



Ukemi Waza

- Kneeling Ukemi
- Standing Sideways (Static)
- Pegleg

Martial Warmup Drills

- Stance mirroring footwork drill
- Arm drag drill (left/right)
- Shrimping
- Bridging

Releases

- Single handed straight wrist grab
- Single handed cross wrist grab
- Front hair grab
- Front double handed strangle

Atemi Waza

- Palm heel
- Elbow horizontal
- Open hand
- Inner forearm
- Straight punch
- Roundhouse punch
- Basic knowledge of the above strikes as stand alone techniques and where applicable as facilitators of other applications
- Uke to deliver clean and controlled straight and roundhouse punches on target with all permutations of footwork
- Basic execution of complementary atemi where directed with control
- Attack as uke with control appropriate to the scenario, risk of injury from the attack and tori's grade / condition

Kansetsu Waza

- Wrist Lock 3 (cross wrist grab)
- Wristlock 3 (double hand throat grab)
- Armlock 1 Inside (straight punch)
- Armlock 2 (straight punch)
- Armlock 2 Tall (straight punch)

Nage Waza

- Kosoto Gake (straight wrist grab – note: use arm drag principle as per drill)
- Kosoto Gari- (straight punch)
- Osoto Gari - (roundhouse to 45° stance – note: lead leg)
- Kosoto Gake – (push, note: inside arm roll to arm drag)
- Osoto Gari – (downward strike to head with bottle)
- Kosoto Gari – (back hand strike to head with bottle)
- 8 Point Kuzushi Kata (in migi-shizen-tai)
- Osoto Gake (uke steps forward to adopt sleeve/lapel grip and pushes tori back leaving leading leg for Osoto attack)

Ne Waza

- Kesa Gatame
- Mune Gatame
- Kami Shiho Gatame
- Distancing / Orientation drill on your back from standing attacker
- Guard Retention
- Technical Stand Up

Scenario Training

- Introduction to defence in a 'V' from punches and bottles

Expected Competencies

- Basic understanding of awareness & basic self-defence related messages
- Good understanding of stance (yoi), with good posture
- Students are expected to demonstrate a level of fitness and core strength. Development commensurate with their age, grade and physical limitations



All previous syllabus

Ukemi Waza

- Standing Ukemi
- Over-the-belt
- Side drop I kick-up and drop
- Shoulder roll / Granby roll

Martial Warmup Drills

- Standard Kumi Kata drill – (sleeve lapel – left/right)
- High Kumi Kata drill – (high sleeve collar– left/right)
- Juji-Gatame Drill
- Sakaku-Jime Drill

Releases

- Double wrist grab
- Two handed single wrist grab
- Rear hair grab
- Rear two handed strangle
- Single handed strangle

Atemi Waza

- Hammer fist
- Blade edge hand / knife hand
- Forearm (inside and outside)
- Mae Geri
- Mae washu Geri (low level)
- Knee
- Heel stomp
- Jab
- Cross
- Uke to deliver clean and controlled jab and cross punches on target with appropriate choices of force and resistance in all attacks dependent on size, conditioning and experience of tori
- Basic execution of complementary atemi where directed with control
- Appropriate ground defensive striking (previously finish-offs) with correct posture, distance, power and control as directed

Kansetsu Waza

- Armlock 1 Outside (straight wrist grab, arm drag)
- Armlock 3 (downward - X block - Fig 4)
- Armlock 3 (single/double lapel/throat grab - 2 hands to elbow)
- Ude Gatame (single/double lapel/throat grab - 2 hands to elbow)
- Armlock 4 (over arm body grab)
- Armlock 2 to Wristlock 1
- Armlock 2 to Armlock 1
- Wrist lock 2 (under arm rear body grab – NZ version)

Nage Waza

- Koshi Guruma - (roundhouse – note: rear leg)
- O Goshi (overarm body grab)
- Kouchi Gari - (front kick)
- Kosoto Gari - (downward strike to head with cosh)

