

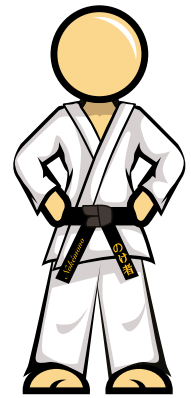
# Nokémono Judokwai

## 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>Ground 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: Throwing Techniques

### 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-tsure-komi-goshi *Sleeve lift pull hip*

### 4th SET

- De-ashi-barai *Advancing foot sweep*
- Okuri-ashi-barai *Double foot sweep*
- Sasae-tsure-komi-ashi *Propping drawing ankle*
- Harai-tsure-komi-ashi *Sweeping drawing ankle*
- Hiza-guruma *Knee wheel*
- Uki-otoshi *Floating drop*
- Tomoe-nage *Circle throw*
- Sumi-gaeshi *Corner throw*



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## Nage-waza: Throwing Techniques

### 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: Ground Techniques

### 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

Combination techniques in the same or similar direction

### Nage-waza: Throwing Techniques

#### 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

### Combination techniques in the opposite direction

#### Nage-waza: Throwing Techniques

##### 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*


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# SECTION 4 – Kaeshi-waza

## Counter techniques

### Nage-waza: Throwing Techniques

#### 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-tsurikomi-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 Combination, Counter, How to escape

## Ne-waza: Ground Techniques

### 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*

### 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 6a

### Nage-no-Kata To Throw

#### 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 To Hold

#### 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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