



Singapore Judo Federation

Judo Grading System

V/10/2/2023

~~XXXXXXXXXX~~

Foreword by: Mr Yeo Chin Seng
President of Singapore Judo Federation

Judo is the way to the most effective use of both physical and mental strength. "Seiryoku zenryo: strive for maximum effect with minimum effort. Jita kyoei: strive for mutual welfare and benefit. Jika no kansei: strive for perfection as a whole person. " Quote Kodokan.

The practice of judo techniques helps students improve their basic and fundamental physical fitness in a number of ways, such as the development of flexibility, mobility, strength, coordination, agility, speed, dynamic and static balance, explosive power, and endurance.

Judo was founded in 1882 by Jigoro Kano Shihan and means the "gentle way." It teaches people of all ages the importance of flexibility and balancing when applying technique. When performing a throw or other skill, emphasis is placed on flexibility and efficiently using your leverage and balance for every movement.

Bow & Ukemi - Judo teachers explain that before any judo training begins properly, the most important thing to learn as a student. Bow to respect each other's and Fall , how to fall to minimize your injury.

Benefits of Judo - Judo has so many benefits, both physical and mental, especially in children. It also improves children's focus, develops positive attitudes about sports in general, and increases self-discipline, self-esteem, self-respect, and courtesy toward others.

Physical Body - Judo is an excellent activity for young kids because it builds healthy and strong muscles early development. It also sets the foundation for them to become healthy and active adults who appreciate the importance of physical activity.

Emotional Mind - Judo focuses on building respect towards others, including opponents, and respect towards your teacher. This nurtures their trust, confidence, and judgment so they can grow as balanced and emotionally healthy young adults.

The Eight Values in Judo

Judo does not do without them; they are a core part of our sport. Going to a competition, to the dojo or even home, judoka should always practice and remember:

1. *Courage : Doing what is right*
2. *Respect : Without respect there is no trust*
3. *Honesty : To seek the truth and express honestly*
4. *Self-control : To have power over yourself and your greatest challenges*
5. *Sincerity : Standing up for yourself, and clearly set your boundaries.*
6. *Friendship : It's the purest human feeling*
7. *Modesty : We are more than ourselves*
8. *Honor : Be true to your word and your principles*

Let the values of our sport inspire you to stay strong and positive! Technical knowledge is not enough. Through the study of approach and defense in Judo we learn to harmonize our spirit and body, learning to both train hard and let go softly.

All the Best to your Judo journey development

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Singapore Judo Federation

Judo Grading System

The grading system forms the basis for recognizing each athlete's Judo ability. Each country has its own particular system but they are quite similar requiring theoretical knowledge, practical ability and membership of the Singapore Judo Federation awarding grade.

Grades are indicated by the color of the belt worn. Generally there are 3 systems:

1. The kids under age 13 or Mon grades
2. The student above age 13 or Kyu grades
3. The 'master' or Dan grades *(the Dan grade belt color is international)

Grade examination for the Kyu and Mon grades are held every 3 months by the Singapore Judo Federation.

Dan Grade examinations are held once or twice (if necessary) a year. The requirements vary but they include test of technical knowledge and contest proficiency. The Singapore Judo Federation's Grading and Technical Panel is the responsible body to conduct all Kyu and Dan grade exams in Singapore for international recognition.

Singapore Judo Federation grading Structure and Color of Belt Worn

Junior Grade	Belt Colour
Beginner/Novice	White Belt
1 st Mon	White Belt + 1 Bar
2 nd Mon	White Belt + 2 Bar
3 rd Mon	Yellow Belt + 1 Bar
4 th Mon	Yellow Belt + 2 Bar
5 th Mon	Orange Belt + 1 Bar
6 th Mon	Orange Belt + 2 Bar
7 th Mon	Green Belt + 1 Bar
8 th Mon	Green Belt + 2 Bar
9 th Mon	Blue Belt + 1 Bar
10 th Mon	Blue Belt + 2 Bar
11 th Mon	Brown Belt + 1 Bar
12 th Mon	Brown Belt + 2 Bar

- Red ½ inch wide bar sewn or glued onto one belt's

Singapore Judo Federation Judo Grading System

Senior Grade

Belt Colour

Novice	White Belt
6 th Kyu	White Belt + 1 Yellow Tip
5 th Kyu	Yellow Belt
4 th Kyu	Orange Belt
3 rd Kyu	Green Belt
2 nd Kyu	Blue Belt
1 st Kyu	Brown Belt
1 st Dan	Black Belt
2 nd Dan	Black Belt
3 rd Dan	Black Belt
4 th Dan	Black Belt
5 th Dan	Black Belt
6 th Dan	Red & White Belt
7 th Dan	Red & White Belt
8 th Dan	Red & White Belt
9 th Dan	Red Belt
10 th Dan	Red Belt

- The 9th and 10th Dan grades are technically possible to achieve but have yet to be awarded to date in Singapore.
Further to this, reference can also be made to the rules of the Singapore Judo Federation grading authority rules.



明治42年講道館紅白試合
Kodokan Kohaku-shiai in 1909



『柔道教本』(昭和6年)より
1931

嘉納治五郎師範遺訓

(柔道の本義と修行の目的)

柔道は心身の力を最も有効に使用する道である
その修行は攻撃防御の練習に由って身體精神を
鍛錬修養し斯道の神髓を體得する事である

さうして是に由って己を完成し世を補益するが
柔道修行の究竟の目的である

The teaching of Kano Jigoro Shihan

(The underlying principle and the ultimate purpose of the Kodokan Judo)

Judo is the way of using one's mental and
physical strength in the most efficient manner.

Through training and practicing techniques for
offence and defense, one disciplines and
cultivates body and spirit, and thereby masters
the essence of this way.

Thus, the ultimate goal of Judo is to strive for
personal perfection by means of this and to
benefit the world.

精力最善活用

Seiryoku saizen katsuyô

*To use the physical and mental energy practically
in the most effective way aiming to virtue*

精力善用

Seiryoku zen'yo

Maximum efficiency

相助相讓自他融和共榮

Sôjo sôjô jita yûwa kyôei

*To help and give way with each other
and to be mutually harmonized for co-prosperity.*

自他共榮

Jita-Kyoei

Mutual welfare and benefit

Singapore Judo Federation Judo Grading System

Singapore Judo Federation

Upgrading – Novice to 6th Kyu (White Belt to Yellow Tip)

Name of Examinee:

SJF Reg Number:

01	REI (Salutation)	Standing & Kneeling	
02	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
03	Posture		
A	Shizen Hon Tai	Basic Natural Posture	
B	Migi Shizen Tai / Hidari Shizen Tai	Right / Left Natural Posture	
C	Jigo Hon Tai	Basic Defensive Posture	
D	Migi Jigo Tai / Hidari Jigo Tai	Right / Left Defensive Posture	
04	Kumikata	Methods of Gripping	
05	Shin Tai	How to Move	
		Forward / Backwards / Sideways/ Diagonally	
06	Kuzushi	Off Balancing of Partner	
		Eight Directions	
07	Nagewaza	Throwing Techniques	
A	Ogoshi	Major Hip Throw	
B	Osoto Gari	Major Outer Reaping	
C	Sasae Tsurikomi Ashi	Propping Drawing Ankle	
D	De Ashi Harai	Advance Foot Sweep	
08	Newaza	Ground Techniques	
A	Hon Kesa Gatame	Scarf Hold	
B	Kata Gatame	Shoulder Hold	
C	Kuzure Kesa Gatame	Broken Scarf Hold	
09	Randori		

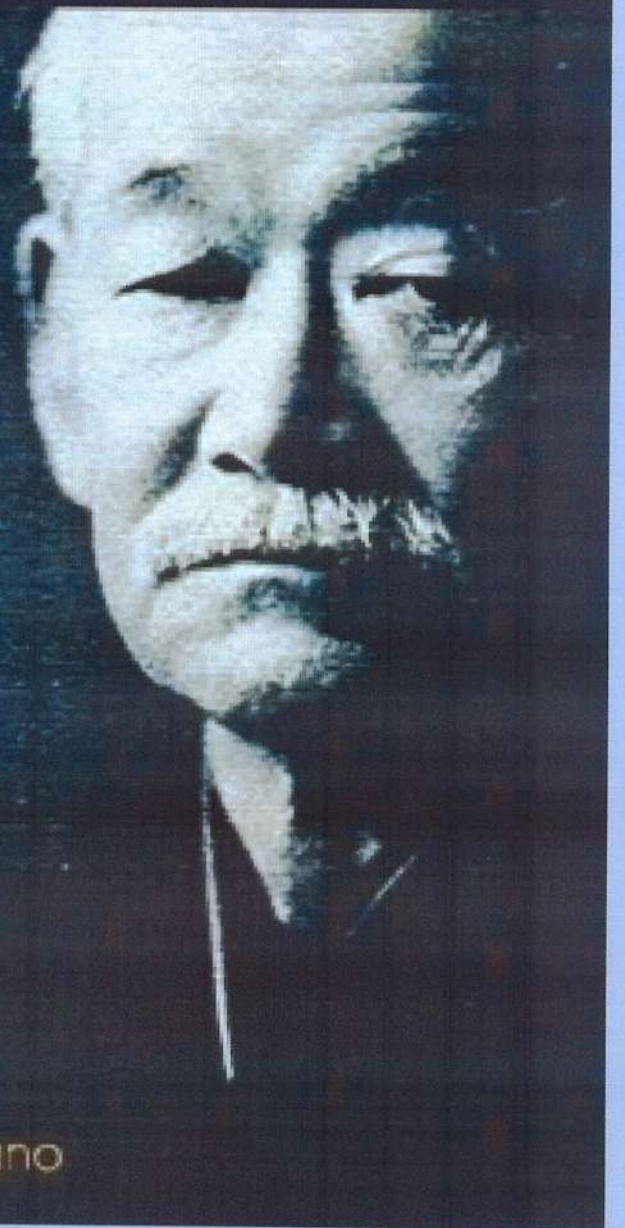
Club / School:
Name of Examiner:

Examiner's Signature:

Date:

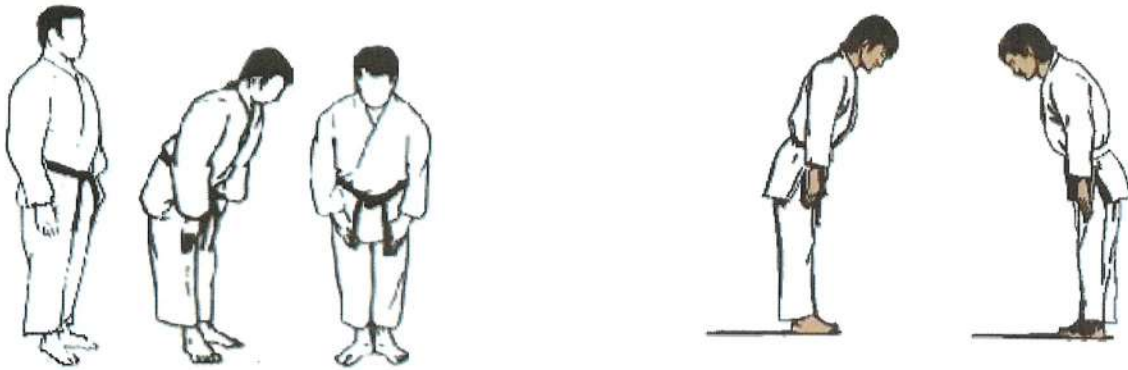
"Bowling is an expression of gratitude and respect. In effect, you are thanking your opponent for giving you the opportunity to improve your technique."

Jigoro Kano



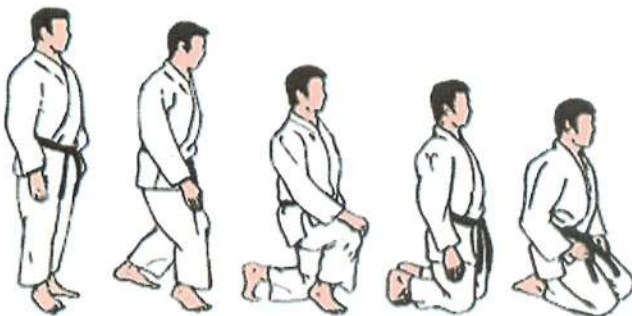
01 . REI (Salutation)

RITSUREI (Bowling while standing)



ZAREI (Bowing while kneeling)

(Part A) - sitting posture



(Part B) - Bowing posture

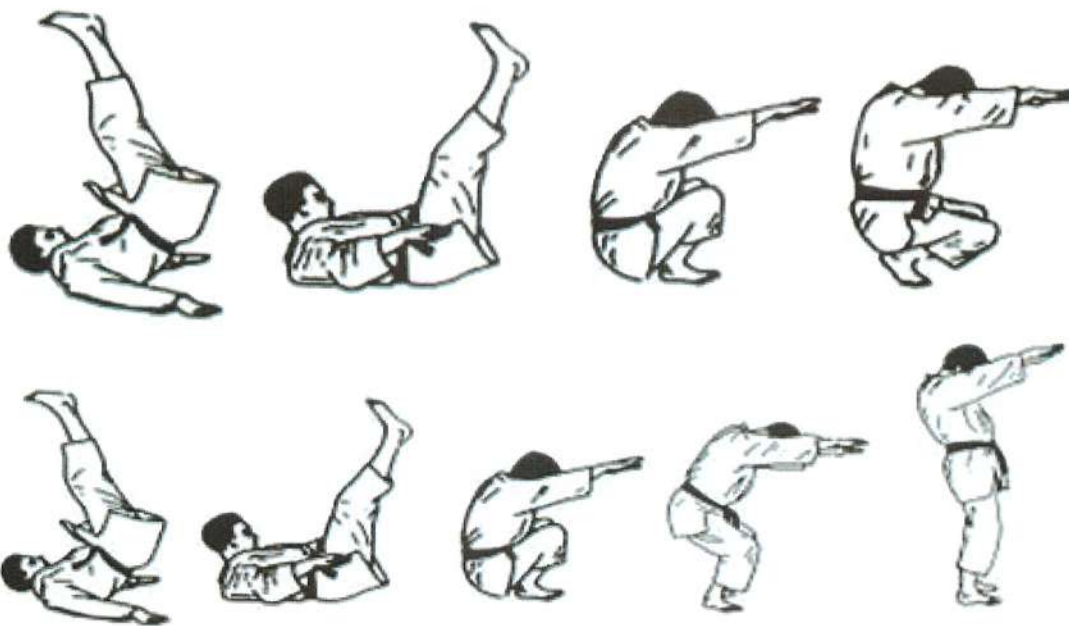


02 UKEMI (Breaking of Fall)

A. Ushiro Ukemi (Breaking of Fall Backwards)

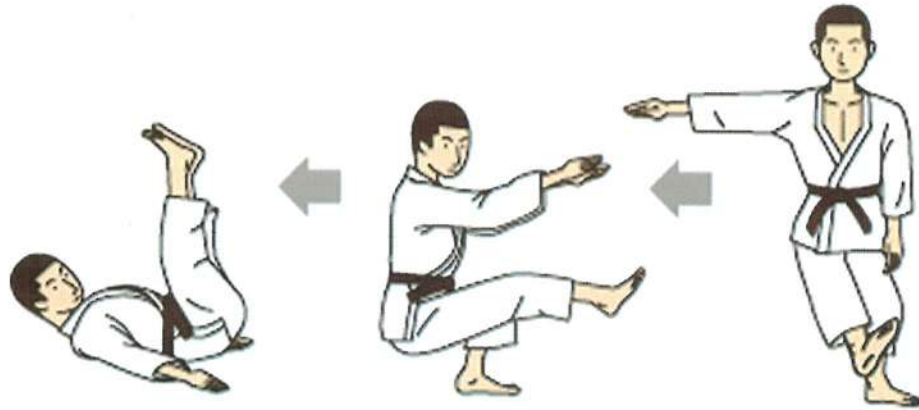


Squatting Backwards



Standing Backwards

B. Yoko Ukemi (Breaking of Fall Sideways)



Falling on the sideways - Right



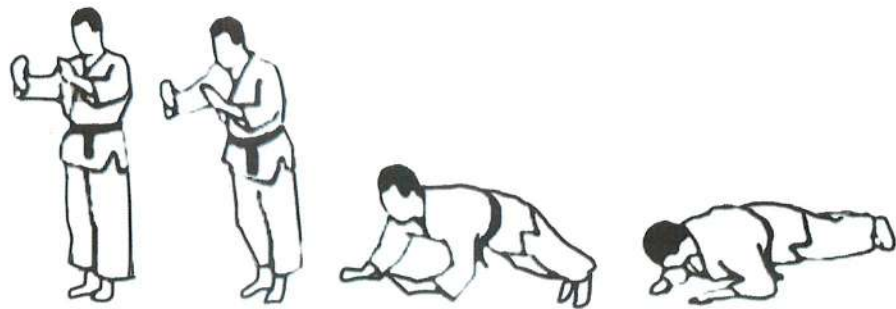
www.judoteacher.net

Falling on the sideways - Left

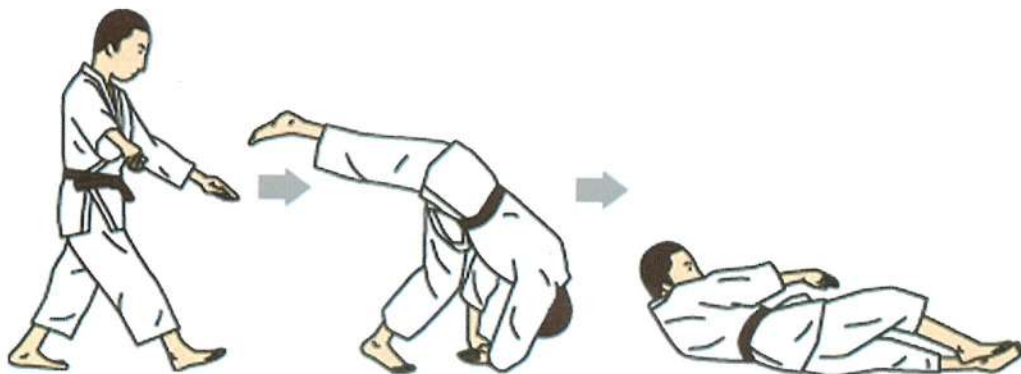
C. Mae Ukemi (Breaking of Fall Forward)



