

# TEACHING & GRADING SYLLABUS

## 6th KYU (WHITE BELT)

### FOR BEGINNERS (Use red belts or white belt with red tab)

**General:** No minimum period as a registered JNZ member.

Basic knowledge of Dojo customs and formalities.

Judo Terminology: Dojo, Judo, Tatami, Judoka, Judogi, Sempai, Sensei, Kyu, Dan, Obi, Matte, Rei.

**Also please refer to separate Guidelines covering Boys, Girls & Cadets.**

**Ukemi:** Gymnastic Forward Rolls, Koho Ukemi (rear breakfall) & Yoko Ukemi (Left & right Side breakfall) – all with emphasis on body positioning and control.

**Kumi Kata:** Standard one lapel and one sleeve gripping positions.

**Shisei:** Shizentai and Jigotai in front, right and left stances.

**Shintai:** Ayumi ashi and Tsugi ashi walking movements (solo and with partner).

**Kuzushi:** Happo no Kuzushi (eight directions of breaking balance).

**Tsukuri:** Tori shows an understanding of the set-up required for the application of the relevant waza.

**Tai sabaki:** Body turning movements for attack and defence.

**Kake:** Execution stage of throwing movement.

**Uchi komi:** Throwing entry practice – Hikidashi (drawing on entry for Tai Otoshi).

**Nage waza:** To demonstrate the following techniques: Uki goshi (Floating Hip), O soto otoshi (Major Outer Drop), Tai otoshi (Body Drop).

**Osae waza:** Hon Kesa gatame (Scarf Hold) and Kuzure Kesa gatame (Modified Scarf Hold).

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

