

NATIONAL KYU GRADING SYLLABUS

EFFECTIVE 1ST MAY 2018



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Judo Ranks and Kyu System

The Founder of Kodokan Judo, Mr. Jigoro Kano, was a Doctor of Education and he established a hierarchy in setting learning objectives for judo students. The judo rank system represents a progression of learning with a syllabus and a corresponding grade indicating an individual's level of proficiency. As such, achievement in judo is recognized by a series of ranks differentiated by coloured belts for student ranks called *kyu* and black belts for expert ranks called *dan*. Here is the list of ranks and corresponding belt colours used by Judo Trinidad and Tobago (JudoTT), the National Governing Body for judo in T&T.

Ranks and Kyu System as of 1st May 2018
Belt Colours and Ranks approved by JudoTT

Table 1

	Rank	Infantile (5 - 11 years)	Juvenile (12 - 16 years)	Senior (17 years +)
Club	Roku-kyu (6 th Kyu)	White White Yellow	White	White
	Go-kyu (5 th Kyu)	Yellow Yellow Orange	Yellow Yellow Orange	Yellow
JudoTT	Yon-kyu (4 th Kyu)	Orange Orange Green	Orange Orange Green	Orange
	San-kyu (3 rd Kyu)	Green Green Blue	Green Green Blue	Green
PJC	Ni-kyu (2 nd Kyu)	N/A	Blue	Blue
	Ik-kyu (1 st Kyu)	N/A	Brown	Brown
IJF	Sho-dan (1 st Dan)	N/A	Black	Black
	Ni-dan (2 nd Dan)	N/A	N/A	Black
	San-dan (3 rd Dan)	N/A	N/A	Black
	Yon-dan (4 th Dan)	N/A	N/A	Black
	Go-dan (5 th Dan)	N/A	N/A	Black
	Roku-dan (6 th Dan)	N/A	N/A	Black OR Red White
	Shichi-dan (7 th Dan)	N/A	N/A	Black OR Red White
	Hachi-dan (8 th Dan)	N/A	N/A	Black OR Red White
	Ku-dan (9 th Dan)	N/A	N/A	Black OR Red
	Ju-dan (10 th Dan)	N/A	N/A	Black OR Red

Conversion from the Former 10 Kyu Grade Syllabus

Young judoka under 17 years graded with the former 10 Kyu Grade System will have these grades converted according to the following table. Those records will be updated by JudoTT and the relevant Instructors.

Former Kyu System u. 16yrs	Current Kyu System u. 17yrs
10 th Kvü	6 th Kyu
9 th Kvü	
8 th Kvü	5 th Kyu
7 th Kvü	
6 th Kvü	4 th Kyu
5 th Kvü	
4 th Kvü	3 rd Kyu
3 rd Kvü	
2 nd Kvü	2 nd Kyu
1 st Kvü	1 st Kyu

Table 2.

The Kyu Grade Syllabus

An Overview

The current Kyu Grade Syllabus facilitates learning various techniques and to help with the standardization of our requirements with those of the other national federations around the world. This syllabus identifies a 6-Kyu/10-level system for juniors based on half-belts (i.e. white, white/yellow, yellow, etc) and a 6-Kyu/6-level system for seniors, as per chart. It is based on the **Judo Canada Kyu Grading Syllabus**¹ and has been modified to follow the **Long Term Athlete Development Framework of Judo in Trinidad and Tobago**². The requirements of the syllabus are mandatory for only FULL COLOUR BELTS. They are presented in the form of what should be taught at the current level of grade; for example, under 6th Kyu are requirements necessary to progress to 5th Kyu, and so on. For half-colour belts students are required to learn one-half of the *techniques* chosen by sensei. Senior judoka will still follow the traditional 6-kyu/6-level system.

