

ADDENDUM 1.2

JUDO SOUTH AFRICA



JUNIOR BLACK & DAN GRADING SYLLABUS

NI DAN (2nd DAN) SYLLABUS

(Minimum age 18 years' old, minimum points 150, minimum time since 1st Dan must be 2 years)

1 NAGE NO KATA

The candidate must perform the full Nage-no-Kata as Tori

2 KATAME-NO-KATA

The candidate must perform the full Katame-no-Kata as Tori and as Uke

3 OFFICIAL JSA KYU GRADE AND SHO-DAN SYLLABUS:

The candidate will be tested on his knowledge and understanding of the official JSA Kyu grade syllabus and Sho Dan Syllabus

4 NAGE WAZA:

4.1 NI-KYO (Second group) FROM GO-KYO

Throws and names must be known in the correct sequence.

4.1.1 KO-SOTO-GARI

4.1.2 KO-UCHI-GARI

4.1.3 KOSHI-GURUMA

4.1.4 TSURI-KOMI-GOSHI

4.1.5 OKURI-ASHI-BARAI

4.1.6 TAI-OTOSHI

4.1.7 HARAI-GOSHI

4.1.8 UCHI MATA

The above mentioned techniques must be executed in movement. Kuzushi, Tsukuri and Kake when demonstrating must be clearly displayed. (Against a left and right hand opponent)

4.2 BLOCKING AND EVADING AGAINST THE TECHNIQUES IN 4.1.

Body movement soft and hard (Jushin and Goshin Tai-Sabaki)

Tai Sabaki against all of the techniques in 4.1 must be demonstrated.

Candidates must be able to demonstrate the different principles of Ju-shin and Go-shin body movement (Tai- Sabaki)

5 RENRAKU WAZA (Continuous attacks)

5.1 As illustrated in Kodokan judo (P 133)

5.1.1 Right Hizaguruma to Right Hizaguruma

5.1.2 Right Harai-tsurikomiashi to Left Harai-tsurikomiashi

5.1.3 Right Hizaguruma to Left Deashiharai

5.1.4 Uchimata to Kouchigari

5.1.5 Hanaegoshi to O-uchigari

5.1.6 O-uchigari to Taiotoshi

5.1.7 O-sotogari to Haraigoshi

5.1.8 Two techniques of own choice

6 KATAME WAZA:

6.1 TURNOVERS TO NE-WAZA

6.1.1. 4 Techniques when Uki is face down

- 6.1.2 4 Techniques when Uki is on all fours (bench position)
- 6.1.3 Defense against these turnover techniques.

6.2 SHIME-WAZA

- 6.2.1 Demonstrate 6 different Sankaku-Jime from 3 different starting positions. (E.g. from the head, from the side, being held down, sitting on the back of Uki etc.)
- 6.2.2 Demonstrate 6 other applications of Shime waza from different positions. .

6.3 KANSETSU-WAZA

- 6.3.1 Perform Juji-Gatame when Uke is on his knees between your legs and you are lying on your back. (2 Variations)
- 6.3.2 Perform 3 Juji-Gatame techniques when Uke is face down.
- 6.3.3 Perform 3 Kansetsu-waza techniques other than Juji-gatame when Uke is between your legs.
- 6.3.4 Defend against all of the above. (Preventing a armlock)

6.4 OSAE WAZA

- 6.4.2 Two Variations of each of the following holds: Kesa-, Kata-, Yoko-, Kami-, and Tate-shiho-gatame.

7 TRANSITION FROM STANDING INTO GRAPPLING TECHNIQUES:

7.1 TACHI-WAZA to OSAE-WAZA

- 7.1.1 Using Sumi-Gaeshi (2 techniques)
- 7.1.2 Using Tomoe-Nage (2 techniques)
- 7.1.3 2 techniques of own choice

7.2 TACHI-WAZA to SHIME WAZA (5 Techniques)

Hadaka-Jime when attacked with Ippon-Seoi-Nage (Example)
Strangulation techniques as counters against seoi-otoshi (example Kingston roll)

7.3 TACHI-WAZA to KANSETSU-WAZA

4 Techniques of own choice.
Example: Yoko-Tomoe-Nage to Juji Gatame

8: COMMUNITY SERVICE

A candidates should have served a minimum of **40** hours community service before they may grade. Community service means working at any of the JSA events as one of the following:

Referee

Kata judge

Grading Master

Technical official

Admin assistant

Weigh master

Coaching at National / Provincial (not district) courses and training camps.

