

KACHI MUSHI KAIJŌ

KMK JUDO CLUB

BROWN BELT GRADING SYLLABUS

A. CRAWLING

1. All previous belt requirements
2. Be able to teach and explain application of crawls

B. UKEMI WAZA (Breakfalling)

1. All previous belt requirements
2. Be able to teach and explain application of breakfalls

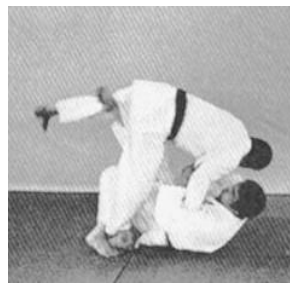
C. NAGE WAZA (Throwing Techniques)

1. All previous belt requirements plus following

2. Yoko Guruma (Side wheel)



3. Sumi Gaeshi (Corner throw)



4. O Guruma (Major wheel)



(brown belt con...)

5. O Soto Guruma
(Major outer wheel)



6. Sumi Otoshi
(Corner drop)



7. Yoko Wakare
(Side separation)



8. Uki Waza
(Floating throw)



9. Yoko Gake
(Side hook)



10. Ura Nage
(Rear throw)



11. Utsuri Goshi
(Hip shift)



(brown belt con...)

- D. OSAEKOMI WAZA (Holding Techniques)
 - 1. All previous belt requirements
 - 2. Be able to teach and explain application of two hold downs

- E. SHIME WAZA (Choking and strangulation techniques)
 - 1. All previous belt requirements plus following
 - 2. Be able to teach and explain application of one Shime Waza

- F. KANSETSU WAZA (Armlock Techniques)
 - 1. All previous belt requirements
 - 2. Be able to teach and explain application of one Kansetsu Waza

- G. ESCAPES
 - 1. All previous belt requirements plus following
 - 2. Be able to teach and explain application of one escape

- H. COUNTER TECHNIQUES
 - 1. All previous belt requirements
 - 2. Be able to teach and explain application of one counter

(brown belt con...)

I. TERMINOLOGY

All previous belt requirements plus following

Jikan - Time

Tai Sabaki – Body control

Kappo – resuscitation techniques

Fusen Gachi – win by forfeit

Tandoku Renshu – Solo practise

Itami Wake – loss by injury

Kinsa – small advantage

Sotai Renshu – Partner practise

Ayumi Ashi – Natural walking

Seiryoku Zen'yo – Maximum efficient use of power

J. COUNTING

Previous yellow belt counting plus following

SHIJUICHI	SHIJUNI	SHIJUSAN	SHIJUSHI	SHIJUGO
41	42	43	44	45
SHIJUROKU	SHIJUSHICHI	SHIJUHACHI	SHIJUKU	GOJU
46	47	48	49	50

(brown belt con...)

K. HISTORY OF JUDO

1. Previous belt requirements plus following
2. Jigaro Kano had two principle aims for Judo
 - a. Maximum efficient use of power
 - b. Mutual welfare and benefit

L. 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)

3. Ashi Waza (Leg Techniques)

- a) Okuri Ashi Harai b) Sasae Tsurikomi Ashi c) Uchi Mata
 (Assisting foot sweep) (Propping drawing ankle) (Inner thigh)

M. OTHER

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

(Brown belt end)