Promotion System

1. The JudoTT Executive Committee (EC) must ratify Brown and Black Belt Ranks.
2. The Technical Committee (TC), a sub-committee of JudoTT, oversees examinations and approves Brown and Black Belt Rank promotions up to 6th Dan.
3. Individual Clubs and Schools examine and promote to all kyu ranks, except 1st kyu (Brown Belt). This syllabus is recommended by JudoTT for promotion to these ranks.

Club Promotions

The Head Instructor of each club must be a practicing *Yudansha* (black belt holder) at least at the level of Sho-dan (1st Dan) recognized by JudoTT. This instructor has the responsibility of awarding grades in the form of belts of different colours to his/her students that are *Mudansha* (non-black belt holders). Below is a guide to a club's Promotional Authority - the right to promote to specified ranks.

<u>Number of Examiners</u>	<u>Examiner's Rank</u>	<u>Promotional Authority</u>
One (1) or more	Sho-dan (1 st Dan)	Up to Ni-kyu (Blue Belt)

Requirements for Promotion

Time in Grade

There is a minimum time to stay and number of classes to attend for each grade. This is to help ensure that the judoka is given sufficient time to fully grasp and satisfactorily perform the techniques and other abilities required for promotion to the next rank. Although there is no maximum time in grade requirement in judo it should be noted that a promotion could be a manifestation of one's desire to improve oneself, an important ingredient of judo's highest ideal - mutual welfare and benefit.

Points for Promotion

Although there is no requirement *per se* for accumulating points for promotion in this syllabus the sensei is encouraged to adopt a system whereby his/her students can be rewarded for participating in activities that help the club and judo in general. These activities include, but not restricted to, competitions (as competitor*, referee or support staff), demonstrations, assisting with teaching and administration at club/school or national level. There should be a tacit rule that involvement beyond training is expected.

*Some areas of human nature can be exposed only when subjected to the stresses of competition and it is from this perspective that the judo experience is much fuller with competition as part of it. In general, the time spent in grade should be shorter for competitors. A suggestion for an appropriate equivalent between a competitor and the other roles in competition could be 2 hours of time as an official for 1 competition point.

Fitness Goals

Fitness goals imply what the student should be striving to attain. These goals may not be achievable in all cases. To promote the growth of judo we need to emphasize safety. Since improved levels of fitness are important to a person's health and well-being, a minimum level of general fitness is required from judo students at the time of their grading. Such requirements will also increase the students' motivation towards achieving certain fitness standards, and thus students will be better prepared to handle learning judo-specific skills. Three basic exercises should be performed in a uniform format across T&T. The numbers suggested in testing are goals that the student and instructor should strive for; however, they should be adjusted for judoka who may not be capable of meeting the full standard.

Push up - Elbows must stay in close contact with the ribcage. Start in the high position. Body must stay rigid at all times. Arms must bend at a minimum angle of 90°. Push up to the high position is one rep.

Full: Toes and hands are the points of support for the body during the whole test.

Half: Hands and knees (legs bent at 90° and ankles crossed) are the points of support.

Modified sit-up - The starting position is on the back with legs bent at an angle of 90°, both feet on the ground. Arms are straight and extended alongside the body. Palms of both hands are face-down on the ground. The head is held off the ground. The exercise starts with a curl-up starting with the head and shoulders. Hands must stay on the ground at all times. One sit-up is completed when the fingers slide on the ground towards the feet by approximately the length of the middle finger, then slide back when the shoulder blades are on the ground. This exercise tests not only abdominal muscle endurance but also the endurance of the neck muscles that are so important in performing proper *ushiro ukemi*.

Jump squat - Start in standing position with feet shoulder-width apart. Bend the legs at an angle of 90° with the soles of the feet in full contact with the ground (no tiptoeing), keep back straight (not in an arc), then jump directly upward by pushing with the hips, then knees and ankles with the body fully outstretched and arms straight up. Cushion the landing by bending the knees to move to the second rep, and so on.