Falling on the front

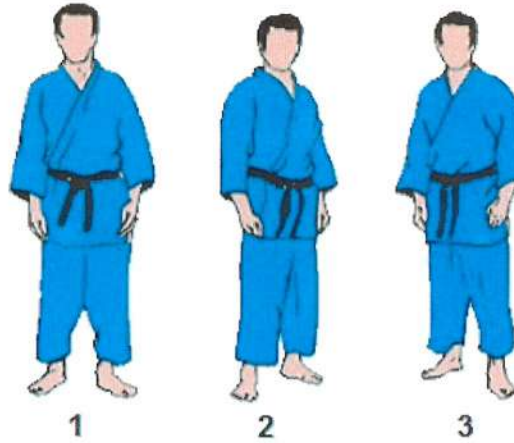


D. Mae Mawari Ukemi (Breaking of Fall Forward Rolling)



03. SHISEI (Posture Movements)

(Shinzentai /Jigotai)



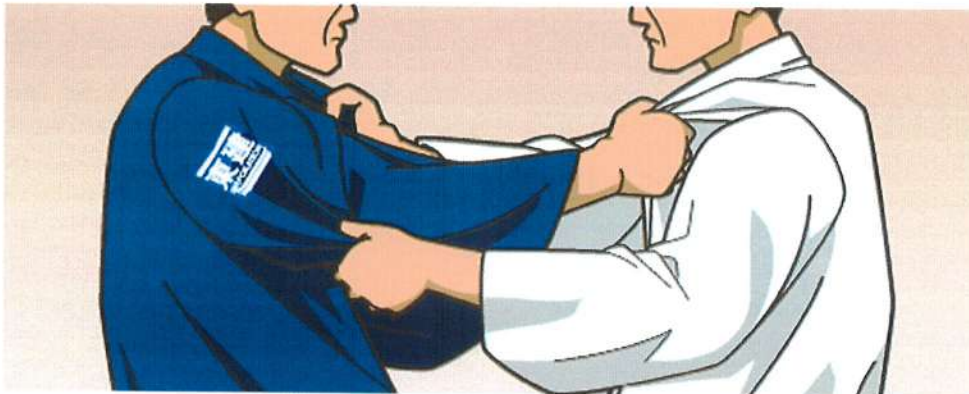
1 Shizen Hon Tai (Basic Natural Posture) 2 Migi Shizen Tai (Right Natural Posture) 3 Hidari Shizen Tai (Left Natural Posture)



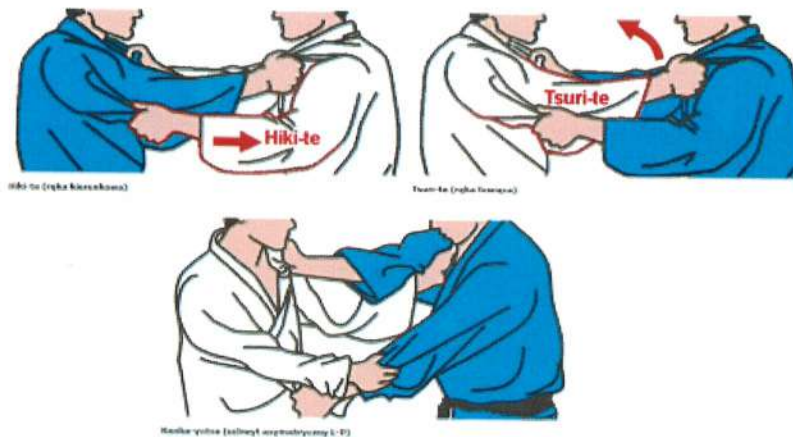
Jigotai - 3 Foot Placements

1 Jigo Hon Tai (Basic Defensive Posture) 2 Migi Jigo Tai (Right Defensive Posture) 3 Hidari Jigo Tai (Left Defensive Posture)

04 Kumikata (Methods of Gripping)



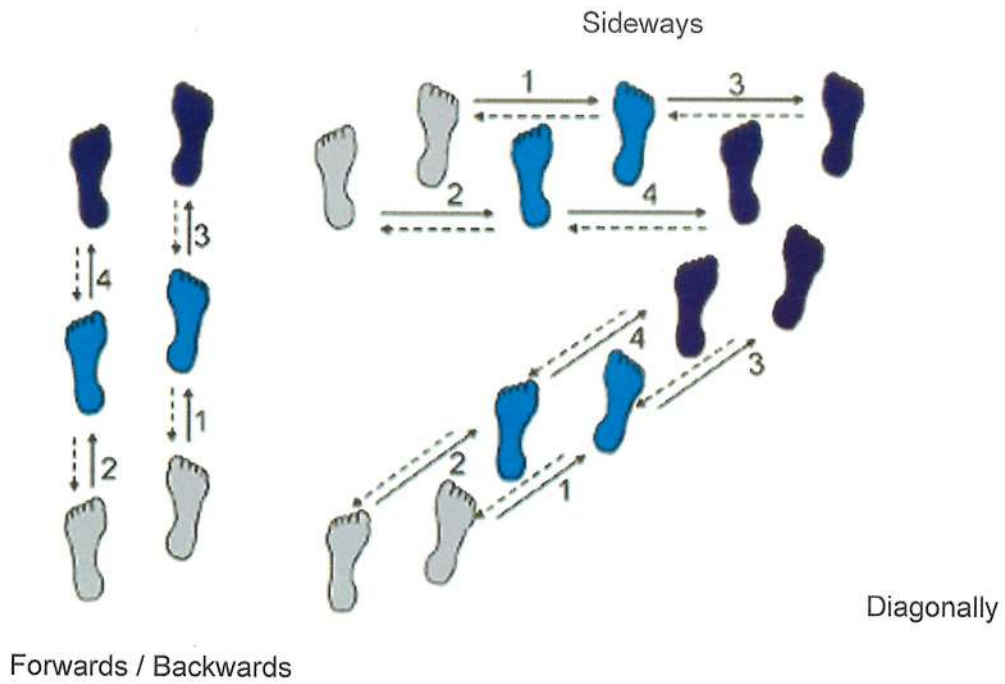
Proper grip from Left and Right



05 Shin Tai (How to Move sliding)

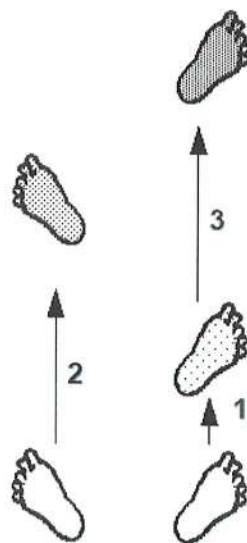
TSUGI - ASHI

" Walking, it is done with no overtaking the feet. Tsugi ashi is a similar movement of the body, backwards or forwards, do side or diagonally but one foot always leads the other. "

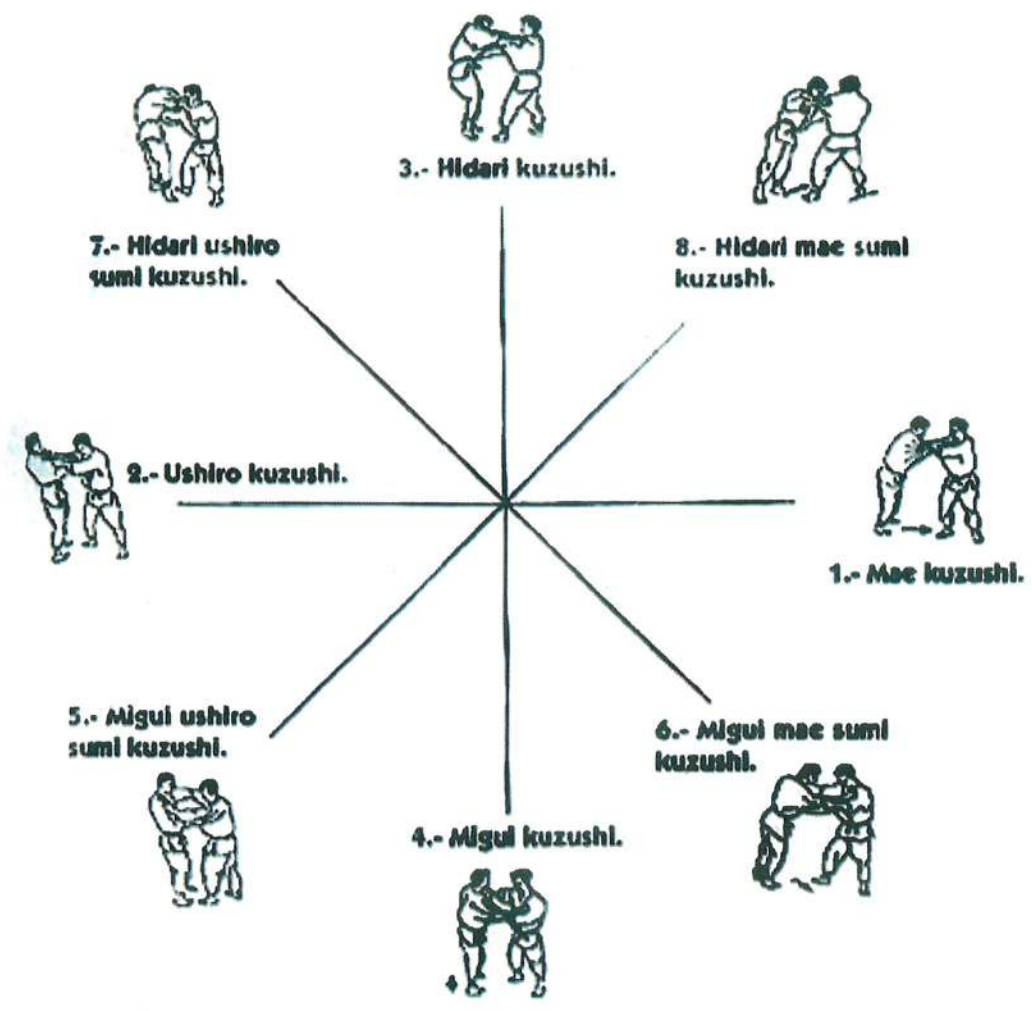


AYUMI ASHI

"Overtake each other's feet while walking. Ayumi ashi, is the natural way to walk forwards and backwards."



