashi, turns collar-side, lifts uke's arm and loads on hip
7. Ko-uchi-gaeshi – hand	Uke attacks Ko-uchi-gari; tori lifts own leg to evade and twists
8. Sumi-gaeshi – sacrifice	Uke and tori in defensive posture; tori sits back, puts foot inside uke's thigh to lift
9. Tomoe-nage – sacrifice	Tori sits back and puts foot on lower abdomen to lift

Ne-waza (Ground work techniques)	
1. Nami-juji-jime – choke	Tori crosses hands, holds uke's collars (thumbs in)
2. Gyaku-juji-jime – choke	Tori crosses hands, holds uke's collars (fingers in)
3. Kata-juji-jime – choke	Tori crosses hands, holds uke's collars (1 hand fingers in, other hand thumb in)
4. Juji-gatame – arm lock	Tori sits perpendicular to uke (on back), controls arm on chest and leans back
5. Ude-garami – arm lock	Tori controls uke's bent arm at wrist with 1 hand and grabs own wrist with other
6. Uki-gatame & escape	Tori straddles uke in sitting position, holds arm and controls other shoulder with leg

Other skills	
1. Evade O-uchi-gari, counter with Ippon-seoi-nage	8. In guard position apply Gyaku-juji-jime
2. Evade Sasae-tsurikomi-ashi, counter with Sasae-tsurikomi-ashi	9. In guard position apply Juji-gatame
3. Feint Seoi-nage, throw Ko-uchi-gari OR O-uchi-gari	10. From Tate-shiho-gatame apply Kata-juji-jime
4. Feint Sasae-tsurikomi-ashi, throw Uki-goshi OR O-goshi	11. From Yoko-shiho-gatame apply Ude-garami
5. Combination – De-ashi-harai to Harai-goshi	12. Defence against Nami-juji-jime
6. Combination – Uchi-mata to Sumi-gaeshi	13. Defence against Juji-gatame
7. Transition – Tai-otoshi to Juji-gatame	14. Nage-no-kata – Throwing forms 1 st series (Uki-otoshi, [Ippon-]Seoi-nage, Kata-guruma)

Knowledge and terminology	
1. International Judo Federation – The world governing body for judo (includes all continental unions)	
2. Pan American Judo Confederation – Our continental governing body for judo (includes all national federations)	
3. Judo Trinidad & Tobago – Our national governing body for judo (includes all clubs in T&T)	
4. Seiryoku-zenyō – The best use of physical and mental energy (first principle of judo)	
5. Jita-kyōei – Mutual help and prosperity (second principle of judo)	
6. Shōmen – Dojo front, also known as Jōseki	



Guiding principle: At this stage, judoka are considered to be at the intermediate student level. Continue to make judo fun and enjoyable, but students should also be introduced to the philosophical side of judo. They must be encouraged to develop their own methods of attack and defense suitable to their needs and physique. Introduce and promote opportunities for further growth with pathways to certain activities, such as enhanced recreational participation, competition and administration in judo and in the club.

General training tips: Judoka 12 years old and older who have reached this level of skill acquisition can begin formal training in Nage-no-kata (first series) in order to get a more profound understanding of throwing techniques. For those who wish to pursue competition are advised to participate in as many shiai-geiko (competition training or practice matches) as possible, and at least 2 tournaments per year. Outstanding competition results can enhance confidence ahead of their next promotion. Training of choreographed moves should be introduced for public judo demonstrations. Some judoka at this stage also start puberty which presents a set of challenges and opportunities that need to be addressed by qualified instructors/coaches.

General requirements for grading to 3rd kyu if exam is required

- **Minimum age for promotion to green belt – 12 years old**
- Demonstrate improved fundamental movement and judo skills on right and left sides
- Show continuous respectful treatment of peers and instructors and respect for rules and fair play
- Display life skills of COURTESY and HONESTY
- Serve as uke for tori attempting a grading examination
- Attain fitness goals for the relevant age found on page 6

Children under 12 years old getting ready for their green belt must:

- Practice judo preferably for one year with a minimum of 72 classes at 2 classes per week as an orange belt

12-15 years old – Specific requirements for grading to 3rd kyu

- Preferably a minimum of 8 months of practice with 64 classes at 2 classes per week as an orange belt
- Demonstrate Nage-no-kata 1st series as tori