SAN DAN (3rd DAN) SYLLABUS

(Minimum age 21 years' old, minimum points 200, minimum time since 2nd Dan must be 3 years)

1. **NAGE NO KATA or KATAME NO KATA**
2. **KIME-NO-KATA** (Full kata must be demonstrated as Tori and as Uke)
3. **MUST BE ABLE TO DEMONSTRATE IN FULL FROM THE KYU, SHO AND NI-DAN SYLLABUS**
4. **NAGE WAZA:** (To be demonstrated while moving)
 - 4.1 **SAN-KYU (Third group) FROM GO-KYU**

Throws and names must be known in the correct sequence.

 - 4.1.1 TSURI-GOSHI
 - 4.1.2 KO-SOTO-GAKE
 - 4.1.3 YOKO-OTOSHI
 - 4.1.4 ASHI-GURUMA
 - 4.1.5 HANAE-GOSHI
 - 4.1.6 HARAI-TSURIKOMI-ASHI
 - 4.1.7 TOMOE-NAGE
 - 4.1.8 KATA GURUMA
 - 4.2 Demonstrate and explain the throws in 4.1 from at least two different practical judo competition situations against left handed and / or a right handed opponent.
 - 4.3 **BLOCKING AND EVADING AGAINST THE TECHNIQUES IN 4.1.**

Body movement soft and hard (Jushin and Goshin Tai-Sabaki)
Tai Sabaki against all of the techniques in 4.1 must be demonstrated.
Candidates must be able to demonstrate the different principles of Ju-shin and Go-shin body movement (Tai-Sabaki)
5. **KAESHI WAZA (Counter Throws)**

Against throws nominated by the examiner
Three techniques of own choice
6. **RENRAKU WAZA** (Continuous attacks against left handed and / or a right handed opponent.)

USING YOUR TOKUI-WAZA - EITHER AS 1st or 2nd THROW (3 techniques)
USING THROWS NOMINATED BY THE EXAMINOR
7. **MAKI KOMI WAZA**

Three (3) techniques of own choice
8. **APPLICATION OF TACHI WAZA**

Different possibilities regarding attack- and defense strategies using two examples of own choice. The following must be emphasized:

 - Approaching and gripping strategies against a left- and a right handed fighter
 - Combination of actions against left fighter and right fighter

- All possibilities regarding defensive behavior and strategies against left fighter and right handed fighter
- Variations of Sukui-Nage

9. **KATAME WAZA:**

9.1 **OSAE-WAZA: (Variations of the following holds)**

SANKAKU OSAE (2 Variations)

9.2 **SHIME-WAZA: (Strangulations)**

SANKAKU JIME (3 Variations)

SHIME WAZA WHEN UKE IS ON ALL FOURS (4 techniques)

9.3 **KANSETSU-WAZA: (Arm locks)**

KANSETSU WAZA WHEN UKE IS ON ALL FOURS (4 techniques)

9.4 **TURNOVERS WHEN UKE IS IN A FACE DOWN POSITION**

(On stomach or bench position)

6 TECHNIQUES OF OWN CHOICE

10. **APPLICATION OF NE-WAZA (Control must be kept at all time)**

10.1 Linking at least 3 osae-, shime- and Kansetsu Waza techniques while Uke is defending. (Should result from the defensive reaction of Uke)

10.2 Techniques when Tori is on his back and Uke is between his legs into osae-, shime- or kansetsu waza.

10.3 Techniques when Uki is on his back defending into a hold, strangulation or arm lock.

11. **COMMUNITY SERVICE**

A candidates should have served a minimum of **40** hours community service before they may grade. Community service means working at any of the JSA events as one of the following:

Referee

Kata judge

Grading Master

Technical official

Admin assistant

Weigh master

Coaching at National / Provincial (not district) courses and training camps.