AYUMI-ASHI

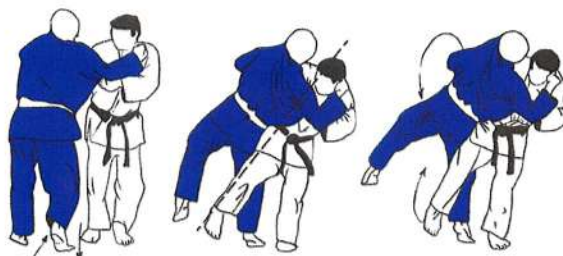


06. Judo Kuzushi (Eight Directions of Breaking Balance)

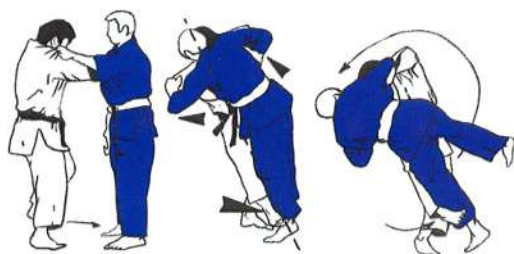
Ogoshi / Major Hip Throw



Osoto Gari / Major Outer Reaping



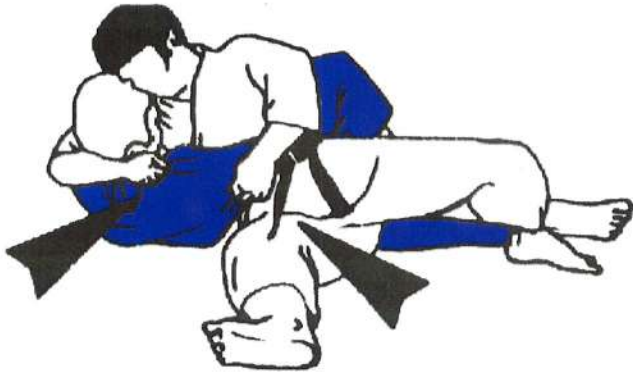
Sasae Tsurikomi Ashi / Propping Drawing Ankle



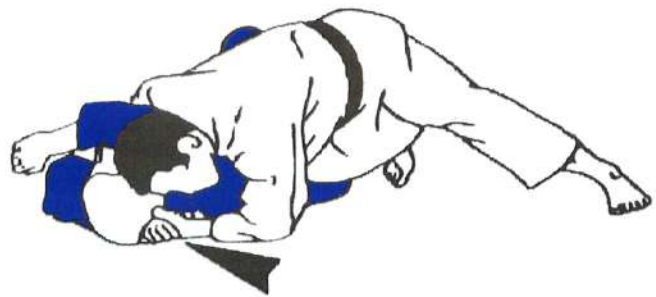
Deashi Barai / Advance Foot Sweep



Hon Kesa Gatame / Scarf Hold



Kata Gatame / Shoulder Hold



Kuzure Kesa Gatame / Broken Scarf Hold



Singapore Judo Federation Judo Grading System

Singapore Judo Federation

Upgrading – 6th Kyu to 5th Kyu (Yellow Tip to Yellow Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Harai Goshi	Sweeping Hip Throw	
B	Hiza Guruma	Kneel Wheel	
C	Ippon Seoi Nage	One Arm Shoulder Throw	
D	Uki Goshi	Floating Hip Throw	
E	Ouchi Gari	Major Inner Reaping	
F	Ko Ouchi Gari	Minor Inner Reaping	
03	Newaza	Ground Techniques	
A	Kuzure kami Shiho Gatame	Broken Upper Four Quarters Hold	
B	Kami Shiho Gatame	Upper Four Quarter Hold	
C	Yoko Shiho Gatame	Side Four Quarter Hold	
D	Ushiro Kesa Gatame	Reverse Scarf Hold	
04	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	

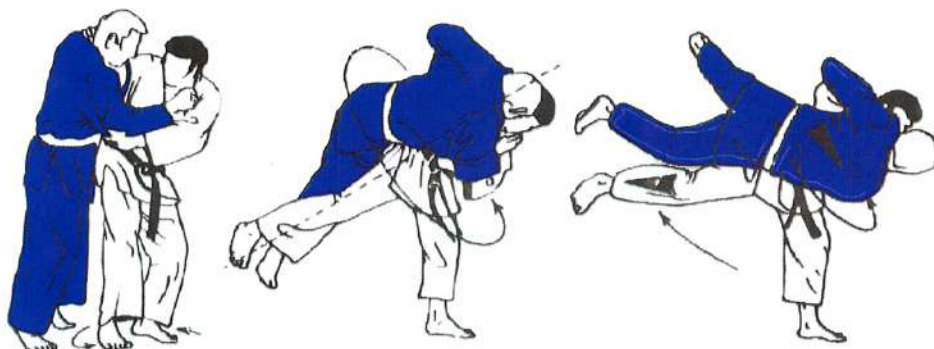
Club / School:

Name of Examiner:

Examiner's Signature:

Date:

Harai Goshi / Sweeping Hip Throw



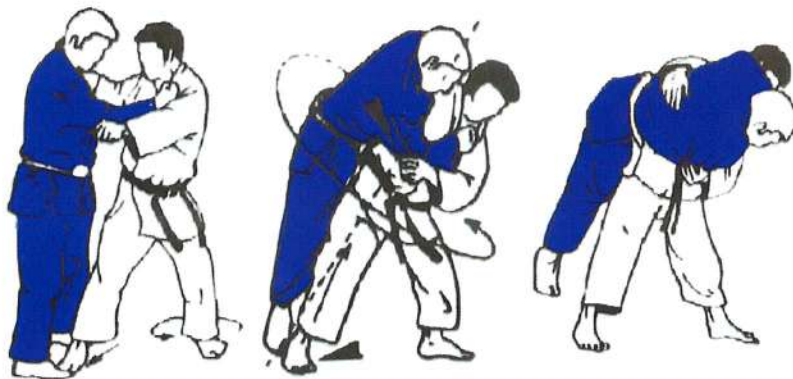
Hiza Guruma / Kneel Wheel



Ippon Seoi Nage / One Arm Shoulder Throw



Uki Goshi / Floating Hip Throw



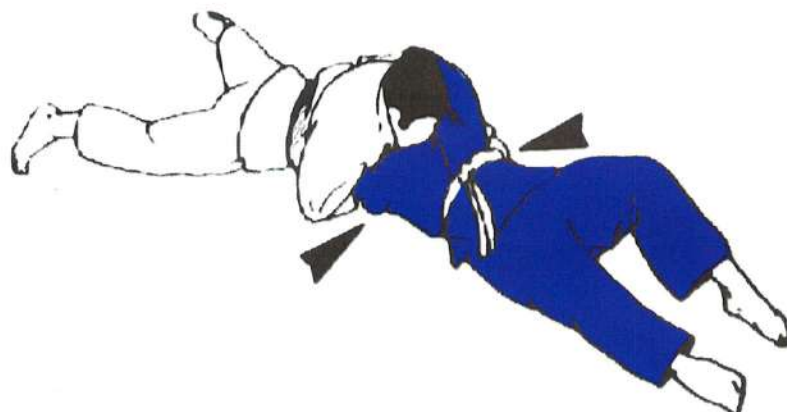
Ouchi Gari / Major Inner Reaping



Ko Uchi Gari / Minor Inner Reaping



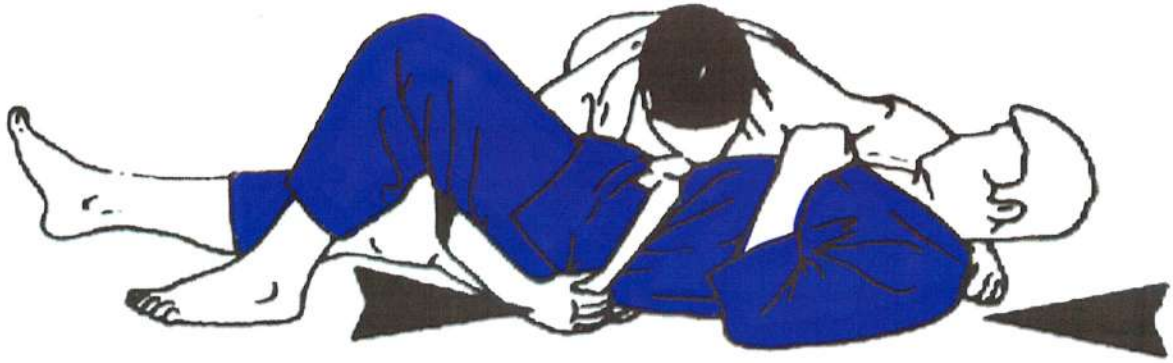
Kuzure Kami Shiho Gatame / Broken 4 Quarters (45degree)