- Kosoto Gari - (back hand strike to head with cosh)
- Kosoto Gake (under arm body grab)
- Osoto to Koshi Guruma Combination (uke steps forward to adopt sleeve/lapel grip and pushes tori back. Uke draws back to avoid Osoto attempt leaving space for Koshi guruma attack)

Ne Waza

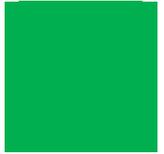
- Closed Guard
- Scissor Sweep
- Hip Bump Sweep
- Tripod Sweep against standing attacker

Scenario Training

- Introduction to defence in a circle from wrist grabs and body grabs

Expected Competencies

- Knowledge of the importance of warm-up and cool-down techniques



All previous syllabus

Ukemi Waza

- Drop
- Judo Roll
- Diving forwards roll over someone on all fours
- Off-the-back from someone on all fours

Martial Warmup Drills

- Over/under pummeling drill (left/right)
- Collar tie pummeling drill (left/right)
- Ashi-Sankaku-Garami Drill – Oomaplata Drill

Releases

- Wrist grabs from reverse grips
- Lower sleeve grab grip break
- Upper sleeve grab grip break
- Grip release against a standing attacker grabbing trousers to pass guard
- Grip release against prone attacker whilst standing - grabbing lapel, sleeve or trousers
- Grip release against prone attacker whilst kneeling – grabbing label, sleeve, trousers or kimura grip

Atemi Waza

- Elbow, vertical and rear
- Maewashi Geri (mid level)
- Yoko Geri (low level)
- Hook
- Uppercut
- Head butt
- Uke to deliver clean and controlled kicks and a range of punches on target and controlled appropriate weapons attacks (without telegraphing)
- Good execution of complementary atemi where appropriate with power generation, control and accuracy under pressure with minimum preload
- Ground defensive strikes with an understanding of when this is appropriate in realistic scenarios.

Kansetsu Waza

- Wristlock 3 (cross wrist grab)
- Armlock 4 (kidney knife attack)
- Armlock 5 (abdomen knife attack)
- Armlock 6 (straight punch)
- Armlock 2 to Wristlock 1 to Ground Restraint 1
- Armlock 2 to Wristlock 1 to Ground Restraint 4
- Armlock 2 to Wristlock 4

Nage Waza

- Ippon Seoi Nage - (downward strike to head from square stance)
- Seoi Otoshi - (rear double over arm grab)
- Ouchi Gari - (front kick)
- Osoto Gari – (hair grab)
- Koshi Guruma – (throat grab)
- O Goshi - (45° cosh attack to head)
- Ouchi to Osoto Combination (tori adopts sleeve/lapel grip and attacks with Ouchi. Uke steps off leaving leading leg for Osoto attack)

- Ouchi to Osoto Combination (tori adopts sleeve/lapel grip and attacks with Osoto. Uke steps off leaving opposite leading leg for Ouchi attack)

Ne Waza

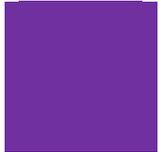
- Kata Gatame
- Ude Gatame
- Tate Shiho Gatame
- Uki Gatame – Knee on Belly
- Defence against Mounted Attacker

Scenario Training

- 'Circle' defence against punches and kicks
- 'V' defence against punch, kick, knife, cosh, bottle and broken bottle using any technique from the syllabus to this grade
- Defence against grab and punch

Expected Competencies

- Moving around dynamically in yoi to maintain distance and control uke
- Basic understanding of ambush and threats



All previous syllabus

Ukemi Waza

- Over-the-belt unsupported

Martial Warmup Drills

- Ayumi ashi drill – (linear movement – changing feet)
- Tsugi ashi drill - (linear movement – sliding feet)
- Kumi Kata Drills – (with rotational movement)
- Transition Flow Drill (similar to round the clock)

Releases

- Two ukes grabbing wrists
- Lapel grab grip break
- Collar grip break

Atemi Waza

- Skilled execution of complementary atemi where required
- Uke to follow up with another attack - safely - if not under control from the first attack and appropriate resistive two person attacks including weapons with control and timing
- Ground defensive striking that facilitates disarming and demonstrates an awareness of the defensive environment under pressure.

