



## ROK KYU (6th Grade) WHITE BELT

### UKEMI WAZA (FALLING TECHNIQUES)



Koho Ukemi (Rear Breakfall)



Yoko Ukemi (Left & Right Side Breakfall)

### NAGE WAZA (THROWING TECHNIQUES)



Uki Goshi  
(Floating Hip)



O Soto Otoshi  
(Major Outer Drop)



Tai Otoshi  
(Body Drop)

### OSAE WAZA (HOLDING TECHNIQUES)



Kuzure Kesa Gatame  
(Modified Scarf Hold)



Kesa Gatame  
(Scarf Hold)



# TEACHING & GRADING SYLLABUS

## 6th KYU (WHITE BELT)

FOR BEGINNERS (Use red belts or white belt with red tab)

- General:** No minimum period as a registered JNZ member.  
Basic knowledge of Dojo customs and formalities.  
Judo Terminology: Dojo, Judo, Tatami, Judoka, Judogi, Sempai, Sensei, Kyu, Dan, Obi, Matte, Rei.  
Also please refer to separate Guidelines covering Boys, Girls & Cadets.
- Ukemi:** Gymnastic Forward Rolls, Koho Ukemi (rear breakfall) & Yoko Ukemi (Left & right Side breakfall) – all with emphasis on body positioning and control.
- Kumi Kata:** Standard one lapel and one sleeve gripping positions.
- Shisei:** Shizentai and Jigotai in front, right and left stances.
- Shintai:** Ayumi ashi and Tsugi ashi walking movements (solo and with partner).
- Kuzushi:** Happo no Kuzushi (eight directions of breaking balance).
- Tsukuri:** Tori shows an understanding of the set-up required for the application of the relevant waza.
- Tai sabaki:** Body turning movements for attack and defence.
- Kake:** Execution stage of throwing movement.
- Uchi komi:** Throwing entry practice – Hikidashi (drawing on entry for Tai Otoshi).
- Nage waza:** To demonstrate the following techniques: Uki goshi (Floating Hip), O soto otoshi (Major Outer Drop), Tai otoshi (Body Drop).
- Osae waza:** Hon Kesa gatame (Scarf Hold) and Kuzure Kesa gatame (Modified Scarf Hold).

REFER TO JNZ WEBSITE (“DOCUMENTS” SECTION) FOR CURRENT REQUIREMENTS

