

# KACHI MUSHI KAIJŌ

## KMK JUDO CLUB

### BLUE BELT GRADING SYLLABUS

#### A. CRAWLING

1. All previous belt requirements

#### B. UKEMI WAZA (Breakfalling)

1. All previous belt requirements
2. Breakfall over back of standing person
3. Aerial breakfall

#### C. NAGE WAZA (Throwing Techniques)

1. All previous belt requirements plus following

2. Uchi Mata  
(Inner thigh)



3. Kata Guruma  
(Shoulder wheel)



4. Hiza Guruma  
(Knee wheel)



(blue belt con...)

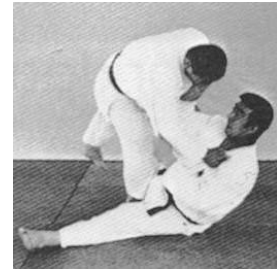
5. Soto Makikomi  
(Outer wrap around)



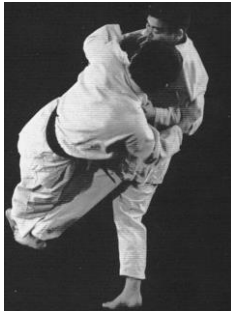
6. Hane Makikomi  
(Springing wrap around)



7. Yoko Otoshi  
(Side drop)



8. Harai Tsurikomi Ashi  
(Sweeping drawing ankle)



9. Uki Otoshi  
(Floating drop)



10. Ushiro Goshi  
(Rear hip)



D. OSAEKOMI WAZA (Holding Techniques)

1. All previous belt requirements

E. SHIME WAZA (Choking and strangulation techniques)

1. All previous belt requirements plus following

2. Hadaka Jime  
(Naked choke)

3. Okuri Eri Jime  
(Sliding collar choke)

4. Kata Ha Jime  
(Single wing choke)

5. Eri Guruma  
(Collar wheel)

(blue belt con...)

## F. KANSETSU WAZA (Armlock Techniques)

1. Ude Garami  
(Entangled arm lock)
2. Ude Hishigi Juji Gatame  
(Arm taking cross arm lock)
3. Ude Hishigi Ude Gatame  
(Arm taking arm lock)
4. Waki Gatame  
(Arm pit lock)
5. Ude Hishigi Hiza Gatame  
(Arm taking knee arm lock)

## G. ESCAPES

1. All previous belt requirements plus following
2. Escape from Kata Gatame
3. Escape from Ushiro Kesa Gatame
4. Escape from Tate Shiho Gatame

## H. COMBINATIONS

1. All previous belt requirements plus two other selected combinations (personal preference) for a total of three.

## I. COUNTER TECHNIQUES

1. All previous belt requirements plus two other selected counters (personal preference) for a total of three.

(blue belt con...)

## J. TERMINOLOGY

All previous belt requirements plus following

Atemi Waza - striking techniques

Hadaka - naked

Joseki – dignitaries table

Kansetsu Waza – arm lock techniques

Kake – completed action of throw

Koshi Waza - hip techniques

Mudansha – undergraduate of black belt

Yudansha – black belt holder

Seiza – formal kneeling position

Makikomi – wrap around

## K. COUNTING

Previous yellow belt counting plus following

SANJUICHI	SANJUNI	SANJUSAN	SANJUSHI	SANJUGO
31	32	33	34	35
SANJUROKU	SANJUSHICHI	SANJUHACHI	SANJUKU	SHIJU
36	37	38	39	40

(blue belt con...)

## L. HISTORY OF JUDO

1. Previous belt requirements plus following
2. 1938, Jigoro Kano dies from pneumonia on the ship returning from the International Olympic Committee. (I.O.C.) meeting in Cairo.
3. 1960, Judo was a demonstration sport at the Tokyo Olympics and has been a part of the Olympic Games ever since.

## M. NAGE NO KATA (Throwing Forms)

### 1. Te waza (Hand Techniques)

- a) Uki Otoshi    b) Seoi Nage    c) Kata Guruma  
 (Floating drop)    (Shoulder throw)    (Shoulder wheel)

### 2. Koshi waza (Hip Techniques)

- a) Uki Goshi    b) Harai Goshi    c) Tsurikomi Goshi  
 (Floating hip)    (Sweeping hip)    (Lifting propping hip)

## N. OTHER

Club attendance, Attitude, Tournament/Clinic experience and participation.

(Blue belt end)