16 years old and up – Specific requirements for grading to 3rd kyu

- Same minimum requirements as 12-15 years old

Requirements for all ages for promotion to 3rd kyu if exam is NOT required

- Same minimum age and training attendance requirements as 12-15 years old and older
- Minimum of 30 competition points from at least 4 competitions for the year as an orange belt

Green Belt Syllabus



3rd Kyu to 2nd Kyu

Nage-waza (Throwing techniques)	
1. Uchi-mata-gaeshi - leg	Uke attacks Uchi-mata; tori counter-reaps uke's supporting leg from behind
2. Hane-goshi-gaeshi – leg	Uke attacks Hane-goshi; tori counter-reaps uke's supporting leg from behind
3. Harai-goshi-gaeshi – leg	Uke attacks Harai-goshi; tori counter-reaps uke's supporting leg from behind
4. Ushiro-goshi – hip	Uke attacks hip technique; tori lowers hips encircles uke's hips with arm and lifts up
5. Koshi-guruma – hip	Tori retreats ayumi-ashi, controls uke's neck, enters hips deep and loads uke
6. Kuchiki-taoshi – hand	Tori advances tsugi-ashi, grabs uke's leg at the knee with hand and lifts up
7. Seoi-otoshi – hand	Tori retreats ayumi-ashi, turns to kneel and pulls uke down over shoulder
8. Obi-tori-gaeshi – hand	Tori grabs belt from over uke's shoulder, grabs pants at knee, lifts up and behind
9. Tani-otoshi – sacrifice	Tori slides leg behind one or both uke's leg and falls on his side
10. Hikikomi-gaeshi – sacrifice	Uke and tori in defensive posture; tori cups uke's arm, grabs his belt from over shoulder, sits back and lifts inside uke's far thigh with shin

Ne-waza (Ground work techniques)	
1. Hadaka-jime – choke	Tori encircles uke's neck with arm from behind
2. Okuri-eri-jime - choke	Tori grabs uke's collar across neck from behind and other collar from under arm
3. Kata-ha-jime – choke	Same as above, but tori raises uke's arm and puts own hand at back of uke's head
4. Sankaku-jime - choke	Tori encircles uke's neck and arm with legs locked by instep and knee
5. Ude-gatame – arm lock	Tori traps uke's straightened arm between neck and shoulder
6. Waki-gatame – arm lock	Tori traps uke's straightened arm under armpit
7. Hara-gatame – arm lock	Tori traps uke's straightened arm on lower abdomen

Other skills	
1. Counter Hiza-guruma with Kuchiki-taoshi	6. Uke on all 4s – apply Sankaku-jime
2. Combination – Harai-goshi to Koshi-guruma	7. Uke on all 4s – apply Hara-gatame
3. Feint Uchi-mata, throw Tani-otoshi	8. In guard position apply Ude-gatame
4. Transition – Hikikomi-gaeshi to Kami-shiho-gatame	9. On all 4s – apply Waki-gatame
5. From Uki-gatame apply Juji-gatame as uke attempts escape from pin	10. Nage-no-kata – Throwing forms 1 st & 2 nd series (Uki-goshi, Harai-goshi, Tsurikomi-goshi)

Knowledge and terminology	
1 Mechanical analysis of Kuzushi, Tsukuri, Kake – candidate's choice of technique	
2. Hikite – Tori's pulling hand (usually holding uke's sleeve)	
3. Tsurite- Tori's lifting hand (usually holding uke's collar or belt)	
4. Nage-waza – Throwing techniques (leg, hip, hand, rear & side sacrifice)	
5. Katame-waza/Ne-waza – Grappling techniques (pin, choke, joint lock)	
6. Meiji Restoration (1868) – The beginning of the modernization of Japan that led to conditions that allowed for the shift from jujutsu to judo. Jujutsu, which was used by the samurai in the battlefield, was no longer appropriate for a modern and changing society at peace. Judo, a derivative of jujutsu, was the direct result of this change, devised as a way of life for personal and national development that was suitable for contemporary society.	



Guiding principle: This period is characterized by a foundation that allows for a personal style to develop. Judoka are less likely to voluntarily quit because black belt seems more attainable. So long as they are presented with challenges that satisfy ongoing motivations and needs, they are more likely to find their niche in judo and make it a lifelong discipline. Participation in competition should be encouraged, but not forced. The benefits of competition, not just in combat judo but also in kata, should be made clear. It is their choice to be respected.