Understanding the Differences in Ages (“forms of”)

It is universally understood and accepted that younger judoka will not perform techniques at the same standard or level of proficiency that would be required of older judoka. Furthermore, some throwing techniques have been given latitude to be demonstrated in ways by younger judoka (by the term “form of” next to them) that would be best suited to the individual’s abilities or needs due to size, age, developmental level or safety concerns.

Long Term Athlete Development (LTAD) Framework

This is a resource manual to be used by:

1. **Instructors** - in conjunction with the syllabus to enhance their training objectives for *all* of their students, regardless of age.
2. **Sport administrators** - to complement their work in planning and implementing their strategic objectives.
3. **Parents** - to help educate them about the growing importance of sport and physical literacy to their children in a world where sedentary lifestyles are becoming more the norm and pose a threat to our health and wellbeing.

Kyu Grade Syllabus

6th Kyu

Ukemi (Break fall)	Under 9	9-12	13-16	17+
Yoko-ukemi (Side break fall)	●	●	●	●
Ushiro-ukemi (Rear break fall)	●	●	●	●
Mae-ukemi (Forward break fall)	●	●	●	●
Mae-mawari-ukemi (Forward rolling break fall)	●	●	●	●

Nage-waza (Throwing techniques)	Under 9	9-12	13-16	17+
Osoto-otoshi (Large outer drop)	●	●	●	●
Osoto-gari (Large outer reap)		●	●	●
Kosoto-gari (Small outer reap)	●	●	●	●
Ouchi-gari (Large inner reap)	●	●	●	●
De-ashi-barai (Forward foot sweep)	●	●	●	●
Sasae-tsurikomi-ashi (Supporting foot lift-pull throw)	●	●	●	●
Uki-goshi (Floating hip throw) OR Ogoshi (Large hip)		●	●	●
Ippon-seoi-nage (One-arm shoulder throw)		●	●	●

Ne-waza (Ground work)	Under 9	9-12	13-16	17+
Kesa-gatame (Scarf hold)		●	●	●
Kuzure-kesa-gatame (Modified scarf hold)	●			
Yoko-shiho-gatame (Side 4-corner hold) OR <i>form of</i>	●	●	●	●
Tate-shiho-gatame (Straight 4-corner hold)	●			
Kami-shiho-gatame (Top 4-corner hold)	●	●	●	●
Kuzure-kami-shiho-gatame (Modified top 4-corner hold)	●	●	●	●

Other skills	Under 9	9-12	13-16	17+
Ritsurei (Standing bow)	●	●	●	●
Zarei (Kneeling now)	●	●	●	●
Shizen Hontai; Migi/Hidari Shizentai (Natural postures)	●	●	●	●
Jigo Hontai; Migi/Hidari Jigotai (Defensive postures)	●	●	●	●
Tai-sabaki; Tsugi-ashi (Body shifting; Shuffle stepping)	●	●	●	●
Kumikata (Taking grips)	●	●	●	●
Kuzushi (Balance breaking)	●	●	●	●
Tsukuri (Set up to execute technique)	●	●	●	●
Kake (Execution of technique)	●	●	●	●
Ne-waza: - Attack from kneeling				
Ne-waza: - Basic defence on all-4s or face-down	●	●	●	●

Under 9 years old

Requirements for grading to 5th kyu in order of priority

- Ability to follow the practice regime for a minimum of 40 minutes.
 - Preferably one year of practice but a minimum of 60 classes, as a white and white/ yellow belt.
 - Fitness goals: 8 full push-ups; 20 modified sit-ups; 18 jump squats
 - 3 of the specified 5 nage-waza performed in motion. One throw must be performed on right and left sides.
 - Serving as uke for tori attempting a grading examination.
 - Understanding of the concept of respect to other children; Ability to co-operate with other students.
 - Knowledge of judo origin and history basics (where, when, who, from what)
 - Ability to wear the judogi and tie the obi (belt) properly.
 - **For grading to 5th kyu (yellow), the child must be a minimum of 6 years old (turning 7 in current year).**
-