YON DAN (4th DAN) SYLLABUS

(Minimum age 25 years' old, minimum points 250, minimum time since 3rd Dan must be 4 years)

- 1 **A CHOICE OF ANY OF THE FOLLOWING KATA'S**
NAGE-NO-KATA, KIME-NO-KATA, OR KATAME-NO-KATA
(Full kata must be demonstrated as Tori only)
- 2 **GOSHIN-JUTSU-NO-KATA**
(Full kata must be demonstrated as Tori and as Uke)
- 3 **Must be able to demonstrate in full from the Kyu-, Sho-, Ni-Dan and San-Dan syllabus**
- 4 **NAGE WAZA:**
Throws and names must be known in the correct sequence.
 - 4.1 **YON-KYU FROM GO-KYU** (To be demonstrated while moving)
 - 4.1.1 SUMI-GAESHI
 - 4.1.2 TANI-OTOSHI
 - 4.1.3 HANAE-MAKIKOMI
 - 4.1.4 SUKUI-NAGE
 - 4.1.5 UTSURI-GOSHI
 - 4.1.6 O-GURUMA
 - 4.1.7 SOTO-MAKIKOMI
 - 4.1.8 UKI-OTOSHI
 - 4.2 Demonstrate and explain the throws in 4.1 from at least two different practical judo competition situations.
 - 4.3 **BLOCKING AND EVADING AGAINST THE TECHNIQUES IN 4.1.**
Body movement soft and hard (Jushin and Goshin Tai-Sabaki) against all of the techniques in 4.1 must be demonstrated. Candidates must be able to demonstrate the different principles of Ju-shin and Go-shin body movement (Tai-Sabaki)
5. **DISTINGUISH BETWEEN THE THROWING PRINCIPLES ACCORDING TO SPECIFIED ACTIVITIES OF TORI AND DEMONSTRATE EACH WITH TWO TECHNIQUES IN PRACTICAL SITUATIONS.**
 - 5.1 **Hooking**
Hooking or reaping away the supporting leg of Uke in the direction his toes are pointing with the back of your leg or sole of your foot
 - 5.2 **Sweeping**
Uki's moving leg is guided even further in the same direction it's moving until it's swept off the mat. The application of the throw takes place the moment Uki lifts or puts his foot down. The leg/foot still supports his body weight, but the traction between the sole of that foot and the mat is minimal.
 - 5.3 **Blocking / Stopping**

The forward moving leg or fixed leg of Uke is blocked or stopped below his center of gravity with the foot sole or inside leg. Simultaneously he is pulled above his center of gravity and over this "obstacle".

5.4 Wringing/Rotating

Tori's hip makes contact with the trunk of Uke. With a strong, wringing action (simultaneous rotation over lateral- and longitudinal axis) of Tori's upper body while Tori is turning his head away and pulling Uki's arm, Uke gets thrown.

5.5 Engaging/Suspending

Tori places one leg in a blocking motion behind the supporting leg of Uke and pushes him over this "obstacle".

5.6 Turning in

Tori establishes contact with Uke through repositioning and a turning movement of the upper body side to stomach or back to stomach. By further turning or lifting, the throw is executed, with this contact assisted by pulling of Uke's arm,

5.7 Lifting/Trenching

With bent legs, Tori makes contact between his hips and the trunk of Uke. By straightening his legs, using his hips and pulling action from his arms, Uke is lifted and gets thrown.

5.8 Curling

Binding Uke tight against himself, Tori rolls himself over one of his arms and corresponding leg (Maki-komi) and by continuing to roll, transfers the winding force onto Uke and throws him

5.9 Self imposed falling

Tori sacrifices his balance and drops down suddenly and under Uki's centre of gravity. By utilizing the energy and momentum thus generated, Uke is thrown with the pulling action of the arm and partial commitment of the leg(s)

6. NE WAZA

6.1 Attacking:

6.1.1 Attacks from above against an opponent lying face down.

6.1.2 Attacks when lying on your back with Uke between your legs.

6.1.3 Attacks from a kneeling position between the legs of Uke on his back.

6.2 Defending:

6.2.1 Defending when lying face down.

6.2.2 Defending when lying on your back. (Supine position)

6.2.3 Defending when kneeling in a bench position.

6.3 Principles of escaping from various holds.

6.3.1 Kesa-

6.3.2 Shiho-

6.4 Drawing your leg free (vital judo p.179-187)

7 TRANSITION FROM STANDING INTO GRAPPLING TECHNIQUES

7.1 10 Techniques of own choice (Osae-, shime- or kansetsu-waza)

8 VARIOUS TECHNIQUES AS REQUESTED BY THE EXAMINERS.

COMMUNITY SERVICE A candidates should have served a minimum of **50** hours community service before they may grade. Community service means working at any of the JSA events as one of the following:

Referee

Kata judge

Grading Master
Technical official
Admin assistant
Weigh master
Coaching at National / Provincial (not district) courses and training camps.