General training tips: Uchikomi and Nagekomi are basic training tools that should be featured regularly in practice. Vary tempo and intensity to make them more challenging and interesting. At this level, the acquisition of higher physical capacities should take precedence over technical knowledge. Also note that there is a high probability that many judoka would be adolescents at this stage when there are many windows for enhancing strength, power, speed and aerobic capacities. The first two series of Nage-no-kata should be practiced.

General requirements for grading to 2nd kyu if exam is required

- **Minimum age for promotion to blue belt – 14 years old**
- A minimum of 108 hours of judo training as a green belt
- Practice all skills both right and left sides
- Show continuous respectful treatment of peers and instructors and respect for rules and fair play
- Demonstrate Nage-no-kata 1st and 2nd series as tori
- Display life skills of HONOUR
- Serve as uke for tori attempting a grading examination
- Attain fitness goals for the relevant age found on page 6

Requirements for all eligible judoka for promotion to 2nd kyu if exam is NOT required

- Same minimum age and training attendance requirements as above
- Minimum of 40 competition points from at least 5 competitions as a green belt

Blue Belt Syllabus



2nd Kyu to 1st Kyu

Nage-waza (Throwing techniques)	
1. Harai-tsurikomi-ashi – leg	Tori advances ayumi-ashi, sweeps uke's retreating leg back
2. O-guruma – leg	Tori's choice of direction, turns and thrusts his leg across uke's lower abdomen
3. Sumi-otoshi – hand	Tori's choice of direction, quickly steps outside uke's foot just as uke steps on it
4. Morote-gari – hand	Tori's choice of direction, steps between uke's feet, grabs behind knees with hands
5. Sukui-nage – hand	Tori slides leg behind uke's legs from side and holds both thighs from front to scoop
6. Uchi-mata-sukashi – hand	Uke attacks Uchi-mata; tori dodges, twists with hands and uses uke's momentum
7. Yoko-otoshi – sacrifice	Tori slides straightened leg to outside uke's leg and drops to the side
8. Soto-makikomi - sacrifice	Tori cross-steps to front of uke's foot sleeve-side, holds uke's arm under his armpit
9. Uchi-makikomi – sacrifice	Tori cross-steps to front of uke's foot sleeve-side, holds uke's arm by inserting own arm under uke's armpit
10. O-soto-makikomi – sacrifice	Tori steps to uke's side as in O-soto-gari, following through with reap tori takes own tsurite arm and holds uke's sleeve-side arm under own armpit

Ne-waza (Ground work techniques)	
1. Tsukkomi-jime – choke	Tori holds both uke's lapels from front, pulls one (thumb in with knuckles out), thrusts other (fingers in with knuckles out) across neck
2. Kata-te-jime - choke	Tori grabs uke's collar across neck from front (thumb in), applies forearm pressure
3. Ryo-te-jime – choke	Tori holds both uke's lapels from front (thumbs in), rotates hands so thumbs are up
4. Sode-guruma-jime - choke	Tori puts forearm behind uke's neck, grabs other arm's inner sleeve, slips free hand under chin to grab other sleeve
5. Hiza-gatame – arm lock	Tori (on side) traps uke's straightened arm on neck with knee on uke's elbow
6. Sankaku-gatame – arm lock	Tori encircles uke's neck and arm with legs locked by instep and knee, straightens arm to apply lock
7. Te-gatame – arm lock	From under near arm, tori grabs uke's far collar from side (fingers in), straightens near arm with thumb up

Other skills	
1. Combination – Using a sacrifice technique	6. 2 Transitions – throw into a ground technique
2. Combination – Using 2 throws in opposite directions	7. 2 Turnovers into chokes of choice
3. Combination – Using 2 throws in same direction	8. 2 Turnovers into arm locks of choice
4. Feint a throwing technique, throw with another	9. Ne-waza control – pins/chokes/arm locks in any order
5. Counter a throw with another throw	10. Nage-no-kata – Throwing forms 1 st , 2 nd & 3 rd series (Okuri-ashi-harai, Sasae-tsurikomi-ashi, Uchi-mata)

