

TEACHING & GRADING SYLLABUS

2nd KYU (BLUE BELT)

- General:** Recommended minimum of 6 months as a registered 3rd Kyu holder.
Advanced knowledge of Judo customs and formalities, grading system, IJF Contest Rules, Weight categories and terminology.
A verbal test shall be conducted by the Examiner of the above requirements.
Also please refer to separate Guidelines covering Boys, Girls & Cadets.
- Nage komi:** Advanced skill level in all training forms for throwing and ground work.
- Uchi komi:** Advanced level practice in Form, Speed and Power Uchi komi for the following techniques: Osoto gari, Tai otoshi, Seoi nage, Uchi mata, Ouchi gari, Harai goshi, Kosoto gari, Kouchi gari.
- Nage waza:** To demonstrate any seven of the following techniques in Naga Komi (moving) form: Hane goshi (Spring Hip), Hane goshi gaeshi (Spring Hip Counter), Soto makikomi (Outer Winding), O soto makikomi (Major Outer Winding), Sode tsuri komi goshi (Sleeve Lifting Pull Hip), O guruma (Major Wheel), Uchi mata makikomi (Inner Thigh Winding), Uchi mata sukashi (Inner Thigh Sidestep), Tsubame gaeshi Swallow Counter), Okuri ashi barai Sliding Foot Sweep), Hikkomi gaeshi (Pulling-in Turnover), Obi tori gaeshi (Belt Grab Turnover), Sukui Nage (Scooping Throw).
- Kaeshi waza:** Counter techniques to any three of above techniques
- Katame waza:** Combination techniques incorporating Osae, Shime, and Kansetsu waza.
- Osae waza:** Sankaku gatame (Triangle Holding)
- Kansetsu Waza:** Ude garami (Entangled Arm Lock), Ude gatame (Straight Arm Arm Lock), Waki gatame (Armpit Arm Lock)
- Shime waza:** Sankaku jime (Triangle Strangle), Okuri eri jime (Sliding Collar Strangle), Hadaka jime (Naked Strangle), Koshi jime (Hip Strangle), Kata ha jime (Single Wing Strangle),
- Renraku waza:** Demonstration of practice form in selected techniques.
- Nage no kata:** Koshi & Ashi waza ((Proficient as Tori).
- Revision:** On selected requirements for 6th, 5th, 4th and 3rd Kyu Grades.
- Randori:** Capable of Randori forms including Kakari geiko.

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

