

JNZ GRADING SYLLABUS

GO KYU (5th Grade) YELLOW BELT



UKEMI WAZA (FALLING TECHNIQUES)



Zenpo Kaiten Ukemi (Forward Rolling Breakfall to lying & standing positions)

NAGE WAZA (THROWING TECHNIQUES)



O Goshi
(Major Hip)



Tsuru Goshi
(Lifting Hip)



Morote Seoi Nage
(Both hands Back- Carry Throw)



O Uchi Gari
(Major Inner Reaping)



Sasae Tsuru Komi Ashi
(Propping Lifting Drawing Ankle)

OSAE WAZA (HOLDING TECHNIQUES)



Yoko Shiho Gatame
(Side Four Quarter Holding)



Kami Shiho Gatame
(Upper Four Quarter Holding)



Kata Gatame
(Shoulder Holding)



TEACHING & GRADING SYLLABUS

5th KYU (YELLOW BELT)

- General:** Minimum of 2 months as a registered JNZ member.
Basic knowledge of Dojo customs and formalities.
Judo Terminology: Dojo, Judo, Tatami, Judoka, Judogi, Sempai, Sensei, Kyu, Dan, Obi.
Also please refer to separate Guidelines covering Boys, Girls & Cadets.
- Ukemi:** Zenpo Kaiten Ukemi (Forward Rolling Breakfall). Improved ability including break-falling over kneeling students and other variations.
- Kumi Kata:** Develop improved ability.
- Kuzushi:** Happo no kuzushi (8 directions of breaking balance) Demonstrate improved ability
- Uchi komi:** Throwing entry practice – Hikidashi (drawing on entry),
- Nage komi:** Throwing practice without resistance.
- Nage waza:** To demonstrate the following techniques while moving uke where appropriate:
O Goshi (Major Hip), Tsurigoshi (Lifting Hip), Morote Seoi nage (Both Hands Back-Carry Throw), Ouchi gari (Major Inner Reaping), Sasae tsurikomi ashi (Propping Lifting Drawing Ankle).
- Osae waza:** Kata gatame (Shoulder Holding), Kami shiho gatame (Upper Four Quarter Holding), Yoko shiho gatame (Side Four Quarter Holding),
- Randori:** Ability to practice safely with increased fluidity under a referee's/sensei's control ie knowledge of refereeing terms including Hajime, Matte, Ippon, Waza-ari, Yuko, Shido, Hansoku-make, Sonomama and Soremade.

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

