

TEACHING & GRADING SYLLABUS

4th KYU (ORANGE BELT)

- General:** Recommended minimum of 3 months as a registered 5th Kyu holder.
Improved knowledge of Dojo and Judo customs including class formalities and terms of address.
Also please refer to separate Guidelines covering Boys, Girls & Cadets.
- Terminology:** including Rei, Zarei, Seiza, Anza, Sempai ni rei, Sensei ni rei, Shomen ni rei, Otagai ni rei
- Ukemi:** Fully competent in all aspects of break-falling in Keiko, Randori and Shiai.
- Shintai:** Fast and supple movement with changing Kumi Kata on the move.
- Uchi komi:** Debana (Reflexive Feint), Oikomi (Lunge entry) and Mawari komi (Rotative entry) Tobikomi (jump in entry).
- Nage komi:** Throwing practice exercises without resistance against single and multiple partners in attack, counter-throws and Renraku waza (Combination of throwing techniques).
- Nage waza:** Select and ask candidate to demonstrate a minimum of five of the following techniques in Nage Komi (moving) form: Koshi guruma (Hip Wheel), O soto gari (Major Outer Reaping), O soto gaeshi (Major Outer Counter), Ippon seoi nage (One Arm Back-Carry Throw), Seoi otoshi (Back-Carry Drop, Ko uchi gari (Minor Inner Reaping). Ko soto gake (Minor Outer Hook), Hiza guruma (Knee Wheel), Sumi gaeshi (Corner Counter)
- Osae waza:** Tate shiho gatame (Lengthwise Four Quarter Holding), Kuzure yoko shiho gatame (Modified Side Four Quarter Holding) and Kuzure kami shiho gatame (Modified Upper Four Quarter Holding).
3 "Turnovers" from kneeling position.
- Fusegi:** Defence against Osae waza.
- Revision:** On selected requirements for 6th & 5th Kyu Grades
- Randori:** Effective free practice with ability to evade and counter opponent's attacks.

REFER TO JNZ WEBSITE ("DOCUMENTS" SECTION) FOR CURRENT REQUIREMENTS

