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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 |
| **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 |