

Nokémono Judokwai

Dan grade syllabus check sheet

Judoka's name

Quick guide key

Uke	<i>Defender</i>
Tori	<i>Attacker</i>
Sensei	<i>Instructor</i>
Tatami	<i>Mat</i>
Sore Made	<i>End</i>
Sona Mama	<i>Freeze</i>
Yoshi	<i>Continue (unfreeze)</i>
Hidari	<i>Left</i>
Migi	<i>Right</i>
Kaeshi-waza	<i>Counter techniques</i>
Kumi-kata	<i>Engagement position or gripping skills</i>
Nage-komi	<i>Repetitive throwing</i>
Ne-waza	<i>Groundwork techniques</i>
Osaekomi-waza	<i>Holding techniques</i>
Renraku-waza	<i>Combination techniques in the opposite direction</i>
Renzoku-waza	<i>Combination techniques in the same or similar direction</i>
Tachi-waza	<i>Standing techniques</i>
Shime-waza	<i>Choking techniques</i>
Kansetsu-waza	<i>Joint locking techniques</i>
Te-waza	<i>Hand techniques</i>
Koshi-waza	<i>Hip techniques</i>
Ashi-waza	<i>Foot techniques</i>
Ma sutemi-waza	<i>Rear sacrifice techniques</i>
Atemi-waza	<i>Striking techniques</i>



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SECTION 1- Gokyo

Nage-waza:

1st SET

O-goshi *Major hip*

Uki-goshi *Floating hip*

Tsuri-goshi *Fishing hip*

Tsuri-komi-goshi *Drawing hip*

Tai-otoshi
Hand throw body drop

Ippon-seoi-nage
One handed shoulder

Morote-seoi-nage
Two arm shoulder

Seoi-otoshi *Shoulder drop*

2nd SET

Ashi-guruma *Leg wheel*

O-guruma *Major wheel*

Harai-goshi *Sweeping hip*

Hane-goshi *Spring hip*

Uchi-mata *Inner thigh*

Harai-maki-komi
Sweeping winding

Hane-maki-komi
Spring winding

Soto-maki-komi *Outside winding*

3rd SET

O-soto-gari *Major outer reaping*

Ko-soto-gari *Minor outer reaping*

O-uchi-gari *Major inner reaping*

Ko-uchi-gari *Minor inner reaping*

O-uchi-gake *Major outer hook*

Ko-soto-gake *Minor outer hook*

O-soto-guruma
Major outer wheel

Sode-tsuru-komi-goshi
Sleeve lift pull hip

4th SET

De-ashi-barai
Advancing foot sweep

Okuri-ashi-barai
Double foot sweep

Sasae-tsuru-komi-ashi
Proping drawing ankle

Harai-tsuru-komi-ashi
Sweeping drawing ankle

Hiza-guruma *Knee wheel*

Uki-otoshi *Floating drop*

Tomoe-nage *Circle throw*

Sumi-gaeshi *Corner throw*

5th SET

Kata-guruma *Shoulder wheel*

Koshi-guruma *hip wheel*

Yama-arashi *Mountain storm*

Tani-otoshi *Valley drop*

Yoko-otoshi *Side drop*

Yoko-wakare *Side separation*

Yoko-gake *Side hook*

Uki-waza *Floating throw*



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Ne-waza:

1st SET

Hon-kesa-gatame *Scarf hold*

Kuzure-kesa-gatame

Broken scarf hold

Ushiro-kesa-gatame

Rear scarf hold

Makura-kesa-gatame

Pillow scarf hold

Mune-gatame *Chest hold*

Kata-gatame *Shoulder hold*

2nd SET

Hon-kami-shiho-gatame

Upper four quarters hold

Kuzure-kami-shiho-gatame

Broken upper four quarters hold

Hon-yoko-shiho-gatame

Side four quarters hold

Kuzure-yoko-shiho-gatame

Broken side four quarters hold

Hon-tate-shiho-gatame

Lengthwise four quarters hold

Kuzure-tate-shiho-gatame

Broken lengthwise

four quarters hold

3rd SET

Nami-juji-jime

Normal cross strangle

Gyaku-juji-jime

Reverse cross strangle

Kata-juji-jime

Single cross strangle

Tsuki-komi-jime *Thrusting strangle*

Ryote-jime *Double hand strangle*

4th SET

Hadaka-jime *Naked strangle*

Okuri-eri-jime

Sliding collar strangle

Kata-ha-jime

Single collar strangle

Sode-guruma-jime

Sleeve wheel strangle

Koshi-jime *hip strangle*

5th SET

Ude-garami *Entangled armlock*

Juji-gatame *Cross armlock*

Ude-gatame *Arm lock*

Hiza-gatame *Knee lock*

Waki-gatame *Armpit lock*



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SECTION 2 – Renzoku-waza

Nage-waza:

1st SET

Seoi-nage *Shoulder throw* to Seoi-otoshi *Shoulder drop*

O-uchi-gari *Major inner reaping* to Ko-uchi-gari *Minor inner reaping*

Hiza-guruma *Knee wheel* to Ashi-guruma *Leg wheel*

2nd SET

O-goshi *Major hip* to Uki-goshi *Floating hip*

O-uchi-gari *Major inner reaping* to Ko-soto-gake *Minor outer hook*

O-soto-gake *Major outer Hook* to O-soto-gari *Major outer reaping*

3rd SET

Tai-otoshi *Hand throw body drop* to Uchi-mata *Inner thigh*

Tai-otoshi *Hand throw body drop* to Seoi-nage *Shoulder throw*

Ko-soto-gari *Minor outer reaping* to Tani-otoshi *Valley drop*

4th SET

O-soto-gari *Major outer reaping* to

Nidan-ko-soto-gari *Two step minor inner reaping*

Ippon-seoi-nage *One handed shoulder* to Uchi-maki-komi *Inner winding*

Harai-goshi *Sweeping hip* to Soto-maki-komi *Outside winding*



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SECTION 3 – Renraku-waza

Nage-waza:

1st SET

Ko-uchi-gari *Minor inner reaping* to Tai-otoshi *Hand throw body drop*

Hiza-guruma *Knee wheel* to O-soto-gari *Major outer reaping*

Ko-uchi-gari *Minor inner reaping* to Ippon-seoi-nage *One handed shoulder*

2nd SET

Uchi-mata *Inner thigh* to Ko-uchi-gari *Minor inner reaping*

O-uchi-gari *Major inner reaping* to Tsuru-komi-ashi *Drawing ankle*

Sasae-tsuru-komi-ashi *Propping drawing ankle* to

De-ashi-barai *Advancing foot sweep*

3rd SET

Ashi-guruma *Leg wheel* to Tani-otoshi *Valley drop*

Harai-goshi *Sweeping hip* to O-soto-gake *Major outer hook*

O-soto-gake *Major outer hook* to Seoi-otoshi *Shoulder drop*

4th SET

Ko-uchi-gari *Minor inner hook* to Yoko-tomoe-nage *Side circle throw*

Ippon-seoi-nage *One handed shoulder* to Ko-uchi-gake *Minor inner hook*

O-soto-gari *Major outer reaping* to Yoko-wakare *Side separation*

PASS MARKS

For promotion to 1st Dan 190

For promotion to 2nd Dan 320

For promotion to 3rd Dan 520

For promotion to 4th Dan 700

For promotion to 5th Dan 800



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SECTION 4 – Kaeshi-waza

Nage-waza:

1st SET

Harai-goshi **Sweeping hip** countered by Ushiro-goshi **Rear hip**

Uchi-mata **Inner thigh** countered by Tai-otoshi **Hand throw body drop**

Ko-uchi-gari **Minor inner reaping** countered by

Harai-tsuri-komi-ashi **Sweeping lift pull ankle**

2nd SET

O-uchi-gari **Major inner reaping** countered by

Ko-soto-gari **Minor outer reaping**

Ko-soto-gari **Minor outer reaping** countered by

Uchi-mata **Inner thigh**

O-soto-gari **Major outer reaping** countered by

O-soto-gaeshi **Major outside reaping counter**

3rd SET

Hiza-guruma **Knee wheel** countered by O-uchi-gari **Major inner reaping**

De-ashi-barai **Advancing foot sweep**

countered by Tsubame-gaeshi **Swallow swoop counter**

De-ashi-barai **Advancing foot sweep** countered by

Ko-uchi-gari **Minor inner reaping**

4th SET

Harai-goshi **Sweeping hip** countered by

Utsuri-goshi **Changing hip**

Koshi-guruma **hip wheel** countered by Ura-nage **Rear throw**

Uchi-mata **Inner thigh** countered by Uchi-mata-sukashi **Uchi-Mata sidestep**



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SECTION 5 – Renraku, Kaeshi, Nogarekata

Ne-waza:

1st SET

Kuzure-kesa-gatame **Broken scarf hold** to Ude-garami **Entangled armlock**

Escape Kesa-gatame **Scarf hold** to any Osaekomi-waza

2nd SET

Kesa-gatame **Scarf hold** to Hiza-gatame **Knee lock**

Escape Yoko-shiho-gatame **Side four quarters hold** to Sangaku-jime **Triangle strangle**

3rd SET

Kuzure-kami-shiho-gatame **Broken upper four quarters hold** to Ushiro-kesa-gatame **Reverse scarf hold**

Kata-juji-jime **Single collar strangle** countered by Hiza-gatame **Knee lock**

4th SET

Tate-shiho-gatame **Lengthwise four quarters hold** to Juji-gatame **Cross armlock**

Escape Yoko-shiho-gatame **Side four quarters hold** to Kata-te-kata-ashi-jime **One hand one leg strangle**



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SECTION 6a

Nage-no-Kata

1st SET

Uki-otoshi *Floating drop*

Ippon-seoi-nage *One handed shoulder*

Kata-guruma *Shoulder wheel*

2nd SET

Uki-goshi *Floating hip*

Harai-goshi *Sweeping hip*

Tsuri-komi-goshi *Drawing hip*

3rd SET

Okuri-ashi-barai *Double foot sweep*

Sasae-tsuri-komi-ashi *Propping drawing ankle*

Uchimata *Inner thigh*

4th SET

Tomoe-nage *Circle throw*

Ura-nage *Rear throw*

Sumi-gaeshi *Corner throw*

5th SET

Yoko-gake *Side hook*

Yoko-guruma *Side wheel*

Uki-waza *Floating throw*



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SECTION 6b

Katame-No-Kata

1st SET

Kuzure-kesa-gatame *Broken scarf hold*

Kata-gatame *Shoulder holding*

Kami-shiho-gatame *Upper four quarter hold*

Yoko-shiho-gatame *Side four quarter hold*

Kuzure-kami-shiho-gatame *Broken upper four quarter hold*

2nd SET

Kata-juji-jime *Single cross strangle*

Hadaka-jime *Naked strangle*

Okuri-eri-jime *Sliding collar strangle*

Kata-ha-jime *Single collar strangle*

Gyaku-juji-jime *Reverse cross strangle*

3rd SET

Ude-garami *Entangled armlock*

Juji-gatame *Cross armlock*

Ude-gatame *Armlock*

Hiza-gatame *Knee lock*

Ashi-garami *Entangled leg lock*



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