9-12 Years old

Requirements for grading to 5th kyu in order of priority

- Ability to follow the practice regime for a minimum of 45 minutes.
 - Minimum of 60 classes as a white and white/yellow belt.
 - Fitness goals: 10 full push-ups; 25 modified sit-ups; 22jump squats.
 - 6 of the specified 8 techniques performed in motion. The hip throw must be performed on right and left sides.
 - Serving as uke for tori attempting a grading examination.
 - Respect to other children; Ability to co-operate with other students.
 - Improvement in attention span as assessed by the instructor.
 - Knowledge of judo origin and history basics (where, when, who, why, from what).
 - Ability to wear the judogi and tie the obi (belt) properly.
-

13-16 Years old

Requirements for grading to 5th kyu

- 6 of the specified 8 techniques performed in motion. The hip throw must be performed on right and left sides.
 - Serving as uke for tori attempting a grading examination.
 - Ability to stay concentrated and follow the practice regime for a minimum of 60 minutes.
 - Minimum of 36 classes, as a white and/or white/yellow belt.
 - Fitness goals: 15 full push-ups; 30 modified sit-ups; 24 jump squats in 60 seconds.
 - Respect to other children and practical application of fair play philosophy.
 - Knowledge of judo origin and history basics (where, when, who, why, from what, Judo in T&T).
 - Ability to wear the judogi and tie the obi (belt) properly.
-

17 Years old and up

Requirements for grading to 5th kyu

- 8 of the specified 8 techniques performed in motion. The hip throw must be performed on right and left sides.
- Serving as uke for tori attempting a grading examination.
- Ability to stay concentrated and follow the practice regime for a minimum of 90 minutes.
- Minimum of 19 weeks of practice 2 x 90 minutes /week, as a white belt.
- Respect to other judoka and practical application of judo etiquette and fair play philosophy.
- Ability to co-operate with other students.
- Knowledge of Judo origin and history (where, when, who, why, from what, Judo in T&T, Judo in the World).
- Fitness goals: 20 full push-ups; 30 modified sit-ups; 27 jump squats in 60 seconds.
- Ability to wear the judogi and tie the obi (belt) properly.

5th Kyu

Ukemi (Break fall)	Under 9	9-12	13-16	17+
Yoko-ukemi (Side break fall)	●	●	●	●
Ushiro-ukemi (Rear break fall)	●	●	●	●
Mae-ukemi (Forward break fall)	●	●	●	●
Mae-mawari-ukemi (Forward rolling break fall)	●	●	●	●

Nage-waza (Throwing techniques)	Under 9	9-12	13-16	17+
Osoto-gari (Large outer reap)	●			
Uki-goshi (Floating hip throw) OR Ogoshi (Large hip)	●	●	●	●
Ippon-seoi-nage (One-arm shoulder throw)	●			
Okuri-ashi-barai (Foot sweep) OR <i>form of</i>	●	●	●	●
Tsubame-gaeshi (Swallow counter)	●	●	●	●
Kouchi-gari (Small inner reap)	●	●	●	●
Hiza-guruma (Knee wheel)	●	●	●	●
Tai-otoshi (Body drop)	●	●	●	●
Seoi-nage (Shoulder throw)		●	●	●

Ne-waza (Ground work)	Under 9	9-12	13-16	17+
Kata gatame (Shoulder hold)	●	●	●	●
Kesa-gatame (Scarf hold)	●			
Kuzure-kesa-gatame (Modified scarf hold)		●	●	●
Tate-shiho-gatame (Straight 4-corner hold)		●	●	●
Nami-juji-jime (Normal cross choke)			●	●
Gyaku-juji-jime (Reverse cross choke)			●	●
Kata-juji-jime (Half cross choke)			●	●
Ude-hishigi-juji-gatame (Cross lock)			●	●