Knowledge and terminology	
1. Knowledge of Kodokan refereeing rules – scores, penalties and [main] prohibited acts	
2. Knowledge of International Judo Federation (IJF) refereeing rules – scores, penalties and [main] prohibited acts	



Guiding principle: 2nd kyu and 1st kyu are advanced student grades. Judoka at this level have developed their personal styles and rely on the foundation built over years of practice. For this reason, risk taking, in training especially, should be encouraged to avoid stagnation. The ego should be checked by a larger philosophical view of judo in preparation for black belt. As before, competition is encouraged, but keep other pathways to growth available such as demonstrations, refereeing, coaching, mentoring, administration, etc.

General training tips: More challenging situations should be introduced to help them calibrate their styles with the styles of others in more stressful environments including, but not limited to, competition, shiai-geiko (competition training matches), several randori bouts without rest, or other training activities that induce fatigue. The distinction between randori (the practice of freely applied techniques between 2 people for the purposes of learning and refining the concepts of attack and defense) and competition (a bout between 2 people for the purpose of winning) must be appreciated. The first three series of Nage-no-kata should be practiced.

General requirements for grading to 1st kyu if exam is required

- **Minimum age for promotion to brown belt – 15 years old**
- A minimum of 108 hours of judo training as a blue belt
- Practice all skills both right and left sides
- All Nage-waza skills must be demonstrated with good theoretical understanding of the Kuzushi-Tsukuri-Kake principles
- Show continuous respectful treatment of peers and instructors and respect for rules and fair play
- Demonstrate Nage-no-kata 1st, 2nd and 3rd series as tori
- Display life skills of HONOUR and MODESTY
- Knowledge of basic judo origin and history – where (p.9), when (p.9), who (p.9), why (p.13), from what (9.), judo in T&T (p.11), judo in the region/continent (p.11), judo in the world (p.11)
- Knowledge of games used in judo for development of certain judo skills
- Knowledge of competition rules and terminology
- Serve as uke for tori attempting a grading examination
- Attain fitness goals for the relevant age found on page 6

Requirements for all eligible judoka for promotion to 1st kyu if exam is NOT required

- Same minimum age and training attendance requirements as above
- Minimum of 50 competition points from at least 6 competitions as a blue belt

POINTS FOR COMPETITION AND SERVICE

This is a *suggested* formula for giving points for competition and other services to the club or judo. There are many other variables that can influence the values of these points. Furthermore, there might be other events, activities or roles that might not be mentioned below. These should be given fair consideration by the sensei. Please use as a guide to allocate points as fairly and transparently as possible. This is a GUIDE, not for policy.

1. Competition

- A) Participation as a competitor – 1point per competition*
- B) i. IPPON *OR* win at a kata/skills demonstration competition* = 10 points
 - ii. WAZA-ARI *OR* second place at a kata/skills...* = 7 points
 - iii. YUKO/win by superiority *OR* third place at a kata/skill...* = 3 points
- C) Participation as an official – Tournament Director (10 points); Referee (5 points); Other (3 points)

2. Demonstrations

- A) Participation as a demonstrator – 100+ audience or televised (10 points); Less than 100 audience (5 points)
- B) Participation as support staff – 100+ audience or televised (5 points); Less than 100 audience (3 points)

3. Club/National Administration – 10 points per term served

4. Attendance at clinic/camp – 1 point per day

5. Speaker/writer/interviewee – 5 points per event

6. Recruitment via word-of-mouth or social media – 3 points per new sign-up

7. Coaching/Teaching

- A) As a coach/instructor – 10+ students (2 points per session); Less than 10 students (1 point per session)
- B) As an assistant – 10+ students (0.5 point per session); Less than 10 students (0.25 point per session)

8. Other Events (NOT including tournaments)

- A) As a manager/head planner – 100+ audience or televised (5 points); Less than 100 audience (3 points)
- B) As support staff – 100+ audience or televised (3 points); Less than 100 audience (1 point)

*Suggested weighted values to assign depending on the level of the competition. Multiply points according to the level of the competition:

- Club x0.5
- National/Other clubs x1
- Bi-national (2 countries) x2
- Multi-national (regional – CAC, continental - PJC) x4
- International (World Judo Tour, International Open, etc.) x5
- International elite (World Championships/Olympics) x10

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