

# JNZ GRADING SYLLABUS

## IK KYU (1st Grade) BROWN BELT



### NAGE WAZA (THROWING TECHNIQUES)



**Harai Makikomi**  
(Sweeping Winding)



**Utsuri Goshi**  
(Changing Hip)



**Kuchiki Taoshi**  
(One Hand Drop)



**Uchi Makikomi**  
(Inner Winding)



**Ura Nage**  
(Rear Throw)



**Yama Arashi**  
(Mountain Storm)



**Uki Otoshi**  
(Floating Drop)



**Harai Tsurikomi Ashi**  
(Sweeping Lifting Pulling Foot)



**Te Guruma**  
(Hand Wheel)



**Kata Guruma**  
(Shoulder Wheel)



**Yoko Gake**  
(Side Hook)



**Tawara Gaeshi**  
(Rice Bale Counter)



**Yoko Guruma**  
(Side Wheel)



**Yoko Otoshi**  
(Side Drop)



# JNZ GRADING SYLLABUS



## IK KYU (1st Grade) BROWN BELT

### OSAE WAZA (HOLDING TECHNIQUES)



**Ura Gatame**  
(Rear Holding)



**Uki Gatame**  
(Floating Holding)

### KANSETSU WAZA (JOINT LOCKING TECHNIQUES)



**Hiza Gatame**  
(Knee Arm lock)



**Hara Gatame**  
(Stomach Arm Lock)

### SHIME WAZA (STRANGLING TECHNIQUES)



**Sode Guruma Jime**  
(Sleeve Wheel Strangle)



**Ryo Te Jime**  
(Double Hand Strangle)



**Tsuki Komi Jime**  
(Thrusting Strangle)



**Kata Te Jime**  
(Single Hand Strangle)



# TEACHING & GRADING SYLLABUS

## 1st KYU (BROWN BELT)

- General:** Recommended minimum of 6 months as registered 2nd Kyu holder.  
Fully conversant with all previous Kyu requirements and proficient demonstration of selected waza.  
Also please refer to separate Guidelines covering Boys, Girls & Cadets.
- Nage waza:** To demonstrate any of the following techniques in Nage Komi (moving) form: - Harai makikomi (Sweeping Winding), Uchi makikomi (Inner Winding), Utsuri goshi (Changing Hip), Kuchiki Taoshi (One Hand Drop), Ura nage (Rear Throw), Uki otoshi (Floating Drop), Yama Arashi (Mountain Storm), Te Guruma (Hand Wheel), Kata guruma (Shoulder Wheel), Harai tsuri komi ashi (Sweeping Lifting Pulling Foot), Yoko gake (Side Hook), Tawara gaeshi (Rice Bale Counter), Yoko guruma (Side Wheel), Yoko otoshi (Side Drop).
- Kaeshi waza:** Counter techniques against De ashi barai, Hane goshi, Koshi guruma, Ippon seoi nage, Sasae tsurikomi ashi, Hiza guruma. Shime waza: Tomoe jime, Koshi jime, Jigoku jime, Sankaku jime. (Refer below re kata)
- Osae waza:** Ura gatame (Rear Holding), Uki gatame (Floating Holding). Escapes from Osae waza.
- Kansetsu:** Hiza gatame (Knee Arm Lock), Hara gatame (Stomach Arm Lock) and escapes from Kansetsu waza.
- Shime waza:** Sode guruma jime (Sleeve Wheel Strangle), Ryote jime (Double Hand Strangle), Tsuki komi jime (Thrusting Strangle), Kata te jime (Single Hand Strangle)
- Nage no Kata:** Te, Koshi & Ashi Waza (Proficient Tori).
- Uchi komi:** Demonstration of Uchi komi in mobile speed form.
- Randori:** A high level of Randori ability with all grades.
- Revision:** selected requirements for 6<sup>th</sup>, 5<sup>th</sup>, 4<sup>th</sup>, 3<sup>rd</sup> and 2<sup>nd</sup> Kyu Grades.
- Note:** The award of 1st Kyu is made to advanced members and represents the highest level for Kyu grade skills.

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

