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| **White Belt (6th Kyu)** | **White Belts after Yellow Belt (5th Kyu)** |
| **Before joining mixed training novices will be taught:*** How to fall safely –
* Yoko-ukemi:
* Mae-ukemi:
* Ushiro-ukemi:
* Jigari (chugari) or maware –ukemi
* Kuzushi -8 points of breaking balance
* Two throws:
	+ Ogoshi
	+ Osotogari
* Two hold downs:
* Kesa gatame
* Mune-gatame
* 1 arm-lock and 1 strangle
* General judo etiquette, hygiene and attire
 | 1. Ippon seoi-nage
2. Tai-otoshi
3. Harai-goshi
4. Ouchi-gari
* Kuzure kesa-gatame
* Kata-gatame
* Yoko-shiho-gatame
* and kuzure yoko-shiho-gatame
* Kami-shiho-gatame
* and kuzure kami-shiho-gatame
* Link hold downs using 2 of the above keeping in control
* Juji Gatame
* Waki Gatame
* Ude garami
* Hadaka jime
* Nami juji-jime
* Kata juji-jime

Judo terminology:* 4 Japanese words and their meaning
* Count 1-5 in Japanese
 |
| **Yellow belts after Orange belt (4th Kyu)** | **Orange Belts after Green Belt (3rd Kyu)** |
| 1. Uki-goshi
2. Morote-seoi-nage
3. De-ashi-barai
4. Ko-uchi-gari
* Makura kesa-gatame
* Tate-shiho-gatame
* Link 4 hold downs
* Okuri eri jime
* Gyaku juji jime
* Ude gatame
* Judo terminology of 6 Japanese words and their meaning
* Count 1-10 in Japanese
* 3 arm-locks and 3 strangles
 | 1. Hane-goshi
2. Seoi-otoshi
3. Okuri-ashi-barai
4. Tani-otoshi
5. Uki-otoshi
* Gyaku(ushiro) kesa-gatame
* Kata ha jime
* Hiza Gatame
* Ude hishigi te-gatame
* Link all hold-downs together
* Show 2 combinations and 2 counters
* Count 1-15 in Japanese
* 4 Kensetsu-waza and 4 Shime-waza
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| **Green belt after Blue belt (2nd Kyu)** | **Blue Belt to Brown Belt (1st Kyu)** |
| 1. Ko-soto-gari
2. Koshi-guruma
3. Hiza-guruma
4. Tsuri-komi-goshi
5. Sasae-tsuri-komi-ashi
6. Yoko wakare
7. Yama-arashi
8. Kata-guruma
* 5 shime-waza and 5 kensetsu-waza

**Student’s choice of techniques** * ***1 Renraku-waza***
* ***1 Kaeshi-waza*** -
* **2 *triple combinations***
* 2 countering actions to 2 counters
* **1st set of Katame-no kata**
* **2nd set of Nage-no-kata**

Count 1-20 in Japanese | 1. Uchi-mata - 3 variations to be known
2. O-guruma ***and*** ashi-guruma
3. Tomoe-nage
4. Yoko tomoe-nage
5. Uki-waza
6. Sumi-gaeshi
7. Maki-komi - 3 variations to be known
* ***3 Renraku-waza*** of student’s choice - **plus** at least 1 requested by Sensei.
* ***3 Kaeshi-waza*** of students choice - **Plus** at least 1 requested by Sensei
* ***3 triple combinations***
* **Full Katame-no-kata**
* **3 sets of Nage-no-kata**
* Judo terminology of 10 Japanese words and their meaning
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| **Information for Dan Gradings** | **1st Dans** |
| * **Judoka after 1st Dan must have been 1st Kyu grade for 12-months**
* **Judoka must show continuing support to Blackwater JC by**
* holding a current **1st aid certificate**,
* showing **refereeing skill** at club level
* participating in **teaching** at club level
* assist regularly at club events
* being prepared to demonstrate and/or teach  any technique(s) from the **Blackwater Syllabus**

***And*** hold a Club Coaching Award ***Or*** show evidence of high level teaching ability***Or***  show evidence of regular competition success *Candidates who regularly compete at external Judo Competitions may, at Sensei’s discretion, be excused from some Kata and teaching requirements* | – **Full Nage-no-Kata****- Demonstrate** or show evidence of ability to teach Katame-no-kata and Nage-no-kata.-**Demonstrate and/or teach** any requested elements from the Blackwater Syllabus.**- Teach** 2 techniques not included in the Blackwater syllabus**- 2-weeks** prior to the grading produce a **6-week training plan** for both juniors and seniors**- Teach 1 club** **session** from the 6-week training session, this will be selected by the Dan grade panel 1-week prior to the formal grading |