

## Judo Federation of India

### National Grading Syllabus for Juniors

15 <sup>th</sup> Mon	Wearing a Judo Dress, Ritsu Rei, Za rei, Rolling (Front & Back)
14 <sup>th</sup> Mon	Ushiro Ukemi, Ogoshi, Hon Kesa Gatame
13 <sup>th</sup> Mon	Yoko Ukemi, Ippon seoi Nage, Kuzure Kesa Gatame.
12 <sup>th</sup> Mon	Brief History of Judo, Morots seoi Nage, Escapes from Kesa Gatame
11 <sup>th</sup> Mon	Mae Mawari Ukemi, Osoto gari, Yoko Shiho Gatame
10 <sup>th</sup> Mon	Lower Grade Syllabi (L.G.S.) Plus shizentai, Ouchi Gari, Kuzure Yoko shiho Gatame.
9 <sup>th</sup> Mon	L.G.S. Plus : Jigotai, Koshi Guruma, Escapes from Yoko Shiho gatame
8 <sup>th</sup> Mon	L.G.S. Plus : Tai Otoshi, De Ashi Barai, Kami shiho Gatame
7 <sup>th</sup> Mon	L.G.S. Plus : Tsurikomi Goshi, Ko soto Gari, Kuzure Kami Shiho Gatame.
6 <sup>th</sup> Mon	L.G.S. Plus : Uki Goshi, Ko Uchi Gari, Escapes from Kami Shiho Gatame
5 <sup>th</sup> Mon	L.G.S. Plus : Harai Goshi, Okuri Ashi Barai, Tate Shiho Gatame.
4 <sup>th</sup> Mon	L.G.S. Plus : Uchimata, Tani Otoshi, Kuzure Tate Shiho Gatame
3 <sup>rd</sup> Mon	L.G.S. Plus : Seoi Otoshi, Sode Tsurikomi Goshi, Escapes from Tate Shiho Gatame
2 <sup>nd</sup> Mon	L.G.S. Plus : Tsubame Gaeshi, combinations : Ouchi Gari Seoi Nagel Ouchi Gari – Ogoshi, Kesa Gatame – yoko shiho Gatame, Ushiro Kesa Gatame – Tate shiho Gatame.
1 <sup>st</sup> Mon	L.G.S. Plus : Te Guruma, Kibisu Gaeshi, Cominations : Ouchi Gari – Tai otoshi, Ko Uchi Gari-seoi Nage, Ouchi Gari- Kouchi Gari
Sho Dan	L.G.S. Plus : Kuzushi, tomoe Nage, Attacking an Opponent who is : i) lying back-to-mat ii) face -to mat positions. Attacking an Opponent when Tori is in a Black -to mat position, Combinations Harai Goshi – Osoto Gari, Ouchi Gari – Uchimata, Ouchi Gari – Te Guruma, Seoi Nage Kibisu Gaeshi, De Ashi Barai- Taiotoshi, Counters : Seoi Nage by Tani Otoshi, Osoto Gari by Osoto Gari Harai Goshi /Uchimata by Te Guruma, Yoko Shiho Gatame by Kuzure Kami Shiho Gatame, Kesa Gatame by Kuzure Kesa Gatame, Nage – no-kata (First Set only), Basic Knowledge of i) Elements of contest Training ii) Importance of Nutrition in contest Training

### **Belt Coloring System :**

15 <sup>th</sup> Mon	Yellow	+ 1 White Stripe
14 <sup>th</sup> Mon	Yellow	+ 2 White Stripes
13 <sup>th</sup> Mon	Yellow	+ 3 White Stripes
12 <sup>th</sup> Mon	Orange	+ 1 White Stripe
11 <sup>th</sup> Mon	Orange	+ 2 White Stripes
10 <sup>th</sup> Mon	Orange	+ 3 White Stripes
9 <sup>th</sup> Mon	Green	+ 1 White Stripe
8 <sup>th</sup> Mon	Green	+ 2 White Stripes
7 <sup>th</sup> Mon	Green	+ 3 White Stripes
6 <sup>th</sup> Mon	Blue	+ 1 White Stripe
5 <sup>th</sup> Mon	Blue	+ 2 White Stripes
4 <sup>th</sup> Mon	Blue	+ 3 White Stripes
3 <sup>rd</sup> Mon	Brown	+ 1 White Stripe
2 <sup>nd</sup> Mon	Brown	+ 2 White Stripes
1 <sup>st</sup> Mon	Brown	+ 3 White Stripes

The 1/2 thick white Stripe should be stitched on both the Edges of the Belt.

### **Qualifying Time (QT) Schedule :**

<b><u>Between Grade</u></b>	<b><u>QT (Mths)</u></b>	<b><u>Between Grades</u></b>	<b><u>QT (Mths)</u></b>
Beginner to 15 <sup>th</sup> Mon	1		
15 <sup>th</sup> to 14 <sup>th</sup> Mon	1.5 (45 Days)	6 <sup>th</sup> to 5 <sup>th</sup> Mon	5
14 <sup>th</sup> to 13 <sup>th</sup> Mon	1.5 (45 Days)	5 <sup>th</sup> to 4 <sup>th</sup> Mon	6
13 <sup>th</sup> to 12 <sup>th</sup> Mon	2	4 <sup>th</sup> to 3 <sup>rd</sup> Mon	6
12 <sup>th</sup> to 11 <sup>th</sup> Mon	2	3 <sup>rd</sup> to 2 <sup>nd</sup> Mon	8
11 <sup>th</sup> to 10 <sup>th</sup> Mon	3	2 <sup>nd</sup> to 1 <sup>st</sup> Mon	8
10 <sup>th</sup> to 9 <sup>th</sup> Mon	3	1 <sup>st</sup> Mon – Sho Dan	12
9 <sup>th</sup> to 8 <sup>th</sup> Mon	4		
8 <sup>th</sup> to 7 <sup>th</sup> Mon	4		
7 <sup>th</sup> to 6 <sup>th</sup> Mon	5		