

Blue To Brown Belt Syllabus

2nd to 1st Kyu

Much time will be spent teaching lower grades and the blue belt is expected to assume a degree of responsibility within the club.

As you attain higher grades so the amount of formal instruction you receive becomes correspondingly less. The accent in training with higher grades is on randori as it is more important than ever to be able to use the techniques you have been taught.

Minimum Time:- Juniors 1 year; Seniors 8 months: 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

Soto Guruma ----- Large Outer Wheel (To side and rear hip versions)

Te Hiza Sasae ----- Hand to Knee Support (short and long versions)

Kata Nage ----- Shoulder Throw

Ashi Guruma ----- Leg Wheel

Morote Seoi Nage ----- Both Arm Shoulder Throw

Sasae Tsuru Komi Ashi ----- Supporting Foot Lift-pull Throw

O Guruma ----- Large Wheel

Ko Soto Gake ----- Small Outer Hook

Ko Tsuru Goshi ----- Small Hip Throw (Inner)

Koshi Guruma ----- Hip Wheel (Outer)

O Soto Otoshi ----- Major Outer Rear Drop Throw

Tsuru Komi Goshi ----- Lift-pull Hip Throw

Sode Tsuru Komi Goshi ----- Sleeve Lift-pull Hip Throw (windmill)

Uchi Ashi Gake ----- Inner Leg Block

Ko Soto Gari ----- Small Outer Reap (one step)

Hiki Tai ----- Sleeve pull

Uchi Ashi Sasae ----- Inner Leg Prop

Kata Ashi Dori ----- Advancing Side Leg

Soto Gake ----- Outer Hook

Harai Tsuru Komi Ashi ----- Lift-pull Foot Sweep (one step)

O Soto Gari ----- Large Outer Reap

Sumi Otoshi ----- Corner Drop (to side and forward)

Hiji Otoshi ----- Elbow Drop (to side and forward)

Hane Goshi ----- Hip Spring

Kata Guruma ----- Shoulder Wheel (Kata version Seniors only if possible)

OSAE-KOMI WAZA ----- HOLD-DOWN TECHNIQUES: Hon - Kesa - Gatame ----- Scarf old
Kuzure - Kesa - Gatame ----- Broken Scarf Hold

Kata - Gatame ----- Shoulder Hold
Makura - Kesa - Gatame ----- Pillow Cross-Chest Holding

Ushiro - Kesa - Gatame ----- Backward Cross-Chest Holding
Mune - Gatame ----- Chest Holding

Hon - Yoko - Shiho - Gatame ----- Side Locking Four-corner Holding
Kuzure - Yoko - Shiho - Gatame ----- Broken side Locking Four-corner Holding

Kuzure - Kamishiho - Gatame ----- Broken Top Four-corner Hold

Hon - Tate - Shiho - Gatame ----- Straight Locking Four-corner

Photo 2

HAN-SUTEMI WAZA ----- HALF SACRIFICE TECHNIQUES: To be performed to the left and right. Kubi
Nage ----- Neck Throw
Ashi Gake ----- Ankle Block
Tai Otoshi ----- Body Drop (Both left and right knee)
Kata Seoi ----- Shoulder Carry
Uki Goshi ----- Floating Hip
Kata Nage ----- Shoulder Throw

(Morote) Seoi Nage ----- Both Arm Shoulder Throw
Hiki Tai ----- Sleeve Pull

RENZOKU WAZA (SHI) ----- COMBINATION THROWS: Technique Four 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. **GAESHI WAZA (NI x NI) ----- COUNTER THROWS:** Counter Two x Two Demonstration to
left and right. **NAGE to OSAE-KOMI ----- THROW TO GROUND AND HOLD:** Demonstration to left and
right. **SUTEMI WAZA ----- SACRIFICE TECHNIQUES:** To be performed to the left and right. Uki Waza -----
Floating Throw
Yoko Wakare ----- Side Separation
Sumi Gaeshi ----- Corner Throw

Tomoe Nage ----- Circular throw

Yoko Guruma ----- Side Wheel

(Photo 2 - Yoko Guruma - Diagram)

(Photo 3 - Yoko Guruma Finish)

Tani Otoshi ----- Valley Drop

Tawara Gaeshi ----- Rice Bale Throw

SUTEMI GAESHI ----- SACRIFICE COUNTER: Demonstration to left and right **HAN - SUTEMI WAZA (NI)**
----- HALF SACRIFICE TWO: Demonstration to left and right. **SUTEMI WAZA (NI) ----- SACRIFICE**
TWO: Demonstration to left and right. **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:

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