Other skills	Under 9	9-12	13-16	17+
Renraku-waza (Combination technique): - Osoto-gari/Ouchi-gari	●	●	●	●
Ne-waza: - Attack from sitting	●	●	●	●
Ne-waza: - Rollover with uke in prone position (all-4s or facedown)	●	●	●	●
Ne-waza: - 1 escape each from all 7 pins	●	●	●	●

Under 9 years old

Requirements for grading to 4th kyu in order of priority

- All newly introduced ne-waza skills and techniques must be demonstrated; 5 of the 8 new nage-waza must be performed in motion. Chosen hip technique and Ippon-seoi-nage must be performed to the right and left. Random choice of four techniques from the previous grade.
 - Knowledge of the Judo Moral Code.
 - Preferably one year of practice but a minimum of 60 classes as a yellow and yellow/orange belt before grading for orange belt should be allowed.
 - Respectful treatment of peers and respect for dojo rules.
 - Fitness goals: 10 full push-ups; 20 modified sit-ups; 30 jump squats
 - **For grading to 4th kyu (orange), the child must be a minimum of 8 years old (turning 9 in current year)**
-

9-12 Years old

Requirements for grading to 4th kyu in order of priority

- All newly introduced ne-waza skills and techniques must be demonstrated; 5 of the 7 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade.
 - Knowledge of the Judo Moral Code.
 - Preferably one year of practice but a minimum of 48 classes as a yellow and yellow/orange belt before grading for orange belt should be allowed.
 - Continuous respectful treatment of peers and respect for dojo rules.
 - Fitness goals: 12 full push-ups; 25 modified sit-ups; 37 jump squats.
-

13-16 Years old

Requirements for grading to 4th kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; 6 of the 7 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade.
 - Knowledge of the Judo Moral Code.
 - Preferably one year of practice but a minimum of 48 classes as a yellow and yellow/orange belt before grading for orange belt should be allowed.
 - Continuous respectful treatment of instructors and peers and respect for dojo rules.
 - Knowledge of basic competition terminology
 - Fitness goals: 15 full push-ups; 30 modified sit-ups; 30 jump squats in 1 minute.
-

17 Years old and up

Requirements for grading to 4th kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; 7 of the 7 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of the Judo Moral Code.
- A minimum of 40 classes before grading for orange belt should be allowed.
- Continuous respectful treatment of instructors peers and respect for dojo rules.
- Knowledge of basic competition terminology.
- Fitness goals: 20 full push-ups; 35 modified sit-ups; 33 jump squats in 1 minute.
- 10 competition points (1 point=1 ippon) or equivalent.

4th Kyu

Nage-waza (Throwing techniques)	9-12	13-16	17+
Ashi-guruma (Leg wheel)	●	●	●
Uchi-mata (Inner-thigh reaping throw)	●	●	●
Kosoto-gake (small outer hook)	●	●	●
Tsurikomi-goshi (Lift-pull hip throw)	●	●	●
Sode-tsurikomi-goshi (Sleeve lift-pull hip throw)	●	●	●
Harai-goshi (Sweeping hip throw)	●	●	●
Ouchi-gaeshi (Large inner reap counter)	●	●	●
Hane-goshi (Hip spring)	●	●	●
Kouchi-gaeshi (Small inner reap counter)	●	●	●
Tomoe-nage (Circular throw)	●	●	●

Ne-waza (Ground work)	9-12	13-16	17+
Ushiro-kesa-gatame (Reverse scarf hold)	●	●	●
Hadaka-jime (Naked choke)		●	●
Kataha-jime (Single-wing choke)		●	●
Sode-guruma-jime (Sleeve wheel choke)		●	●
Ude-garami (Entangled arm lock)		●	●
Ude-hishigi-ude-gatame (Arm lock)		●	●
Ushiro-kesa-gatame (Reverse scarf hold)	●	●	●