Kami Shiho Gatame / Upper 4 Quarters Hold



Yoko Shiho Gatame / Side 4 Quarters Hold



Ushiro Kesa Gatame / Reverse Scarf Hold



(Both are allowed)



Singapore Judo Federation Judo Grading System

Singapore Judo Federation

Upgrading – 5th Kyu to 4th Kyu (Yellow Belt to Orange Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Tsurikomi Goshi	Lift-Pull Hip Throw	
B	Morote Seoinage	Double Arm Shoulder Throw	
C	Osoto Guruma	Major Outer Wheel	
D	Tai Otoshi	Body Drop	
E	Hane Goshi	Spring Hip Throw	
F	Koshi Guruma	Hip Wheel	
G	Kosoto Gari	Minor Outer Reaping Angle Throw	
03	Newaza	Ground Techniques	
A	Makura Kesa Gatame	Pillow Scarf Hold	
B	Hadaka Jime	Naked Neck Choke	
C	Okuri Eri Jime	Sliding Collar Neck Choke	
D	Kata Ha Jime	Single Wing Neck Choke	
04	Renrakuwaza (3 techniques)	Nagewaza to Newaza	
05	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	

Club / School:

Name of Examiner:

Examiner's Signature:

Date:

Tsurikomi Goshi / Lift-pull Hip Throw



Morote Seoi-nage / Both Arm Shoulder Throw



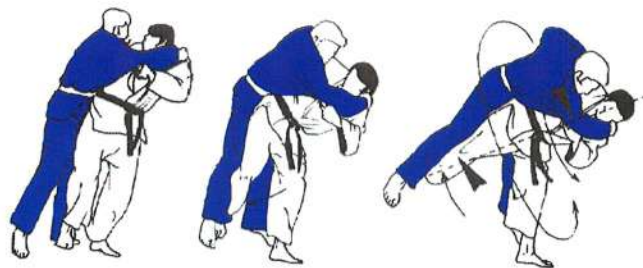
Osoto Guruma / Major Outer Reaping



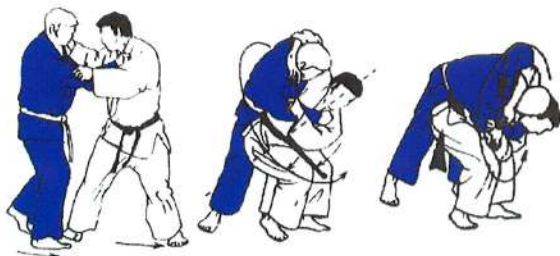
Tai Otoshi / Body Drop



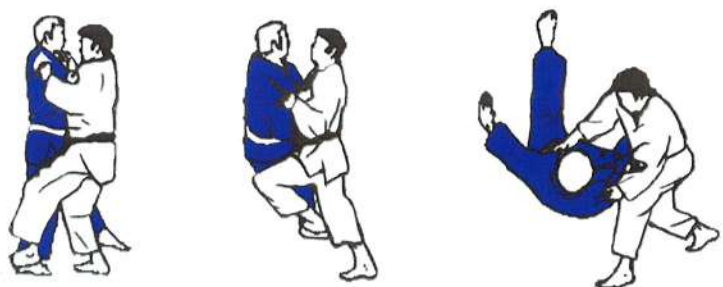
Hane Goshi / Spring Hip



Koshi Guruma / Hip Wheel



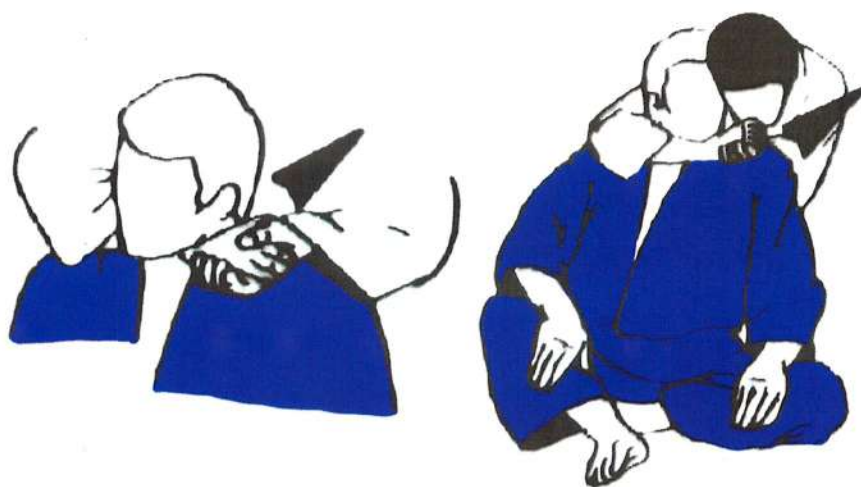
Kosoto Gari / Minor Outer Reaping Angle Throw



Makura Kesa Gatame / Pillow Scarf Hold



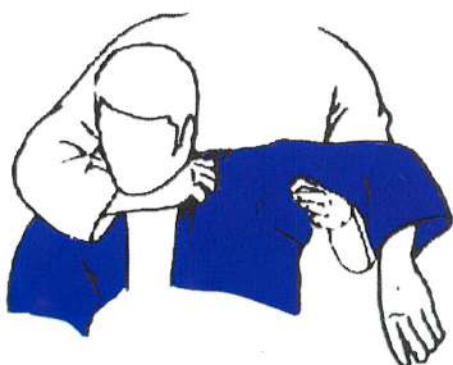
Hadaka Jime / Naked Neck Lock



Okuri Eri Jime / Sliding Collar Neck Lock



Kata Ha Jime / Single Wing Neck Lock



Singapore Judo Federation Judo Grading System

Singapore Judo Federation

Upgrading – 4th Kyu to 3rd Kyu (Orange Belt to Green Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Harai Tsurikomi Ashi	Sweeping Lift-Pull Foot	
B	Okuri Ashi Harai	Pursuit Foot Sweep	
C	Uchi Mata	Inner Thigh Throw	
D	Sumi Gaeshi	Corner Throw	
E	Tomoe Nage	Stomach Throw	
F	Yoko Otoshi	Side Drop	
G	Kosoto Gake	Minor Outer Hook Throw	
03	Newaza	Ground Techniques	
A	Tate Shiho Gatame	Lengthwise Four Quarter hold	
B	Ashi Gatame	Arm Lock with Leg	
C	Kata Juji Jime	Half Cross Neck Choke	
D	Gyaku Juji Jime	Reverse Cross Neck Choke	
E	Nami Juji Jime	Normal Cross Neck Choke	
04	Renrakuwaza (3 techniques)	Nagewaza to Newaza	
	Renrakuwaza (3 techniques)	Newaza to Newaza	
05	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	

Club / School:
Name of Examiner:

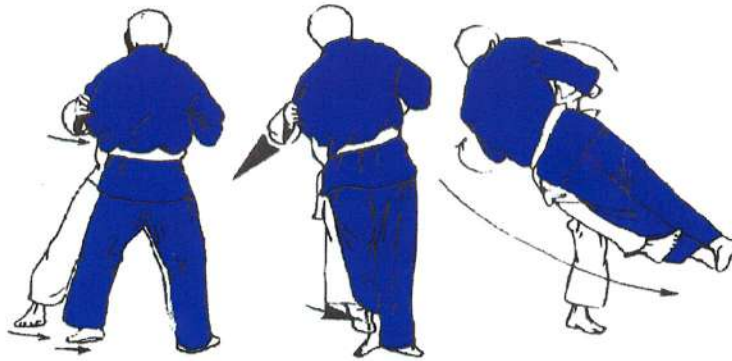
Examiner's Signature:

Date:

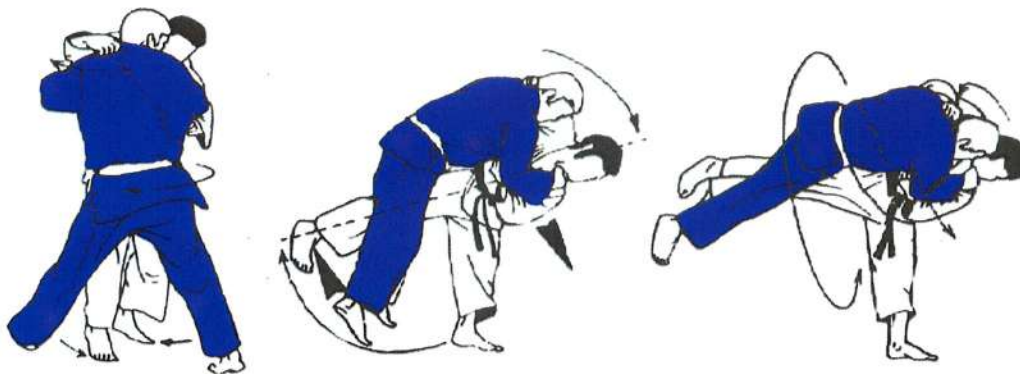
Harai Tsurikomi Ashi / Sweeping Lift-Pull Foot



