

# JNZ GRADING SYLLABUS

## SHO DAN (1st Degree) BLACK BELT



### NAGE WAZA (THROWING TECHNIQUES)



Hane Makikomi  
(Spring Winding)



Kubi Nage  
(Neck throw)



Yoko Wakare  
(Side Separation)



Daki Wakare  
(Hug Separation)



Ko Uchi Gaeshi  
(Minor Inner Counter)



Morote Gari\*  
(Double Hand Reaping)



Kawazu Gake\*  
(Frog Hook)



Kibisu Gaeshi  
(Heel-Trip Turnover)



Ude Gaeshi  
(Arm Turnover)



Kani Basami\*  
(Crab Claw)



Obi Otoshi  
(Belt Drop)



Uki Waza  
(Floating Technique)



Sumi Otoshi  
(Corner Drop)

### KANSETSU WAZA (JOINT LOCKING TECHNIQUES)



Ashi Garami\*  
(Leg Entanglement)

### SHIME WAZA (STRANGLING TECHNIQUES)



Do Jime\*  
(Trunk Strangle)

\* KINSHI WAZA (Prohibited in competition)



# TEACHING & GRADING SYLLABUS

## *1st DAN (BLACK BELT)*

**General:** Minimum 1 year as registered 1st Kyu holder.  
Fully conversant with all kyu grade requirements and proficient demonstration of selected waza.

In addition to the techniques etc. listed below, candidates can be examined on any other techniques etc. included in the Teaching & Grading Syllabus.

**Nage Waza:** To demonstrate any of the following techniques in Nage Komi (moving) form.  
Hane Maki Komi (Spring Winding), Kubi Nage (Neck Throw), Yoko Wakare (Side Separation), Daki Wakare (Hug Separation), Ko Uchi Gaeshi (Minor Inner Counter), Morote Gari (Double Hand Reaping), Kawazu Gake (Frog Hock), Kibisu Gaeshi (Heel-trip Counter), Ude Gaeshi (Arm Turnover), Kani Basami (Crab Claw), Obi Otoshi (Belt Drop), Uki Waza (Floating Technique), Sumi Otoshi (Corner Drop).

**Kaeshi Waza:** Counter techniques against selected tachi & te waza techniques.

**Osae Waza:** Escapes from selected Osae Waza.

**Kansetsu:** Ashi Garami (Leg Entanglement) and escapes from selected Kansetsu Waza.

**Shime Waza:** Do Jime (Trunk Strangle)

**Kata:** 1) All candidates - Proficient as Tori in all 5 sets of Nage no Kata.

2) Category B, C & D candidates - Proficient also as Tori in Osae Komi Waza set of Katame no Kata.

**Uchi Komi:** Demonstration of Uchi Komi in mobile speed form.

**Randori;** A high level of Randori including throw for throw.

**Kyu Grade Waza:** Examination on any kyu grade requirements.

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

