All England Judo Federation Senior Syllabus

Michael Green (AEJF 4th Dan)

Syllabus 2025 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	

Syllabus 2025 Review

White - Yellow belt 5th kyu

Ukemi		Kuzushi	

Nage waza		Osaekomi Waza	
O-soto-Gake		Kesa-Gatame	
O-soto-gari		Kata-Gatame	
O-Goshi		Kuzure-Kesa-Gatame	
Tai-Otoshi		Yoko-Shiho-Gatame	
Ippon-Seoi-Nage		Kami-Shiho-Gatame	
De-Ashi-Bari		Mune-Gatame	
		Kaeshi waza	
		O-soto-gari with O-soto gari	
Shime waza		Kensetsu waza	
Hadaka Jime		Juji-Gatame	

Turnover from turtle position	
Any throw into Juji-Gatame	

Coach Name _____ Sign grade below

Competitive Grade

3x contest results or evidence of competition attended

Technical grade

explain and demonstrate 1 technique to the examiner.

Syllabus 2025 Review

Yellow - Orange belt 4th Kyu

Nage waza		Osaekomi Waza	
O-Uchi-Gari		Tate-Shiho-Gateme	
Ko-Uchi-Gari		Ushiro-Kesa-Gatame	
Ko-Soto-Gari		Makura-Kesa-Gatame	
Morote-Seoi-Nage		**Renraku waza**	
Uke-goshi		O-Uchi-Gari into Ko-Uchi-Gari	
Harai-Goshi		Ko-Uchi-Gari into seoi-nage	
Koshi-Guruma		Ko-Uchi-Gari into Tai-otoshi	
Tani-otoshi		Ko-soto-Gari into Tani-otoshi	
Shime waza		**Kaeshi waza**	
Nami-Juji-Jime		Tai-otoshi with Ko-soto-Gari	
Gyaku-Juji-Jime		o-soto Gari with Harai Goshi	
Kata-Juji-Jime		Koshi-Guruma with O-Goshi	
Kensetsu waza		Tai-otoshi with Tani-Otoshi	
Ude-Garame			

Turnover from layflat position	
Mune-Gatame into Ude-Garame	

Competitive Grade = 3x contest results or evidence of competition attended

Technical grade = explain and demonstrate 2 techniques to the examiner.
Learn Time keeping for club competitions

Coach Name _____ Sign grade below

Syllabus 2025 Review

Orange - Green Belt 3rd Kyu

Nage waza		Renraku waza	
Sasae-tsuri-komi-ashi		O-uchi-gari into Sasae-tsuri-komi-ashi	
Okuri-ashi-barai		Sasae-tsuri-komi-ashi into Okuri-ashi-barai	
Ashi-Guruma		Ippon-Seoi-Nage into Ko-Uchi-Makikomi	
Ko-Uchi-Makikomi		O-uchi-gari into Uchi Mata	
Uchi Mata		Ko-uchi-gari into Tomoe-nage	
Uchi mata sukashi		Koshi-guruma into o-soto-maki-komi	
Tomoe-nage		Kaeshi waza	
O-soto-maki-komi		De-asi-bari with Ashi-Guruma	
Ura-nage		Uchi-Mata with Tai-Otoshi	
		Koshi-guruma with Ura-nage	
Shime waza		Kensetsu waza	
Okuri-uri-Jime		Ude-Gatame	
Kata-ha-Jime			
3x Newaza transitions The Finish technique for each will be given to you by the examiner.			

Competitive Grade

4x contest results or evidence of competition attended

Technical grade

1. **explain and demonstrate 3 techniques to the examiner.**
2. **Learn how to referee at club competitions**

Coach Name _____ Sign grade below

Syllabus 2025 Review

Green - Blue 2nd Kyu

Nage waza		Renraku waza	
Sumi-gaeshi		Uchi-mata into Sumi-gaeshi	
Hane-goshi		Hane-goshi into Hane-maki-komi	
Ushiro-Goshi		O-Soto-Gari into O-soto-Guruma	
Tsuri-Komi-Goshi		Hiza-guruma into Ashi-Guruma	
O-soto-Guruma		**Kaeshi waza**	
Hiza-guruma		O-Goshi with Ushiro-Goshi	
De ashi harai		O-uchi goshi with Tsuri-komi-goshi	
Te-Guruma		Ko-Uchi-Gari with Hiza-guruma	
Yoko wakari		Ippon-Seoi-Nage with Te-Guruma	
Shime waza		**Kensetsu waza**	
Sankaku-Jime		Hiza-Gatame	
Sode-Guruma-Jime			
5x Newaza transitions.The Finish technique for each will be given to you by the examiner.			

Competitive Grade:

5x contest results or evidence of competition attended

Technical grade

1. **explain and demonstrate 3 techniques to the examiner.**
2. **Be Seen to referee at competitions**

Coach Name _____ Sign grade below

Syllabus 2025 Review

Green Belt - Brown Belt 1st Kyu

Nage waza		Renraku waza	
O-Guruma		Uchi-mata in O-Guruma	
Morote-Gari		Morote-Seoi-Nage into Yama-arashi	
Yama-arashi		Sode-tsuri-koni-goshi into ko-uchi-gari	
Harai-maki-komi		Tomoe-nage into Yoko-Tomoe-nage	
Utsuri-goshi		**Kaeshi waza**	
Sukui-Nage		Morot-gari with Sumi-gaeshi	
Sode-tsur-komi-goshi		Uchi-mata with Utsuri-Goshi	
Yoko-Tomoe-nage		Tai-Otoshi with Sukui-Nage	
Uki otoshi		**Shime waza**	
Kata guruma		Ryo-Te-Jime	
Yoko gake		Tsuk-komi-Jime	
Uki waza			
5x Newaza Transitions, The Finish technique for each will be given to you by the examiner.			

Competitive Grade:

5x contest results or evidence of competition attended

Technical grade

1. **explain and demonstrate 3 techniques to the examiner.**
2. **Be Seen to referee at competitions**
3. **1st set of Nage no kata**
4. **1st set of Katame no Kata**

Coach Name _____ Sign grade below

Syllabus 2025 Review