10. **THEORY**

- 10.1 Must have a concrete knowledge of the history and origin of judo in Japan and South Africa.
- 10.2 Must explain the meaning of following principles of Jigoro Kano:
 - 10.2.1 Seiryoku-zenyo (Technical principle) *Maximum efficiency through minimum effort*
 - 10.2.2 Jita-kyoei (Moral principle) *Mutual welfare and benefit*

GO DAN (5th DAN) SYLLABUS

(Minimum age 30 years' old, minimum points 300, minimum time since 4th Dan must be 5 years)

- 1. Must have been actively involved in judo for a minimum period of 20 years and must have accumulated the minimum points required since last grading on national level in at least one or a combination of at least two of the following portfolios:**
 - JSA Executive, Provincial Executive, Refereeing, Coaching, Grading, Technical Officials, A proven competition record.
 - **Must be able to demonstrate in full from the Kyu-, Sho-, Ni-, San- and Yon Dan syllabus**

- 2. A CHOICE OF ANY ONE OF THE FOLLOWING KATA'S**
NAGE-NO-KATA, KIME-NO-KATA, KODOKAN GOSHIN JITSU, GONOSSEN-NO-KATA OR KATAME-NO-KATA
(Full kata must be demonstrated as Tori only)

- 3. JUNO-KATA or KOSHIKI-NO-KATA**
(Full kata must be demonstrated as Tori and as Uke)

- 4. NAGE WAZA:**
 - 4.1 GO-KYU (Fifth group) FROM GO-KYU**
 - 4.1 OSOTO-GURUMA
 - 4.2 UKI-WAZA
 - 4.3 YOKO-WAKARE
 - 4.4 YOKO-GURUMA
 - 4.5 USHIRO-GOSHI
 - 4.6 URA-NAGE
 - 4.7 SUMI-OTOSHI
 - 4.8 YOKO-GAKE

 - 4.2** Demonstrate and explain the throws in 4.1 from at least two different practical judo competition situations.

 - 4.3 BLOCKING AND EVADING AGAINST THE TECHNIQUES IN 4.1.**
Body movement soft and hard (Jushin and Goshin Tai-Sabaki) Tai-Sabaki against all of the techniques in 4.1 must be demonstrated. Candidates must be able to demonstrate the different principles of Ju-shin and Go-shin body movement.

- 5 Technique variations and applications of the following listed techniques from at least two different practical Judo situations. Must be able to demonstrate counters and combinations using these techniques**
 - 5.1 Te Waza techniques**
 - 5.1.1 Ippon Seoi Nage
 - 5.1.1 Seoi Nage
 - 5.1.2 Seoi-otoshi
 - 5.1.3 Tai-otoshi
 - 5.1.4 Kata Guruma

5.2 Koshi-Waza techniques

- 5.2.1 O-goshi
- 5.2.2 Uki-goshi
- 5.2.3 Tsurikomi-goshi
- 5.2.4 Sode-tsurikomi-goshi

5.3 Ashi-Waza techniques

- 5.3.1 Sasae-tsurikomi-ashi
- 5.3.2 Harai-tsurikomi-ashi
- 5.3.3 Deashi-harai
- 5.3.4 Ko-uchi-gari
- 5.3.5 O-uchi-gari
- 5.3.6 Ko-soto-gake
- 5.3.7 Differences between: O-Guruma, Ashi-Guruma and Harai-goshi

5.4 Sutemi-Waza techniques

- 5.4.1 Tomoe-Nage
- 5.4.2 Ura-nage
- 5.4.3 Sumi-Gaeshi
- 5.4.4 Uki-Waza
- 5.4.5 Tani-otoshi