Other skills	9-12	13-16	17+
Renraku-waza (Combination techniques): - Ouchi-gari/Tai-otoshi - Okuri-ashi-barai/Harai-goshi	● ●	● ●	● ●
Kaeshi-waza (Counter technique): - Harai-goshi as a counter to Osoto-gari	●	●	●
Nage/Osaekomi-waza (Throw to pin combination): - Seoi-nage/Kesa-gatame	●	●	●
Ne-waza: - 5 logical transitions from pin to pin = 6 pins	●	●	●

9-12 years old

Requirements for grading to 3rd kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; 8 of the 10 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade.
 - Knowledge of: Judo origin and history basics (where, when, who, why, from what, Judo in T&T, Judo in the World); Games used in judo for development of certain judo skills; Basic competition terminology.
 - Preferably one year of practice but a minimum of 90 classes, as an orange and orange/green belt before grading for green belt should be allowed.
 - Continuous respectful treatment of instructors peers and respect for dojo rules.
 - Fitness goals: 17 full push-ups; 30 modified sit-ups; 45 jump squats.
 - 8 competition points (1 point=1 ippon) or equivalent.
 - **For grading to 3rd kyu (Green), the child must be a minimum of 10 years old (turning 11 in the current year).**
-

13-16 years old

Requirements for grading to 3rd kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; 8 of the 10 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade.
 - Knowledge of: Judo origin and history basics (where, when, who, why, from what, Judo in T&T, Judo in the World); Games used in judo for development of certain judo skills; Competition rules and terminology.
 - A minimum of 48 practices, as an orange and orange/green belt before the grading for green belt should be allowed.
 - Continuous respectful treatment of instructors peers and respect for dojo rules.
 - Fitness goals: 25 full push-ups; 40 modified sit-ups; 33 jump squats in 1 minute.
 - 10 competition points (1 point=1 ippon) or equivalent.
-

17 and older

Requirements for grading to 3rd kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; 10 of the 10 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of: The 2 judo principles; Games used in judo for development of certain judo skills; Competition rules and terminology.
- A minimum of 40 classes, as an orange belt before the grading for green belt should be allowed.
- Continuous respectful treatment of instructors peers and respect for dojo rules.
- Fitness goals: 30 full push-ups; 45 sit-ups; 40 jump squats in 1 minute.
- 10 competition points (1 point=1 ippon) or equivalent.

3rd Kyu

Nage-waza (Throwing techniques)	9-12	13-16	17+
Osoto-guruma (Large outer wheel)	●	●	●
Hane-goshi-gaeshi (Hip spring counter)	●	●	●
Harai-goshi-gaeshi (Hip sweep counter)	●	●	●
Uchi-mata-gaeshi (Inner thigh reaping throw counter)	●	●	●
Koshi-guruma (Hip wheel)	●	●	●
Ushiro-goshi (Back hip throw)	●	●	●
Tsuri-goshi (Lifting hip throw)	●	●	●
Morote-gari (Two-hand reap)	●	●	●
Hikikomi-gaeshi (Pulling-down sacrifice throw)	●	●	●
Sumi-gaeshi (Corner throw)	●	●	●
Kouchi-makikomi (Small inner wraparound throw)		●	●

Ne-waza (Ground work)	9-12	13-16	17+
Ura-gatame (Back hold)	●	●	●
Kata-te-jime (One-hand choke)		●	●
Ryo-te-jime (Two-hand choke)		●	●
Sankaku-jime (Triangular choke)		●	●
Ude-hishigi-sankaku-gatame (Triangular lock)		●	●
Ude-hishigi-waki-gatame (Armpit arm lock)		●	●

