

Yellow To Orange Belt Syllabus

5th to 4th Kyu

The main accent of this syllabus is on "turning in" and Uke will be required to breakfall more.

Also Throws to groundhold and Shiai (contest) are introduced at this stage.

Note that in Zen Judo grading's although the object of Shiai is to win you will not fail the grading if you loose. It is a demonstration of fighting spirit which is expected and as long as you try hard you will get good marks.

Minimum Time:- Juniors 20 sessions; Seniors 20 sessions; No Maximum Time. **UKEMI WAZA -----**

BREAKFALL TECHNIQUES: Migi Mae Korobi ----- Right Forward Rolling Breakfall

Hidari Mae Korobi ----- Left Forward Rolling Breakfall

Ushiro Korobi ----- Rear Rolling Breakfall

Ushiro Ukemi ----- Rear Breakfall

Migi Yoko Ukemi ----- Right Side Breakfall

Hidari Yoko Ukemi ----- Left Side Breakfall

Mae Ukemi ----- Front Breakfall **TACHI WAZA ----- STANDING TECHNIQUES:** To be performed to the left

and right. Kubi Nage ----- Neck Throw

Ashi Gake ----- Ankle Block

Ko Uchi Maki Komi ----- Minor Inner Wraparound

Tai Otoshi ----- Body Drop

Kata Seoi ----- Shoulder Carry

Ryo Ashi Dori ----- Two Hand Ankle Hold

Hiza Guruma ----- Knee Wheel

Uki Goshi ----- Floating Hip

Obi Goshi ----- Belt Hip

Eri Nage ----- Lapel Throw

O Soto Guruma ----- Large Outer Wheel (To side)

Rear hip versions

(Note that higher grades also learn full hip version)

Te Hiza Sasae ----- Hand to Knee Support (short version)

(And long version) **OSAE-KOMI WAZA ----- HOLD-DOWN TECHNIQUES:** Hon - Kesa - Gatame -----

Scarf old

Kuzure - Kesa - Gatame ----- Broken Scarf Hold

Kata - Gatame ----- Shoulder Hold

(Alternative position)

Makura - Kesa - Gatame ----- Pillow Cross-Chest Holding

RENZOKU WAZA (SAN) ----- COMBINATION THROWS: Technique Three to each Standing Technique

to left and right. **GAESHI WAZA (IK) ----- COUNTER THROWS:** Counter One to each Standing Technique

to left and right. **GAESHI WAZA (NI) ----- COUNTER THROWS:** Counter Two to each Standing Technique

to left and right. **NAGE to OSAE-KOMI ----- THROW TO GROUND AND HOLD:** Demonstration. **RANDORI**

----- **FREE PRACTICE: SHIAI ----- CONTEST:** NOTE: This is an official syllabus of the Zen Judo Family

and supersedes all other syllabuses. DATE: 20-09-1987 SIGNED:

D.C.McCARTHY Master Zen Judo Family. 7th. Dan