



NI KYU (2nd Grade) BLUE BELT

NAGE WAZA (THROWING TECHNIQUES)



Hane Goshi
(Spring Hip)



Hane Goshi Gaeshi
(Spring Hip Counter)



Soto Makikomi
(Outer Winding)



O Guruma
(Major Wheel)



O Soto Makikomi
(Major Outer Winding)



Uchi Mata Makikomi
(Inner Thigh Winding)



Uchi Mata Sukashi
(Inner Thigh Sidestep)



Sode Tsuru Komi Goshi
(Sleeve Lifting Pulling Hip)



Tsubame Gaeshi
(Swallow Counter)



Okuri Ashi Barai
(Sliding Foot Sweep)



Hikkomu Gaeshi
(Pulling-in Turnover)



Obi Tori Gaeshi
(Belt Grab Turnover)



Sukui Nage
(Scooping Throw)



JNZ GRADING SYLLABUS



NI KYU (2nd Grade) BLUE BELT

OSAE WAZA (HOLDING TECHNIQUES)



Sankaku Gatame
(Triangle Holding)

KANSETSU WAZA (JOINT LOCKING TECHNIQUES)



Ude Garami
(Entangled Arm Lock)



Ude Gatame
(Straight Arm lock)



Waki Gatame
(Armpit Arm Lock)

SHIME WAZA (STRANGLING TECHNIQUES)



Sankaku Jime
(Triangle Strangle)



Okuri Eri Jime
(Sliding Collar Strangle)



Hadaka Jime
(Naked Strangle)



Kata Ha Jime
(Single Wing Strangle)



Koshi Jime
(Hip Strangle)



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