6 NE WAZA

5.1 VARIOUS TECHNIQUES AS REQUESTED BY THE EXAMINERS

5.2 Exercises, games and training methods for ne waza

5.3 Sankaku waza

- 5.3.1 Sankaku Osae**
- 5.3.2 Sankaku Jime**

5.4 Ne waza uchi komi

7 THEORY (A written essay/document must be submitted at least 2 weeks before the grading expanding on the points below)

- 7.1 Basic thoughts on the future development of judo in South Africa and how the judoka himself understands judo.
- 7.2 Actual development tendencies in the sport of judo. (e.g. Technique/tactic, child sport, behavior therapy, philosophy of life)
- 7.3 Self conception of the judoka(e.g. as sportsman, scholar, champion, official)

8: COMMUNITY SERVICE

A candidates should have served a minimum of **50** hours community service before they may grade. Community service means working at any of the JSA events as one of the following:

Referee

Kata judge

Grading Master

Technical official

Admin assistant

Weigh master

Coaching at National / Provincial (not district) courses and training camps.

ROKU DAN (6th DAN) SYLLABUS

(Minimum age 40 years' old, minimum points 350, minimum time since 5th Dan must be 6 years)

1. MUST HAVE BEEN ACTIVELY INVOLVED IN JUDO FOR A MINIMUM PERIOD OF 25 YEARS AND MUST HAVE ACCUMULATED THE MINIMUM POINTS REQUIRED SINCE LAST GRADING ON NATIONAL LEVEL IN AT LEAST ONE OR A COMBINATION OF THE FOLLOWING PORTFOLIOS:
 - a. JSA Executive
 - b. Refereeing
 - c. Coaching
 - d. Grading
 - e. Technical Officials
 - f. A proven competition record

2. **THE CANDIDATE'S APPLICATION FOR UPGRADING MUST BE SUPPORTED AND SUBMITTED BY THE RELEVANT PROVINCE.**

3. **THE CANDIDATE MUST HAVE THE MINIMUM REQUIRED POINTS AS PER POLICY DOCUMENT TO BE ELIGIBLE TO APPLY FOR UPGRADING.**

4. **THE NATIONAL GRADING COMMISSION MAY RECOMMEND 6TH DAN PROMOTIONS (SUBJECT TO APPROVAL BY PROVINCE).**

5. **THE RELEVANT APPLICATION FORM (CV) MUST BE COMPLETED AND SUBMITTED TO THE GRADING COMMISSION.**

JUDO SOUTH AFRICA
UPGRADING WITHOUT PRACTICAL EXAMINATION (MEDICAL)
1st to 5th Dan

- 1. Upgrading without practical examination due to medical reasons will be considered in the following cases:**
 - a. Medical certificate must be produced.
 - b. Technical proficiency for the requested grade is a prerequisite.
 - c. Candidate must attend and participate in Dan grading course relevant to his grading.
 - d. Candidate must have prepared judoka for Dan gradings, or kata competitions for the kata applicable to his grade.
 - e. Candidate must still be actively involved in practical judo on the Tatami.
 - f. The relevant application form and grading fee must be submitted.
 - g. Candidate should be able to verbally (or walk through) demonstrate all aspects of the grading syllabus of the grade they are applying for.

1.1

JUDO SOUTH AFRICA
AWARDING OF SHICHI-DAN (7th DAN)

(Minimum age 50 years' old, minimum points 500, minimum time since 6th Dan must be 8 years)

1. An official IJF 7th Dan may only be awarded by the Continental Union (AJU)
2. Judo SA council has approved the awarding of a local JSA 7th Dan. This grade will not be recognized internationally, but will be recognized in South Africa.
3. Meeting the required criteria only makes you eligible for submitting your application to the grading commission.
4. The grading fee payable is non-refundable even if your application is not successful.
5. The applicant must have been actively involved in judo for a minimum period of 30 years and must have accumulated the minimum points required since the awarding of his 6th Dan in at least one or a combination of the following portfolios: JSA Executive; Continental executive; Refereeing; Coaching; Grading; Technical Official; Physically disabled or other JSA subcommittee.
6. The candidate's application for upgrading must be supported and submitted by the relevant province.
7. The candidate must have the minimum required points as per policy document to be eligible to apply for upgrading.
8. The national grading commission may recommend 7th Dan promotions (subject to approval by province).
9. The relevant JSA application form and questionnaire (CV) must be completed and submitted to the grading commission.
10. Applications will be reviewed once a year, successful applications will be recommended to Judo SA council for ratification.

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