Other skills	9-12	13-16	17+
Nage-no-kata as Uke and Tori: - Te-waza	●	●	●
Renraku-waza (Combination techniques): - Ippon-seoi-nage/Morote-gari - Osoto-gari/Kosoto-gake	● ●	● ●	● ●
Kaeshi-waza (Counter technique): - Seoi-nage as counter to Ouchi-gari	●	●	●
Nage/Kansetsu-waza (Throw to arm-lock combination): - Tai-otoshi/Juji-gatame	●	●	●
Ne-waza (Ground technique): - Rollover uke when tori is in All-4s	●	●	●

13-16 years old
Requirements for grading to 2nd kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; 9 of the 11 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade.
 - Knowledge of: Judo origin and history basics (where, when, who, why, from what, Judo in T&T, Judo in the World); Games used in judo for development of certain judo skills; Competition rules and terminology.
 - A minimum of 72 practices, as a green belt and/or as a green/blue belt before the grading for blue belt should be allowed.
 - Continuous respectful treatment of instructors peers and respect of dojo rules.
 - Fitness goals: 35 full push-ups; 50 sit-ups; 60 jump squats or 37 in 1 minute.
 - 10 competition points (1 point=1 ippon) or equivalent.
 - **For grading to 2nd kyu (Blue), the child must be a minimum of 12 years old (turning 13 in the current year).**
-

17 years and older
Requirements for grading to 2nd kyu

- All newly introduced ne-waza skills and techniques must be demonstrated; 11 of the 11 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade.
- Knowledge of Judo origin and history basics (where, when, who, why, from what, Judo in T&T, Judo in the World); Games used in judo for development of certain judo skills; Competition rules and terminology; Nage-no-kata – theoretical knowledge of this form.
- A minimum of 72 classes, as a green belt before the grading for blue belt should be allowed.
- Continuous respectful treatment of instructors and peers and respect of dojo rules.
- Fitness goals: 40 full push-ups; 50 sit-ups; 44 jump squats in one minute.
- 10 competition points (1 point=1 ippon) or equivalent.

END OF PROMOTIONAL AUTHORITY OF CLUBS

2nd Kyu

Nage-waza (Throwing techniques)		13-16	17+
O-guruma (Large wheel)		●	●
Harai-tsurikomi-ashi (Lift-pull foot sweep)		●	●
Sukui-nage (Scooping throw)		●	●
Kuchiki-taoshi (One-hand drop)		●	●
Seoi-otoshi (Shoulder drop)		●	●
Sumi-otoshi (Corner drop)		●	●
Uki-otoshi (Floating drop)		●	●
Yoko-otoshi (Side drop)		●	●
Soto-makikomi (Outer wraparound throw)		●	●
Osoto-makikomi (Large outer wraparound throw)		●	●
Uchi-makikomi (Inner wraparound throw)		●	●

Ne-waza (Ground work)		13-16	17+
Uki-gatame (Floating hold)		●	●
Tsukomi-jime (Thrust choke)		●	●
Ude-hishigi-hiza-gatame (Knee arm lock)		●	●
Ude-hishigi-hara-gatame (Stomach arm lock)		●	●

Other skills		13-16	17+
Nage-no-kata as Uke and Tori:			
- Te-waza		●	●
- Koshi-waza		●	●
Renraku-waza (Combination techniques):			
- Kosoto-gari/Harai-tsurikomi-ashi		●	●
- Harai-goshi/Soto-makikomi		●	●
Kaeshi-waza (Counter techniques):			
- Kosoto-gake as a counter to Tai-otoshi		●	●
- Sukui-nage as a counter to Uchi-mata and Osoto-gari		●	●
Ne-waza (Ground techniques transition):			
- Kesa-gatame to Sode-Guruma-Jime		●	●
- Sankaku-jime to Juji-gatame		●	●

