



Starkville Martial Arts Academy

Judo Syllabus

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Section 1: Rokkyu 6th Grade Yellow Belt:

Nage Waza

(Throwing techniques)

Koshi Waza (any)	Any hip technique
Grip 'n' Drag Ko Soto Gari	Minor outside reap
Seoi Nage (any)	Shoulder throw (typically will be Eri-S-N)
O Soto (any)	Major outer technique (typically will be O-S-Otoshi)

Osae Komi Waza

(Ground holding techniques)

Kesa Gatame	Scarf hold
Yoko Shiho Gatame	Side four quarters hold

Uphill escape from any ground control hold

Principles

Move and Grip
Push into the hole
Keep toes alive in groundwork
Keep chest to chest on the ground

Situations

Attack an advanced, weighted foot and throw into a rear hole
Attack a hidden, weighted foot and throw into a forward hole
Attack a trespassing, weighted foot and throw into an intervening hole
Transition any throw into a ground control position

Terminology

Ichi	1	Ni	2
San	3	Shi	4
Go	5	Roku	6
Shichi	7	Hachi	8
Ku	9	Ju	10

Goshi/Koshi	Hip	Nage	Throw
Gatame	Hold	Waza	Technique
Seoi	Shoulder	Soto	Outer
O	Major	Ashi	Foot
Harai	Sweep		

Kyotsoke	Attention	Ukemi	Falling ways
Seiza	Kneel	Rei	Bow
Randori	Free Practice	Hajime	Begin
Matte	Stop	Uke	Partner
Tori	Person doing technique		

Section 2: Gokyu 5th. Grade Orange Belt:

Nage Waza

O Goshi	Big hip
Koshi Guruma	Hip wheel
Tsuri Goshi	Lifting hip
Tai Otoshi	Body drop
O Soto Otoshi	Major outer drop
O Soto Gari	Major outer reap
O Uchi Gari	Major inner reap
Ippon Seoi Nage	Single arm shoulder throw
Eri Seoi Nage	Collar shoulder throw

Renraku Waza (Combination techniques)

Front to back and back to front combinations

Kaeshi Waza (Counter techniques)

O Soto Gaeshi	Major outer counter
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Osae Komi Waza

Kami Shiho Gatame Upper four quarters hold
Tate Shiho Gatame Straight four quarters hold

Uphill escape to a counter hold
Bridge and roll escapes
Breaking down a turtle (1/2 nelson, cowboy etc.)

Shime Waza (Choking techniques)

Hadaka Jime Naked choke

Kansetsu Waza (Joint locking techniques)

Uphill escape to Ude Hishigi Waki Gatame Armpit crushing arm lock
Kesa Gatame with Ashi Gatame Leg arm lock

Principles

Driving leg and angle of attack
Climbing into grips
Power side
Locking hand

Situations

Turning the turtle
Opening space on the ground
Using the hole to escape hold-downs

Terminology

Shiai	Competition	Koka	Small Point
Yuko	1/4 Point	Waza-ari	1/2 Point
Ippon	Full Point	Shido	Koka Infraction
Chui	Yuko Infraction	Keikoku	Waza-ari Infraction
Hansoku-Maki	Disqualification		

Kuzushi	Disturbing Balance	Tsukuri	Fitting to throw
Take	Moment of throw	Zanshin	Finishing

Kansetsu	Joint	Otoshi	Drop
Shime	Strangle	Tai	Body

Section 3: Yonkyu 4th Grade Green Belt:

Nage Waza

Tsuri Komi Goshi and variants	Lifting pulling hip
Harai Goshi	Sweeping hip
Yama Arashi	Mountain storm
Uki Goshi	Floating hip
Ko Uchi Gari	Minor inner reap
Tani Otoshi	Valley drop (as an attack and defense)
Ko Soto Gake	Minor outer hook

Kaeshi Waza

Tani Otoshi (Rear counter to koshi waza and seoi nage)
Trespassing attack countered by Tsubame Gaeshi

Renraku Waza

Hip to foot combo
Hand to foot combo

Osae Komi Waza

Kata Gatame	Shoulder hold
Ushiro Kesa Gatame	Reverse scarf hold
Mune Gatame	Chest hold

Sit up escapes
Circle holding drill

Shime Waza

Kataha Jime	Single wing choke (as a sit through for a turtle)
Kata Juji Jime	Opposite cross grip choke

Kansetsu Waza

Ude Hishigi Juji Gatame	Crushing cross arm lock from a throw
Ude Garami	Entangled arm lock

Principles

Make partner carry weight
Keep knees off of mat
Move on balls of feet
Hands in front, elbows in

Situations

Transitions from standing to ground

Terminology

Osae komi	Hold Down	Toketa	Broken
Hantei	Split Decision	Sono Mama	Don't Move
Wazari awasete Ippon	Compound Win	Sore Made	That is All
Yoshi	Continue		
Ushiro	Reverse	Kuzure	Modified
Hiza	Knee	Tomoe	Circle
Tsuri	Lift		

Section 4: Sankyu 3rd. Grade Brown Belt:

