(Review December 2024)

All England Judo Federation Junior Syllabus

Michael Green (Junior National Coach)

Junior Syllabus 2024 Review

Japanese	English	pass
Full -Ukemi		
Migi Mae Mawari Ukemi	Right Forward rolling breakfall	
Ushiro Mawari Ukemi	Back rolling breakfall	
Migi Yoko Ukemi	Right side breakfall	
Hadari Yoko Ukemi	Left side breakfall	
Mae Ukemi	Forward breakfall	
Hadari Mae mawari Ukemi	Left Forward rolling breakfall	
Full - Kuzushi		
Mea Kuzushi	Forward unbalancing	
Ushiro Kuzushi	Backward unbalancing	
Migi Kuzushi	Right unbalancing	
Hadari Kuzushi	Left unbalancing	
Migi mae sumi Kuzushi	Right Forward corner unbalancing	
Hadari mae sumi Kuzushi	Left Forward corner unbalancing	
Migi ushiro sumi Kuzushi	Right backward corner unbalancing	
Hadari ushiro sumi Kuzushi	Left backward corner unbalancing	

Shime-waza (Strangles) and (Kansetsu-waza) are not required or encouraged in Junior grades.

However, should your Instructor / Coach feel you are at a responsible age, Green belt and above and show discipline and control, they might be taught in your club. To prepare you to transition to the intermediate grade system.

Junior Syllabus 2024 Review

White - Yellow belt 5th kyu

1 Yellow BAR

Ukemi		Kuzushi	
O-soto-Gake		Kesa-Gatame / Escape	

2 Yellow BAR

O-soto-gari		Kata-Gatame / / Escape	
O-Goshi		Kuzure-Kesa-Gatame / Escape	

3 Yellow BAR

Tai-Otoshi		Yoko-Shiho-Gatame / Escape	
Ippon-Seoi-Nage		Kami-Shiho-Gatame / Escape	

Yellow Belt

Ippon-Seoi-Otoshi		Kuzure-Kami-Shiho-Gatame / Escape	
De-Ashi-Bari		Mune-Gatame / Escape	
Turnover from turtle position			

Members should know how to tie their Obi before yellow belt promotion

Contest Results

Name		Name	W/L
	V		
	V		

Coach Name _____ Sign grade below

Bar 1 _____ **Bar 2 _____**

Bar 3 _____ **BELT _____**

Junior Syllabus 2024 Review

Yellow - Orange belt 4th Kyu

1 Orange Bar

O-Uchi-Gari		Tate-Shiho-Gateme / Escape	
Ko-Uchi-Gari		O-Uchi-Gari into Ko-Uchi-Gari	

2 Orange Bar

Ko-Soto-Gari		Counter Tai-otoshi with Ko-soto-Gari	
Morote-Seoi-Nage		Ushiro-Kesa-Gatame / Escape	

3 Orange Bar

Uke-goshi		Makura-Kesa-Gatame / Escape	
Harai-Goshi		Counter o-soto Gari with Harai Goshi	

Orange Belt

Koshi-Guruma		Counter Koshi-Guruma with O-Goshi	
Tani-otoshi		Counter Tai-otoshi with Tani-Otoshi	
Turnover from layflat position			

Contest Results

Name		Name	W/L
	V		
	V		

Coach Name _____ Sign grade below

Bar 1 _____ **Bar 2 _____**

Bar 3 _____ **BELT _____**

Junior Syllabus 2024 Review

Orange - Green Belt 3rd Kyu

1 Green Bar

Sasae-tsuri-komi-ashi		O-uchi-gari into Sasae-tsuri-komi-ashi	
Okuri-ashi-barai		Sasae-tsuri-komi-ashi into Okuri-ashi-barai	

2 Green Bar

Ashi-Guruma		Counter De-asi-bari with Ashi-Guruma	
Ko-Uchi-Makikomi		Ippon-Seoi-Nage into Ko-Uchi-Makikomi	

3 Green Bar

Uchi Mata		Counter Uchi-Mata with Tai-Otoshi	
Uchi mata sukashi		O-uchi-gari into Uchi Mata	

Green Belt

Tomoe-nage		Ko-uchi-gari into Tomoe-nage	
O-soto-maki-komi		Koshi-guruma into o-soto-maki-komi	

Contest Results

Name		Name	W/L
	V		
	V		

Coach Name _____ Sign grade below

Bar 1 _____ **Bar 2 _____**

Bar 3 _____ **BELT _____**

Junior Syllabus 2024 Review

Green - 4 Blue Bar

1 Blue Bar

Ura-nage		Counter Koshi-guruma with Ura-nage	
Sumi-gaeshi		Uchi-mata into Sumi-gaeshi	

2 BLUE BAR

Hane-goshi		Hane-goshi into Hane-maki-komi	
Ushiro-Goshi		Counter O-Goshi with Ushiro-Goshi	

3 BLUE BAR

Tsuri-Komi-Goshi		Counter O-uchi goshi with Tsuri-komi-goshi	
O-soto-Guruma		O-Soto-Gari into O-soto-Guruma	