JUDOTT IS RESPONSIBLE FOR ALL 1ST KYU AND HIGHER GRADINGS

Ages 14 – 16 years

Requirements for grading to 1st kyu

- Must be able to clearly and concisely explain the two Principles of Kodokan Judo
All newly introduced ne-waza skills and techniques must be demonstrated; 9 of the 11 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade. Mechanical analysis (Kuzushi, Tsukuri, Kake) of a chosen technique.
- A minimum designation as a National Junior Referee (attendance at national refereeing seminars and practical work at Shuai Geiko assessed by a member of the Refereeing Commission).
- Nage-no-kata – theoretical knowledge of this form.
- A minimum of 30 weeks of practice 2 x per week as a blue belt before the grading for a brown belt should be allowed. Ability to concentrate for a minimum of 120 minutes; Continuous respectful treatment of instructors, peers and respect for dojo rules.
- Fitness goals: 40 full push-ups; 60 sit-ups; 62 jump squats, or 40 in 1 minute.
- 10 competition points (1 point=1 ippon) or equivalent.
- **For grading to 1st kyu (Brown), the child must be a minimum of 14 years old (competitor) or 15 years old (non-competitor).**

Ages 17 and over

Requirements for grading to 1st kyu

- Must be able to clearly and concisely explain the two Principles of Kodokan Judo
All newly introduced ne-waza skills and techniques must be demonstrated; 10 of the 10 new nage-waza must be performed in motion. All techniques must be performed to the right and left. Random choice of techniques from the previous grade. Mechanical analysis (Kuzushi, Tsukuri, Kake) of a chosen technique.
- A minimum designation as a National Junior Referee (attendance at national refereeing seminars, working towards National “C” certification and practical work at Shuai Geiko assessed by a member of the Refereeing Commission).
- Nage-no-kata – theoretical knowledge of this form.
- Active promotion of dojo rules and judo etiquette. Knowledge of Judo tradition and heritage.
- A minimum of 22 weeks of practice 2 x per week, as a blue belt before the grading for a brown belt should be allowed. Ability to concentrate for a minimum of 120 minutes; Continuous respectful treatment of instructors, peers and respect for dojo rules.
- Fitness goals: 50 full push-ups; 60 sit-ups; 45 jump squats in 1 minute.
- 10 competition points (1 point=1 ippon) or equivalent.

1st Kyu

Nage-waza (Throwing techniques)		14-16	17+
Utsuri-goshi (Hip shift)		●	●
Tawara-gaeshi (Rice bag throw)		●	●
Daki-age (High lift)		●	●
Obi-otoshi (Belt drop)		●	●
Kibisu-gaeshi (Heel trip)		●	●
Yama-arashi (Mountain storm throw)		●	●
Daki-wakare (Rear trunk turnover)		●	●
Harai-makikomi (Hip sweep wraparound throw)		●	●
Hane-makikomi (Springing wraparound throw)		●	●
Uchi-mata-makikomi (Inner thigh wraparound throw)		●	●
Yoko-wakare (Side separation)		●	●

Ne-waza (Ground work)		14-16	17+
Ashi-gatame (Leg arm lock)		●	●
Koshi-jime (Hip choke)		●	●

Other skills		14-16	17+
Nage-no-kata as Uke and Tori: - Te-waza - Koshi-waza - Ashi-waza		● ● ●	● ● ●
Knowledge of Kinishi-waza (Prohibited techniques): - Kani-basami (Scissors throw) - Kawazu-gake (1-leg entanglement drop) - Do-jime (Body scissors) - Ashi-garami (Entangled leg lock)		● ● ● ●	● ● ● ●

Requirements for Grading to 1st Dan
As per JudoTT Dan Grading Syllabus

¹ **National Kyu Grading Syllabus**, Judo Canada, (1 Jan 2017), <http://www.judocanada.org/wp-content/uploads/2011/05/National-Kyu-Grading.pdf>

² **Long Term Athlete Development Framework of Judo in Trinidad and Tobago**, (23 Aug 2017), Judo Trinidad & Tobago, Canadian Sport 4 Life, Caribbean Association of Olympic Committees, Trinidad & Tobago Olympic Committee