

The Zen Judo Syllabus

"As a humble being I try hard to pass on to others his (Dr Jigoro Kano's) marvelous skill. As the great man said, 'It is for everyone'. It is not confined to associations and committees. It spells freedom for all people. It eliminates fools who abuse it and allows the dedicated to prevail.

Time is of no consequence.

You cannot be in a hurry on a round planet or, to put it nearer home, why hurry when you're not going out of the room in which you are practicing.

Love your practice and it will reward you."

by Shihan Dominick Charles "Mac" McCarthy 8th Dan and founder of the Zen Judo Family.
from Zen Judo A Way Of Life by Brian N. Bagot

To view the relevant syllabus click on the judoka or ground holds image links above
or use the links below.

Yellow	Orange	Green	Blue	Brown	1st.Dan	2nd.Dan	3rd.Dan	Ground Holds
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This is the original syllabus as laid down by Shihan McCarthy. Please note that the BZJFA syllabus has been amended and now requires both the Nage-No-Kata and the Katame-No-Kata for the grading to 2nd Dan. And the Ju-No-Kata for grading to 3rd Dan.

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