



Downtown Martial Arts Academy *Judo Syllabus*

Rokkyu - 6th Grade Yellow Belt

Nage Waza

Koshi Waza (any)	Any hip technique
Grip 'n' Drag Ko Soto Gari	Minor outside reap
Seoi Nage (any)	Shoulder throw
O Soto (any)	Major outer technique

Osae Komi Waza

Kesa Gatame	Scarf hold
Yoko Shiho Gatame	Side four quarters hold
Uphill escape from any ground control hold	

Principles

Move and Grip
Push into the hole
Keep toes alive in groundwork
Keep chest to chest on the ground

Situations

Attack an advanced, weighted foot and throw into a rear hole
Attack a hidden, weighted foot and throw into a forward hole
Attack a trespassing, weighted foot and throw into an intervening hole
Transition any throw into a ground control position

Gokyu - 5th Grade Orange Belt

Nage Waza

O Goshi	Big hip
Koshi Guruma	Hip wheel
Tsuri Goshi	Lifting hip
Uki Goshi	Floating hip
Tai Otoshi	Body drop
O Soto Otoshi	Major outer drop
O Soto Gari	Major outer reap
O Uchi Gari	Major inner reap
Eri Seoi Nage	Collar shoulder throw

Renraku Waza

Front to back and back to front combinations

Kaeshi Waza

O Soto Gaeshi

Major outer counter

Osae Komi Waza

Kami Shiho Gatame

Tate Shiho Gatame

Uphill escape to a counter hold

Bridge and roll escapes

Breaking down a turtle

Upper four quarters hold

Straight four quarters hold

Shime Waza

Hadaka Jime

Naked choke

Kansetsu Waza

Uphill escape to Ude Hishigi Waki Gatame

Kesa Gatame with Ashi Gatame

Armpit crushing arm lock

Leg arm lock

Principles

Driving leg and angle of attack

Climbing into grips

Power side/Locking hand

Situations

Turning the turtle

Opening space on the ground

Using the hole to escape hold-downs

Yonkyu - 4th Grade Green Belt

Nage Waza

Tsuri Komi Goshi and variants

Harai Goshi

Yama Arashi

Ippon Seoi Nage

Ko Uchi Gari

Ko Soto Gake

Tani Otoshi

Lifting pulling hip

Sweeping hip

Mountain storm

Single arm shoulder throw

Minor inner reap

Minor outer hook

Valley drop

Kaeshi Waza

Tani Otoshi (Rear counter to koshi waza and seoi nage)

Trespassing attack countered by Tsubame Gaeshi

Renraku Waza

Hip to foot combo
Hand to foot combo

Osae Komi Waza

Kata Gatame
Ushiro Kesa Gatame
Mune Gatame
Sit up escapes
Circle holding drill

Shoulder hold
Reverse scarf hold
Chest hold

Shime Waza

Kataha Jime
Kata Juji Jime

Single wing choke
Opposite cross grip choke

Kansetsu Waza

Ude Hishigi Juji Gatame
Ude Garami

Crushing cross arm lock from a throw
Entangled arm lock

Principles

Make partner carry weight/Keep knees off of mat
Move on balls of feet
Hands in front, elbows in

Situations

Transitions from standing to ground

Sankyu - 3rd Grade Brown Belt

Nage Waza

Hane Goshi
Sasae Tsuru Komi Ashi
Hiza Guruma
Tomoe Nage
Sumi Gaeshi
De Ashi Harai
Sukui Nage
Morote Gari

Springing hip
Propping lifting pulling foot
Knee wheel
Circle throw
Corner throw
Advancing foot sweep
Scooping throw
Double hand reap

Renraku Waza

Foot to foot combo

Kaeshi Waza

Tawara Gaeshi
Kichuki Taiooshi
Inside leg step around followed by hip throw against hip attack

Bale throw (counter to Morote Gari)
Dead tree drop

Osae Komi Waza

Kuzure versions of all previous
Legs over escape
Leg over (roll) escape from Kata Gatame
Uphill turn from Ushiro Kesa Gatame
Sit-up from Kesa Gatame

Shime Waza

Okuri Eri Jime
Gyaku Juji Jime

Sliding collar choke
Reverse cross choke

Kansetsu Waza

Ude Hishigi Hara Gatame
Ude Hishigi Waki Gatame

Stomach crushing arm lock from a turtle
Armpit crushing arm lock from a turtle

Principles

Controlling partner's mobility
Attacking the weighted foot
Balance lines and shoulder rotations

Situations

Inside leg step around countering

Nikyu - 2nd Grade Brown Belt

Nage Waza

Uchi Mata
Uki Otoshi
Okuri Ashi Harai
Ashi Guruma
Maki Komi Waza

Inner thigh
Floating drop
Sliding foot sweep
Leg wheel
Inner winding techniques

Renraku Waza

Uchi Mata combinations

Kaeshi Waza

Yoko Guruma as a Seoi counter
Tomoe counter to Tai Otoshi

Osae Komi Waza

Sankaku Gatame as an attack, as a defense, and as a choke, hold or arm bar

Shime Waza

Nama Juji Jime
Sode Guruma Jime

Normal cross choke
Sleeve wheel choke

Kansetsu Waza

Ude Hishigi Hiza Gatame
Ude Hishigi Ude Gatame

Knee crushing arm lock
Arm crushing arm lock

Principles

Fox trot and stutter stepping
Inside gripping

Situations

Multi-sided attacking

Ikkyu - 1st Grade Brown Belt

Nage Waza

O Guruma
Sumi Otoshi
Seoi Otoshi
Harai Tsuru Komi Ashi
Kata Guruma (and variants)
Yoko Otoshi