4 BLUE BAR

Hiza-guruma		Counter Ko-Uchi-Gari with Hiza-guruma	
De ashi harai		Hiza-guruma into Ashi-Guruma	

Contest Results

Name		Name	W/L
	V		
	V		

Coach Name _____ Sign grade below

Bar 1 _____ **Bar 2 _____**

Bar 3 _____ **BELT _____**

Junior Syllabus 2024 Review

Green Belt - With 4 Brown Bar

1 BROWN BAR

O-Guruma		Uchi-mata in O-Guruma	
Morote-Gari		Counter Morot-gari with Sumi-gaeshi	

2 BROWN BAR

Yama-arashi		Morote-Seoi-Nage into Yama-arashi	
Harai-maki-komi			

3 BROWN BAR

Utsuri-goshi		Counter Uchi-mata with Utsuri-Goshi	
Sukui-Nage		Counter Tai-Otoshi with Sukui-Nage	

4 BROWN BAR

Sode-tsur-komi-goshi		Sode-tsuri-koni-goshi into ko-uchi-gari	
Yoko-Tomoe-nage		Tomoe-nage into Yoko-Tomoe-nage	

Contest Results

Name		Name	W/L
	V		
	V		

Coach Name _____ Sign grade below

Bar 1 _____ **Bar 2 _____**

Bar 3 _____ **BELT _____**

Junior Syllabus 2024 Review

Green Belt - With 4 Black Bar

BLACK BAR

Te-Guruma		Counter ippon-seoi-nage with Te-Guruma	
1st set of Katame-no-Kata			

2 BLACK BAR

Uki otoshi		Kata guruma	
1st and 2nd Set of Nage-no-Kata			

3 BLACK BAR

Yoko gake		Obi-Otoshi	
3rd and 4th Set of Nage-no-Kata			

4 BLACK BAR

Yoko wakari		Uki waza	
Nage-no-Kata complete			

Contest Results

Name		Name	W/L
	V		
	V		

Coach Name _____ Sign grade below

Bar 1 _____ **Bar 2 _____**

Bar 3 _____ **BELT _____**

Junior Syllabus 2024 Review

Renraku-Waza

O-soto-Gake into Kesa-Gatame	Ko-Uchi-Gari into Tsuri-Komi-Goshi
O-soto-Gari into Kata-Gatame	Hiza-Guruma into Ashi-Guruma
O-goshi into Kuzure-Kesa-Gatame	Hiza guruma into O-soto-Gari
Tai-otoshi into Yoko-Shiho-Gatame	Ippon-seoi-nage into Ko-Uchi-Makikomi
Ippon-Seoi-Nage into Kami-Shiho-Gatame	Tai-otoshi into Tomoe-nage
O-soto-Gari into Tai-otoshi	Okuri-ashi-barai into Sode-tsur-komi-goshi
Ippon-Seoi-Nage into O-soto-Gari (Ippon-seoi-Gari)	O-Soto-Gari into O-soto-Guruma
De-Ashi-Bari into Mune-Gatame	Tani-otoshi into Ushiro-Goshi
O-uchi-gari into Tate-shiho-gatame	Morote-Seoi-Nage into Yama-arashi
O-Uchi-Gari into Ko-Uchi-Gari	Tomoe-nage into Yoko Tomoe-nage
Harai-Goshi into O-soto-maki-komi	Tai-otoshi into Sukui-nage
(Hadari) Ko-uchi-Gari into O-Guruma	De-ashi-harai into Sasae-tsuri-komi-ashi
Ko-Uchi-Gari into O-Uchi-Gari	Harai-goshi into Harai-maki-komi
Ko-uchi-Garii into Seoi-Nage	Utsuri-goshi into Kuzure-Kesa-Gatame
O-Uchi Gari into o-soto-Gari	Uke-goshi into Harai-Goshi
Ko-Soto-Gari into Tani-otoshi	O-uchi-Gari into Sasae-Tsuri-komi-ashi
Ko-sote-Gari into Tai-otoshi	Sasae-tsuri-komi-ashi into okuri-ashi-barai
Koshi-Guruma into Makura-Kesa-Gatame	Uchi-mata into Tai-otoshi
Uke-goshi into Ko-uchi Gari	

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Kaeshi-waza

Counter O-soto-Gari with O-soto-Gari	Counter O-Goshi with Ushiro-Goshi
Counter Tai-otoshi with Tani-Otoshi	Counter Ko-Uchi-Gari with Hiza-guruma
Counter o-soto Gari with Harai Goshi	Counter Hiza-guruma with O-Uchi-Gari
Counter Tai-otoshi with Ko-soto-Gari	Counter ippon-seoi-nage with T-Guruma
Counter Koshi-Guruma with O-Goshi	Counter uchi-mate with Te-Guruma
Counter Tai-otoshi with Ura-nage	Counter Tai-Otoshi with Sukui-Nage
Counter Morote-Gar with Sumi-Gaeshi	Counter Uchi-mata with Utsuri-Goshi
Counter Tai-Otoshi with Sumi-Gaeshi	Counter Ko-soto-Gari with Uchi-Mata
Counter Uchi-mate with Tai-Otoshi	Counter O-Uchi Gari with Uchi-Mata