Nage Waza

Hane Goshi	Springing hip
Sasae Tsuri Komi Ashi	Propping lifting pulling foot
Hiza Guruma	Knee wheel
Tomoe Nage	Circle throw
Sumi Gaeshi	Corner throw
De Ashi Harai	Advancing foot sweep
Sukui Nage	Scooping throw
Morote Gari	Double hand reap

Renraku Waza

Foot to foot combo

Kaeshi Waza

Tawara Gaeshi	Bale throw (counter to Morote Gari)
Kichuki Taioshi	Dead tree drop
Inside leg step around followed by hip throw against hip attack	

Osae Komi Waza

Kuzure versions of all previous

Legs over escape

Leg over (roll) escape from Kata Gatame

Uphill turn from Ushiro Kesa Gatame

Sit-up from Kesa Gatame

Shime Waza

Okuri Eri Jime	Sliding collar choke
Gyaku Juji Jime	Reverse cross choke

Kansetsu Waza

Ude Hishigi Hara Gatame	Stomach crushing arm lock from a turtle
Ude Hishigi Waki Gatame	Armpit crushing arm lock from a turtle

Principles

Controlling partner's mobility

Attacking the weighted foot

Balance lines and shoulder rotations

Situations

Inside leg step around countering

Terminology

Yudansha	Black Belt Holder	Mudansha	Non Black Belt
Migi	Right	Hidari	Left
Shizen Tai	Natural Posture	Sutemi	Sacrifice
Jigo Tai	Defensive Posture	Kaeshi Waza	Counter
Renraku Waza	Combination	Nage No Kata	Form of Throws

Section 5: Nikyu 2nd Grade Brown Belt:

Nage Waza

Uchi Mata	Inner thigh
Uki Otoshi	Floating drop
Okuri Ashi Harai	Sliding foot sweep
Ashi Guruma	Leg wheel
Maki Komi Waza	Inner winding techniques (Variations include: Ko Uchi, Soto, O Soto, Harai, Hane and Uchi Mata Maki Komi)

Renraku Waza

Uchi Mata combinations

Kaeshi Waza

Yoko Guruma as a Seoi counter

Tomoe counter to Tai Otoshi

Osae Komi Waza

Sankaku Gatame as an attack, as a defense, and as a choke, hold or arm bar

Shime Waza

Nama Juji Jime Normal cross choke

Sode Guruma Jime Sleeve wheel choke

Kansetsu Waza

Ude Hishigi Hiza Gatame Knee crushing arm lock

Ude Hishigi Ude Gatame Arm crushing arm lock

Principles

Fox trot and stutter stepping

Inside gripping

Situations

Multi-sided attacking

Terminology

Ayumi Ashi	Normal walking
Tsuri Ashi	Brushing Foot Step
Tsugi Ashi	Sliding Foot Step
Tai Sabaki	Body Movement
Chu Gaeri	Mid-air forward breakfall
Ura	Rear
Koho	Back
Yoko	Side

Section 6: Ikkyu 1st Grade Brown Belt:

Nage Waza

O Guruma	Major hip
Sumi Otoshi	Corner drop
Seoi Otoshi	Shoulder drop
Harai Tsuru Komi Ashi	Sweeping lifting pulling foot
Kata Guruma (and variants)	Shoulder wheel
Yoko Otoshi	Side drop

Renraku Waza

Left to right and right to left combinations

Kaeshi Waza

Ushiro Goshi	Reverse hip (counter to Hip throws)
Counters to Ko and O Uchi	

Osae Waza

Kata Osae Gatame	Shoulder pressing hold
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Shime Waza

Ryote Jime	Two Hand Strangulation
Tsukkomi Jime	Thrust Choke

Kansetsu Waza

Ude Hishigi Te Gatame	Hand crushing arm lock
Waki Gatame breaks from standing lapel grip	

Principles

Be a lid to the hole
Entering attack space

Situation

Using adversarial psychology to create opportunity

Section 7: Shodan 1st Degree Black Belt:

Nage Waza

Utsuri Goshi	Changing hip throw
Kubi Nage	Neck throw
Ura Nage	Rear throw
Uki Waza	Floating technique
O Soto Guruma	Major outer wheel

Kaeshi Waza

Uchi Mata Sukashi	Inner thigh slip
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Shime Waza

Jigoku Jime	Hell strangulation
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Section 8: Nidan 2nd Degree Black Belt:

Nage Waza

Ude Garami Nage	Arm entanglement throw
Obi Seoi Nage	Belt shoulder throw
Yoko Gake	Side hook
Yoko Wakare	Side separation
Hikikomi Gaeshi	Push-pull counter (modified Sumi Gaeshi)

Kansetsu Waza

Different situational uses for all arm locks from previous requirements

Section 9: Sandan 3rd Degree Black Belt:

Nage Waza

Kani Basami	Flying scissors
Ude Gaeshi	Arm throw
Obi Otoshi	Belt drop
Te Guruma	Hand wheel
Kibusi Gaeshi	Heel trip

Shime Waza

Different situational uses and variations for all chokes from previous requirements