Okuri Ashi Harai / Pursuit Foot Sweep



Uchi Mata / Inner Thigh Throw



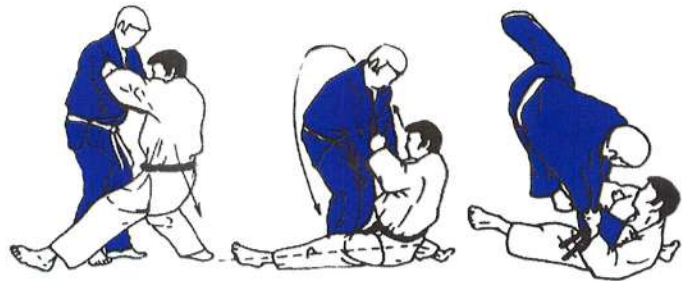
Sumi Gaeshi / Corner Throw



Tomoe Nage / Stomach Throw



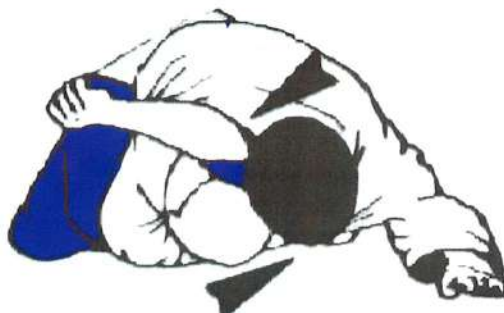
Yoko Otoshi / Side Drop



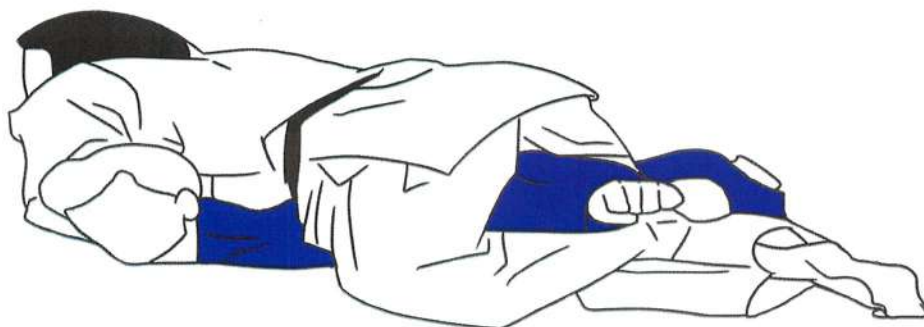
Kosoto Gake / Minor Outer Hook Throw



Tate Shiho Gatame / Lengthwise 4 Quarters Hold



Ashi Gatame / Arm Lock with Leg

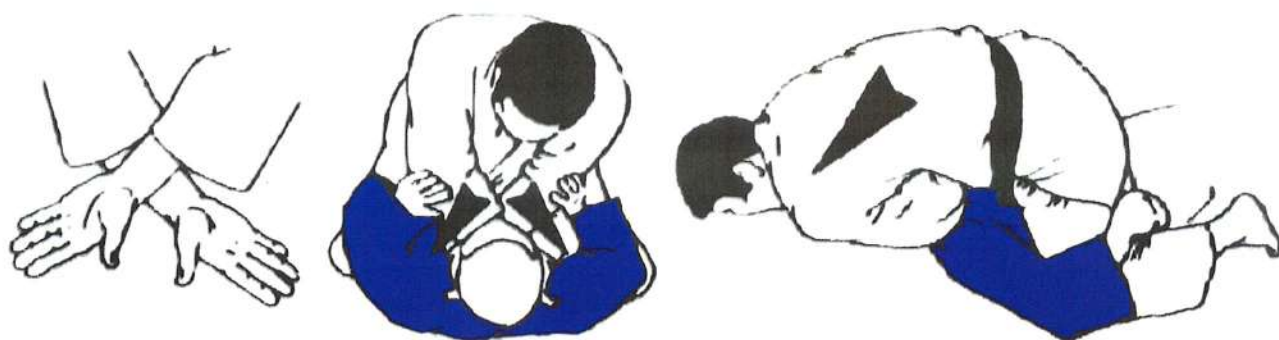


Kata Juji Jime / Half Cross Neck Lock



(do not roll over)

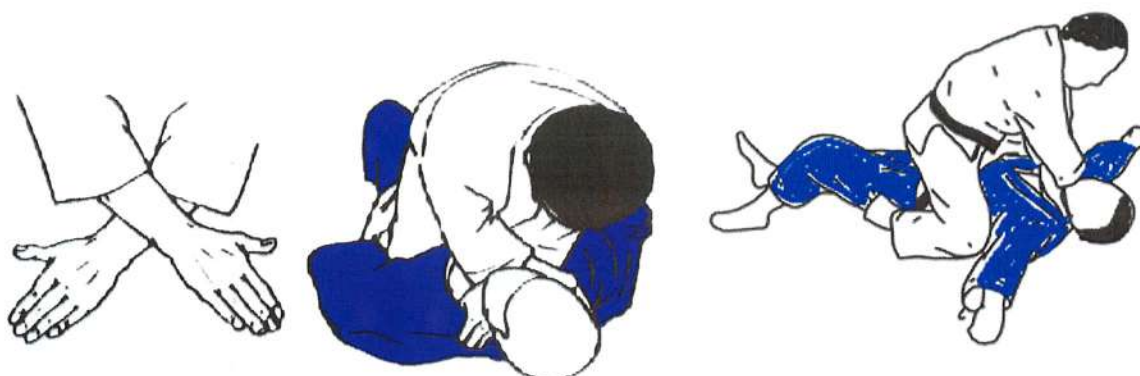
Gyaku Juji Jime / Reverse Cross Neck Lock



(roll over to the left)



Nami Juji Jime / Normal Cross Neck Lock



(do not roll over)

Singapore Judo Federation Judo Grading System

Upgrading – 3rd Kyu to 2nd Kyu (Green Belt to Blue Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Ashi Guruma	Leg Wheel	
B	Morote Gari	Two Arm Clip	
C	Kata Guruma	Shoulder Wheel	
D	Uchi Makikomi	Inner Winding throw	
E	Soto Makikomi	Outer Winding Throw	
F	Yoko Guruma	Side Wheel	
G	Yoko Gake	Side Dash	
H	Sukui Nage	Scoop Throw	
03	Newaza	Ground Techniques	
A	Waki Gatame	Armpit Arm Lock	
B	Ude Gatame	Arm Lock with Arm	
C	Juji Gatame	Cross Arm Lock	
D	Ude Garami	Entangle Arm Lock	
04	Escaping Measures against Grappling. eg. 1. Kesa Gatame, 2. Kami Shiho Gatame, 3. Yoko Shiho Gatame, 4. Kuzure Kesa Gatame, 5. Kata Gatame, 6. Ushiro Kesa Gatame 7. Makura Kesa Gatame 8. Kuzure Kami Shiho Gatame	(Show any 8 escaping techniques)	
05	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	
	Bout 3	VS	

Club / School:
Name of Examiner:

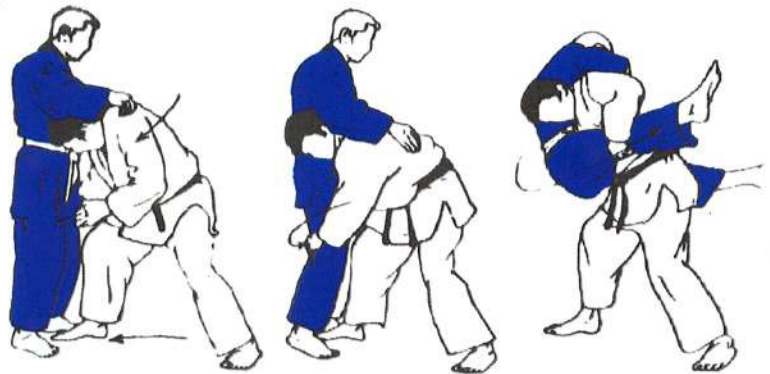
Examiner's Signature:

Date:

