

# TEACHING & GRADING SYLLABUS

## 5th KYU (YELLOW BELT)

- General:** Minimum of 2 months as a registered JNZ member.  
Basic knowledge of Dojo customs and formalities.  
Judo Terminology: Dojo, Judo, Tatami, Judoka, Judogi, Sempai, Sensei, Kyu, Dan, Obi.  
**Also please refer to separate Guidelines covering Boys, Girls & Cadets.**
- Ukemi:** Zenpo Kaiten Ukemi (Forward Rolling Breakfall). Improved ability including break-falling over kneeling students and other variations.
- Kumi Kata:** Develop improved ability.
- Kuzushi:** Happo no kuzushi (8 directions of breaking balance) Demonstrate improved ability
- Uchi komi:** Throwing entry practice – Hikidashi (drawing on entry),
- Nage komi:** Throwing practice without resistance.
- Nage waza:** To demonstrate the following techniques while moving uke where appropriate:  
O Goshi (Major Hip), Tsuru goshi (Lifting Hip), Morote Seoi nage (Both Hands Back-Carry Throw), O uchi gari (Major Inner Reaping), Sasae tsurikomi ashi (Propping Lifting Drawing Ankle).
- Osae waza:** Kata gatame (Shoulder Holding), Kami shiho gatame (Upper Four Quarter Holding), Yoko shiho gatame (Side Four Quarter Holding),
- Randori:** Ability to practice safely with increased fluidity under a referee's/sensei's control ie knowledge of refereeing terms including Hajime, Matte, Ippon, Waza-ari, Yuko, Shido, Hansoku-make, Sonomama and Soremade.

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