Major hip
Corner drop
Shoulder drop
Sweeping lifting pulling foot
Shoulder wheel
Side drop

Renraku Waza

Left to right and right to left combinations

Kaeshi Waza

Ushiro Goshi
Counters to Ko and O Uchi

Reverse hip (counter to Hip throws)

Osae Komi Waza

Kata Osae Gatame

Shoulder pressing hold

Shime Waza

Ryote Jime
Tsukkomi Jime

Two Hand Strangulation
Thrust Choke

Kansetsu Waza

Ude Hishigi Te Gatame
Waki Gatame breaks from standing lapel grip

Hand crushing arm lock

Principles

Be a lid to the hole
Entering attack space

Situation

Using adversarial psychology to create opportunity

Shodan - 1st Degree Black Belt

Nage Waza

Utsuri Goshi
Kubi Nage
Ura Nage
Uki Waza
O Soto Guruma

Changing hip throw
Neck throw
Rear throw
Floating technique
Major outer wheel

Kaeshi Waza

Uchi Mata Sukashi

Inner thigh slip

Shime Waza

Jigoku Jime

Hell strangulation

Nidan - 2nd Degree Black Belt

Nage Waza

Ude Garami Nage
Obi Seoi Nage
Yoko Gake
Yoko Wakare
Hikikomi Gaeshi

Arm entanglement throw
Belt shoulder throw
Side hook
Side separation
Push-pull counter (modified Sumi)

Kansetsu Waza

Different situational uses for all arm locks from previous requirements

Sandan - 3rd Degree Black Belt

Nage Waza

Kani Basami
Ude Gaeshi
Obi Otoshi
Te Guruma
Kibusi Gaeshi

Flying scissors
Arm throw
Belt drop
Hand wheel
Heel trip

Shime Waza

Different situational uses and variations for all chokes from previous requirements

Terminology

Counting in Japanese

Ichi	1	Roku	6
Ni	2	Shichi	7
San	3	Hachi	8
Shi	4	Ku	9
Go	5	Ju	10

Commands

Kyotsoke	Attention	Hajime	Begin
Rei	Bow	Matte	Stop

Anatomy

Kubi	Neck	Tai	Body
Seoi/Kata	Shoulder	Hadaka	Naked
Mune	Chest	Eri	Collar
Ude	Arm	Kesa	Scarf
Te	Hand	Sode	Sleeve
Goshi/Koshi	Hip	Obi	Belt
Hiza	Knee	Ippon	Single Arm
Ashi	Foot	Morote/Ryote	Two-handed
Kibusi	Heel	Hara	Stomach
Kansetsu	Joint	Waki	Armpit

Directional

Soto	Outer	Kami	Upper
Uchi	Inner	Tate	Straight
O	Major	Tomoe	Circle
Ko	Minor	Ushiro	Reverse
Hidari	Left	Kuzure	Modified
Migi	Right	Juji	Cross
Ura	Rear	Sumi	Corner
Koho	Back	Sankaku	Triangle
Yoko	Side	Shiho	Four Quarters

Competition

Shiai	Competition	Randori	Free Practice
Koka	Small Point	Shido	Koka Infraction
Yuko	1/4 Point	Chui	Yuko Infraction
Waza-ari	1/2 Point	Keikoku	Waza-ari Infraction
Ippon	Full Point	Hansoku-Maki	Disqualification
Toketa	Broken	Sono Mama	Don't Move
Hantei	Split Decision	Yoshi	Continue
Wazari awasete Ippon	Compound Win	Sore Made	That is All

Techniques

Waza	Technique	Harai	Sweep
Nage	Throw	Gari	Reap
Gatame	Hold	Gake	Hook
Osae komi	Holding Down	Otoshi	Drop
Shime/Jime	Choke	Tsuri	Lifting
Kansetsu	Joint Lock	Hane	Springing
Sutemi	Sacrifice	Komi	Pulling
Seiza	Kneel	Sasae	Propping
Renraku	Combination	Tsubame	Swallow
Kaeshi/Gaeshi	Counter	Sukui	Scooping
Utsuri	Changing	Garami	Entanglement
Wakare	Separation	Hishigi	Crushing
Maki Komi	Inner Winding	Okuri	Sliding
Uki	Floating	Osae	Pressing
Guruma	Wheel	Tsukkomi	Thrusting

Principles

Kuzushi	Disturbing Balance	Zanshin	Finishing
Tsukuri	Fitting to throw	Tai Sabaki	Body Movement
Kake	Moment of throw	Ayumi Ashi	Normal walking
Yudansha	Black Belt Holder	Shizen Tai	Natural Posture
Mudansha	Non Black Belt	Jigo Tai	Defensive Posture
Tori	Person doing technique	Tsuri Ashi	Brushing Foot Step
Uke	Partner	Tsugi Ashi	Sliding Foot Step
Ukemi	Falling Practice		