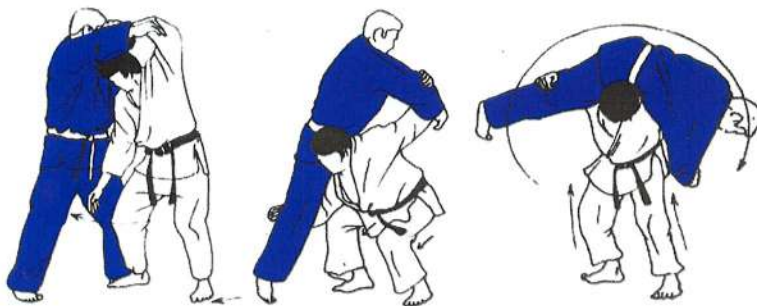
Ashi Guruma / Leg Wheel



Morote Gari / Two Arm Clip



Kata Guruma / Shoulder Wheel



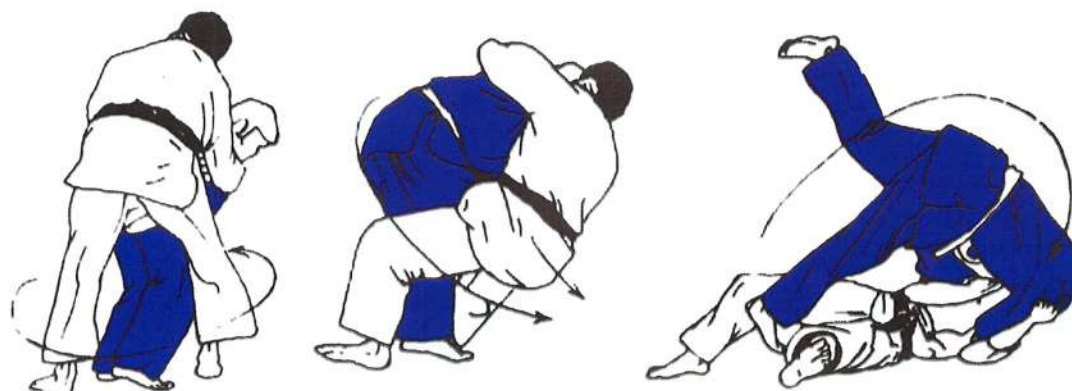
Uchi Maki Komi / Inner Winding Throw



Soto Maki Komi / Outer Winding Throw



Yoko Guruma / Side Wheel



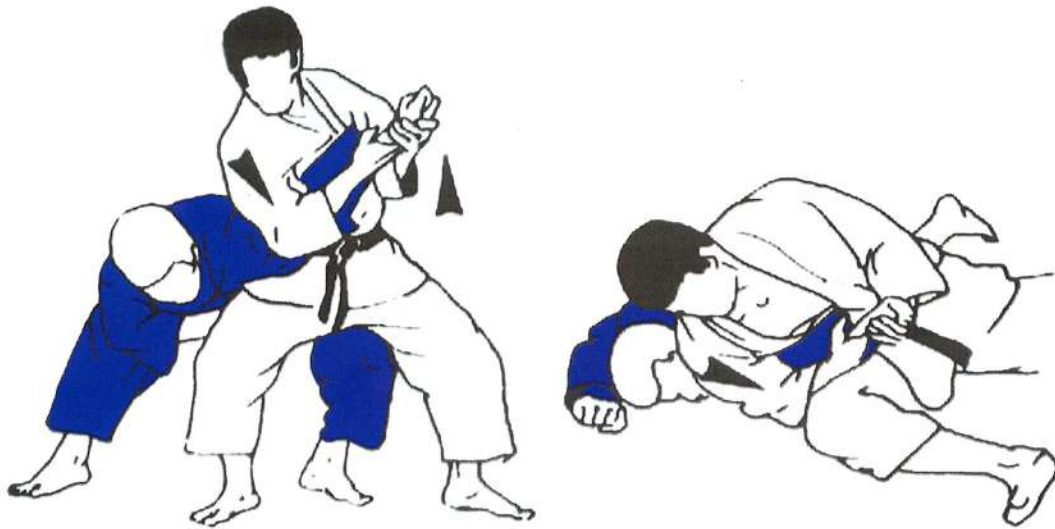
Yoko Gake / Side Dash



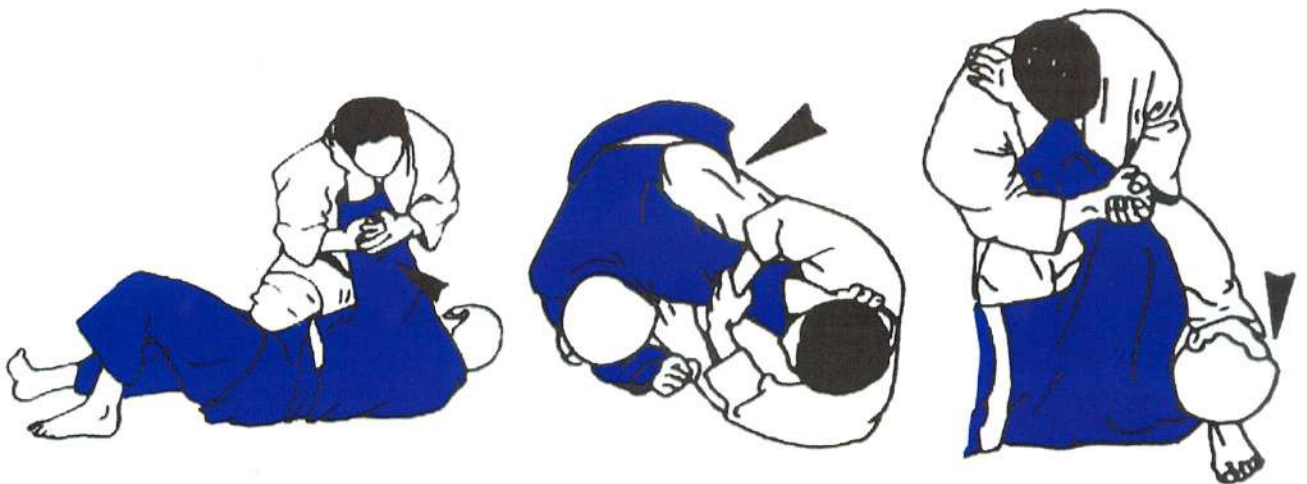
Sukui Nage / Scoop Throw



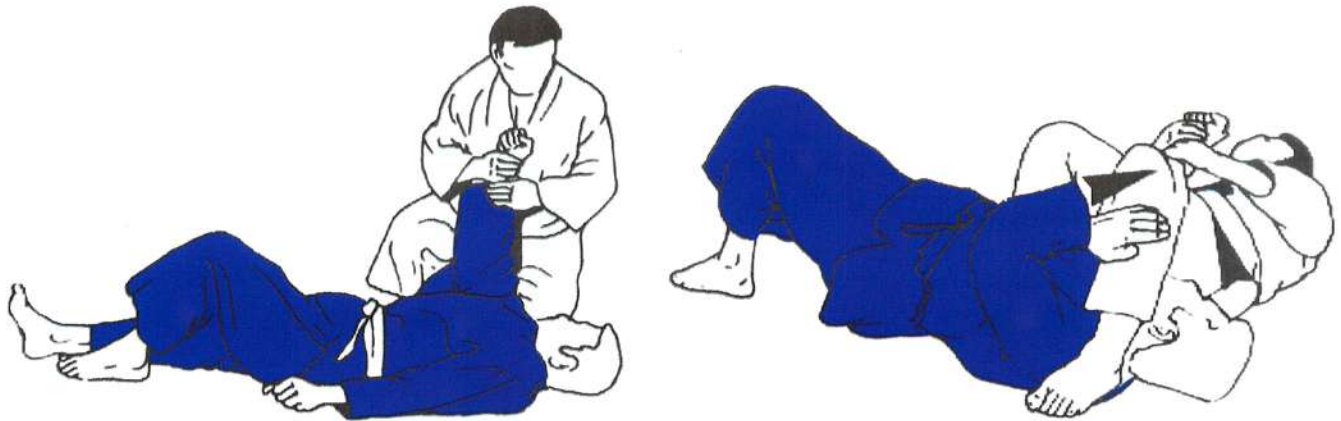
Waki Gatame / Armpit Arm Lock (Standing or Ground)



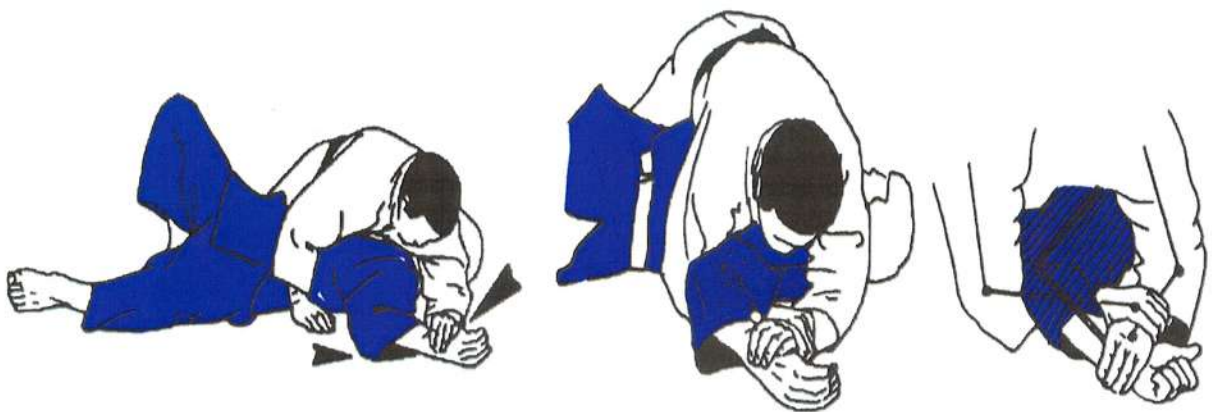
Ude Gatame / Arm Lock with Arm



Juji Gatame / Cross Arm Lock



Ude Garami / Entangle Arm Lock



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→

Singapore Judo Federation Judo Grading System

Upgrading – 2nd Kyu to 1st Kyu (Blue Belt to Brown Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Yama Arashi	Mountain Storm	
B	Sumi Otoshi	Corner Drop	
C	Uki Otoshi	Floating Drop	
D	Kuchiki Daoshi	Dead Tree Drop	
E	Utsuri Goshi	Changing Hip Throw	
F	Ushiro Goshi	Rear Hip Throw	
G	Harai Makikomi	Sweeping Wrap Round Throw	
H	Hane Makikomi	Spring Wrap Round Throw	
03	Newaza	Ground Techniques	
A	Hiza gatame	Knee Arm lock	
B	Hara Gatame	Stomach Arm lock	
C	Gyaku Ude Garami	Reverse Entangle Arm Lock	
D	Sankaku Jime	Triangular Choke	
04	Approach to Grappling	(Show 6 approaches to grappling techniques)	
05	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	
	Bout 3	VS	