Kansetsu Waza

- Armlock 2 to Wristlock 1 to Ground Restraint 4 to Ground Restraint 5 (uke dive out)
- Armlock 2 to Wristlock 4 to Wristlock 6 (Fig 4)
- Armlock 2 (Tall) to Wristlock 5
- Armlock 3 (X Block - Fig 4) to Wristlock 6 (Fig 4) (uke powers out of AL3)
- Armlock 6 to Wristlock 6 (Fig 4) (uke stands)
- Armlock 6 to Armlock 3 (Fig 4) (uke stands)

Nage Waza

- Uke Goshi - (left side lead straight punch – note: right throw)
- Harai Goshi - (double over arm grab)
- Kouchi Gari - (use in grappling, note: tori puts uke under load)
- Seio Toshi – (single arm rear naked choke)
- Uke Goshi – (loose head clinch, note: use one up/one down block release. CA: head butt)
- Hane Goshi - (loose head clinch, note: use one up/one down block release. CA: head butt)
- Uke Waza - (assisted ukemi from strike)
- Nage No Kata - Uke Otoshi, Seio Nage, Uke Waza

Ne Waza

- Sankaku-Jime - Triangle
- Ashi Sankaku Garami - Oomaplata
- Extraction from Closed Guard

Scenario Training

- Defence against two attackers attacking with punches
- Defence against two attackers armed with bottles

Expected Competencies

- The student must have experience of teaching under the club instructor's supervision and must have completed the club assistant instructor course



All previous syllabus

Ukemi Waza

- Handstand breakfall

Martial Warmup Drills

- Russian arm tie drill (left/right)

Releases

- Half neck clinch (note: use russian arm tie principle as per drill)
- Cosh strip from inside movement
- Cosh strip from outside movement

Atemi Waza

- Low kicks (calves & ankles, from inside & outside)
- Strike and cover drills (legs and arms)
- Finger and knuckle strikes to vulnerable areas
- Combination striking development
- 2 strike combinations from Uke to safely offer realistic attacks appropriately as needed
- 2 strike combinations from Tori as required to appropriately facilitate required defence
- Uke to deliver any attack / combinations with the correct form and from the correct distance including stalking
- Consistently skilled use of complementary atemi with power generation, control, accuracy and appropriate choice of weapon and target under pressure
- Ability to make defensive striking during uke descent as appropriate.

Kansetsu Waza

- Armlock 2 to Wristlock 4 to Wristlock 6 (Fig 4) to Ground Restraint 2 (uke dive out)
- Armlock 1 Inside to Armlock 3 (arm roll not fig 4)
- Wristlock 3 (development to take to ground)
- Armlock 4 (Development to drive to ground)
- Armlock 6 to Wristlock 6 (Fig 4) (uke stands, uke dive out) to Ground Restraint 3
- Armlock 5 to Waki Gatame (drive to ground)
- Ude Gatame (drive to ground)

Nage Waza

- Kata Hiza Seoi Nage - (single arm rear naked choke)
- Osoto Guruma - (roundhouse from square stance - note: replaces Osoto Otoshi)
- Tani Otoshi - (lunge punch)
- Kosoto Gari – (cross punch)
- O-Soto-Gari – (roundhouse note: rear leg)
- Ippon Seoi Nage – (single arm rear naked choke attempt - note: early throw)
- Yoko Otoshi (assisted ukemi from strike)
- Osoto Gake to Seio Toshi Combination (uke steps forward to adopt sleeve/lapel grip and pushes tori back. Uke draws back to avoid Osoto attempt leaving space for Seio toshi attack)

Ne Waza

- Kuzure Kami Shiho Gatame (North-South)
- Gyaku Ude Garami (Kimura)
- Ude Garami (Americana)
- Mount escape to half guard drill