Club / School:
Name of Examiner:

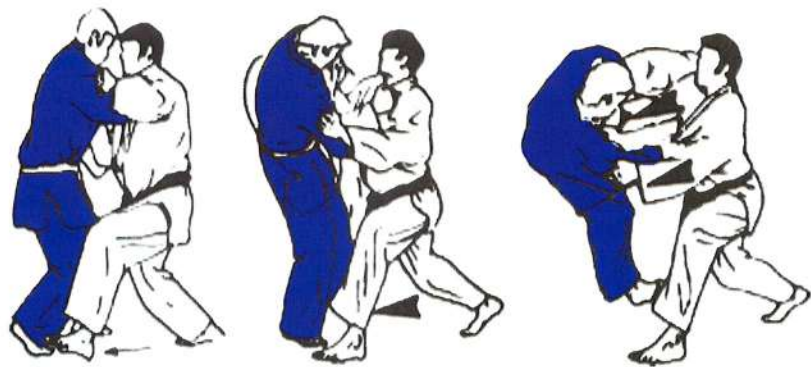
Examiner's Signature:

Date:

Yama Arashi / Mountain Storm



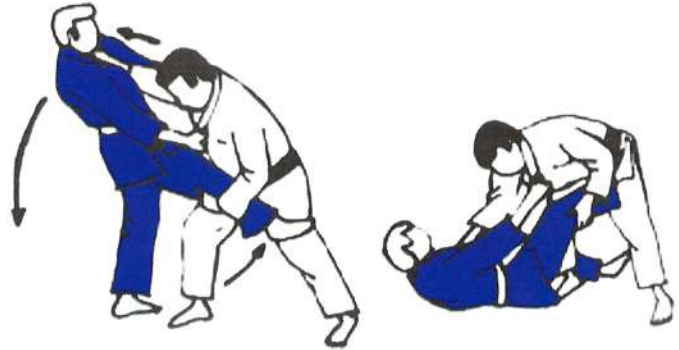
Sumi Otoshi / Corner Drop



Uki Otoshi / Floating Drop



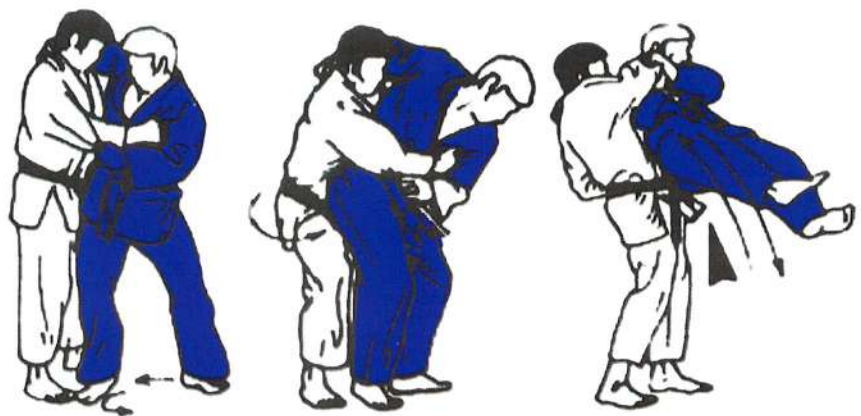
Kuchiki Daoshi / Dead Tree Drop



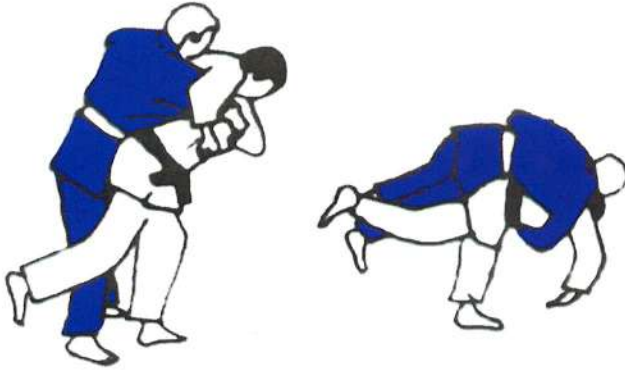
Utsuri Goshi / Changing Hip Throw



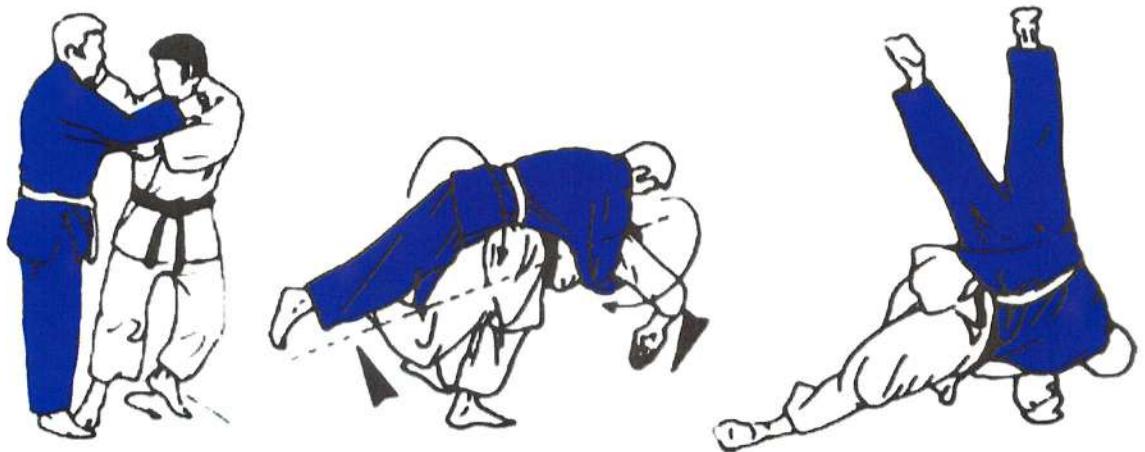
Ushiro Goshi / Rear Hip Throw



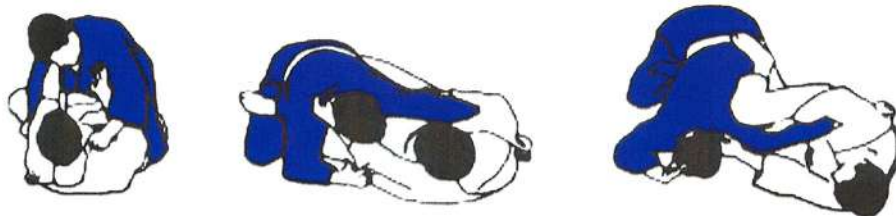
Harai Makikomi / Sweeping Wrap Round Throw



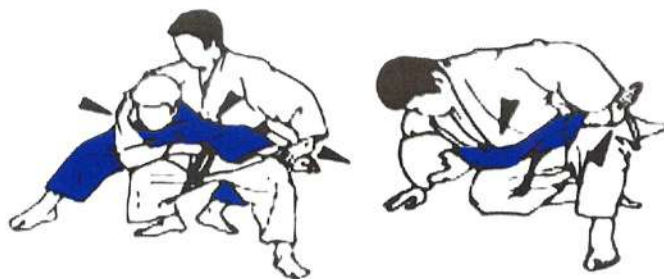
Hane Makikomi / Spring Wrap Round



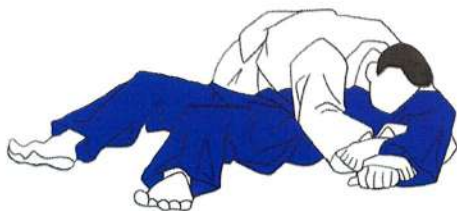
Hiza Gatame / Knee Arm Lock



Hara Gatame / Stomach Arm Lock



Gyaku Ude Garami / Reverse Entangle Arm Lock



Sankaku Jime / Triangular Choke



NAMES OF THE DIFFERENT PARTS OF A JUDO GI





The Judogi is important

" The way one takes care of how one looks and dresses in daily life, the same care and attention are required when we put on a judogi to practice judo, whether it's for physical exercise, randori, or in a competition.

At every moment it's important to be as flawless as possible. Whenever a randori ends, before greeting and thanking the partner , as a sign of respect to him or her, we must ensure that the judogi and belt are in order.

This habit allows us to be ready to greet our next companion in a proper way."

By Maestro Hiroshi Katanishi (8th Dan).



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