Shime Waza

- Strangle 1 - (Gyaku Juji-Jime)
- Strangle 2 - (Nami Juji-Jime)
- Strangle 3 - (Ryote jime)
- Strangle 4 - (Okuri-Eri-Jime)
- Strangle 5 - (Kata Ha Jime)
- Gyaku Juji-Jime (Ne Waza) – Reverse Cross Strangle
- Nami Juji-Jime (Ne Waza) – Cross Strangle
- Kata Juji-Jime (Ne Waza) – Half Cross Strangle
- Sode-Guruma-Jime (Ne Waza) – Ezekiel Choke
- Okuri-Eri-Jime (Ne Waza) – Loop Choke
- Hadaka-jime from Back Take (Ne Waza)

Scenario Training

- Defence against two attackers unarmed and with any mixture of rubber knives, coshes, plastic bottles, plastic broken bottles
- Defence from an ambush from behind

Expected Competencies

- Students must have completed the assistant instructor course



All previous syllabus

Ukemi Waza

- Forward rolls with extended height and distance

Releases

- Single leg grab
- Double leg grab / Rugby tackle

Atemi Waza

- Increased pressure scenarios (eg Milling)
- Skilled use of combinations of complementary atemi against multiple ukes to include disarms and put-downs under pressure
- Uke has the ability to follow tori, move in and out of range, delivering single attacks including advanced ukeing skills to apply pressure through resistance and timing

Nage Waza

- Yamai Arashi - (45deg traditional katana or baseball bat attack)
- Kuki Nage - (forehand swinging attacks including chain)
- Irimi Nage - (backhand swinging attacks including chain)
- Osoto Guruma – (roundhouse - note: fast throw over hip, no leg)
- Tani Otoshi – (square off, shoot to clinch, level drop, leg flat on floor)
- Irimi Nage – (roundhouse, duck under and hook punch)
- Yoko Wakare (assisted ukemi from strike)
- Nage No Kata - Uke Goshi, Ura Nage, Yoko Guruma

Ne Waza

- Half-Guard
- Half-Guard Sweep from Whizzer Defence
- Back Take from Half-Guard

Scenario Training

- Use of baton against unarmed attackers using strikes, arm locks and strangles
- Defensive use of weapons
- Defence from a controlled grab ambush from behind when kneeling



All previous syllabus

Ukemi Waza

- Drop from legs being pulled away
- Cross forward roll
- Cartwheel

Releases

- Full neck clinch

Atemi Waza

- Yoko geri (mid level)
- Uke & Tori role based combination striking drills
- Skilled use of combinations of complementary atemi against multiple resistive ukes under high pressure situations
- Uke has the ability to follow tori, move in and out of range, delivering punch combinations including advanced ukeing skills (equality of attacking commensurate with grade, stature, age and conditioning)

Nage Waza

- Sumi Gaeshi - (roundhouse)
- Tawara Gaeshi - (neck crank – CA: open hand to groin)
- Suki Nage - (single lapel grab attack, between leg version)
- Osoto Gake - (single arm rear naked strangle)
- Ashi Dori - (Side headlock – CA: open hand to groin)
- Sumi Gaeshi - (roundhouse, via arm drag)
- Tawara Gaeshi - (roundhouse)
- Suki Nage - (square off, shoot, double leg grab version)
- Ashi Dori - (square off, shoot to clinch)
- Yoko Guruma (assisted ukemi from strike)
- Nage No Kata - Uke Otoshi, Seio Nage, Uke Goshi, Ura Nage, Yoko Guruma, Uke Waza

Ne Waza

- Single Leg X guard entry drill

Scenario Training

- Knife defence from stab down, solar plexus and slash attacks
- Broken bottle defence
- Defence from punch and kick combinations
- Defence at close quarters
- Defence against one hand hair grab from front with punch & knee
- Defence from a grab ambush from behind when lying face down
- Pressure: peacocking & response (push away or take out)
- Pressure: milling

Expected Competencies

- Students must have completed the Club Instructor course and the First Aid course
- Full knowledge of TJF Judo competition rules