



Singapore Judo Federation
Grading Structure For Judo Junior Grades (MON) and
Colour of Belt Worn

<u>Junior Grade (MON)</u>	<u>Belt Colour</u>
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

- From six Years old to 13 years old below.
- Red ½ inch wide Bar sewn or gummed onto one belt end.
- When the Mon grade reaches 13 years old regardless what MON grade one is holding they are able to take the KYU grade, to 4th KYU or 3rd KYU depending on the standard.

SINGAPORE JUDO FEDERATION

CRITERIA FOR PROMOTION

NOVICE TO 1ST MON – WHITE BELT 1 BAR

How to wear the Judo Gi / Belt	Student demonstrate
Dojo Rules, Manners and Attitude	Explain / Show
Tai So (Free Hand Warm Up Exercise)	Show BEFORE AND AFTER class
Salutation (Bowing)	Standing and Kneeling Bow
Ukemi (Breakfalls)	Ushiro (Sitting Back Fall) Mae (Kneeling Front Fall)
Kuzushi (Breaking Balance)	Four Directions of Unbalancing
Kumi Kata (Gripping)	Demonstrate Defensive holds
Posture Stances (Basic Natural Posture) (Right/Left Natural Posture)	Shizen Hontai Migi / Hidari Shizentai
Techniques Nage Waza (Throwing)	O Goshi (Hip Throw) Sasae Tsurikomi Ashi (Drawing Angle)
Ne Waza (Ground)	Kesa Gatame (Scarf Hold)

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CRITERIA FOR PROMOTION

1st MON TO 2nd MON – WHITE BELT 2 BAR

Ukemi

(Breakfalls)

Mae (Standing Falling Forward)

Ushiro (Squatting Falling Backward)

Yoko (Side Sitting Right / Left Falling)

Kuzushi

(Breaking Balance)

Four Directions of Unbalancing

Posture Stances

(Basic Defensive Posture)

Jigo Hontai

(Right / Left Defensive Posture)

Migi / Hidari Jigotai

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Uki-Goshi (Floating Hip Throw)

Hiza Guruma (Knee Throw)

Ne Waza(Ground)

Kuzure Kesa Gatame (Broken Scraf Hold)

SINGAPORE JUDO FEDERATION

CRITERIA FOR PROMOTION

2nd MON TO 3rd MON – YELLOW BELT 1 BAR

Ukemi

(Breakfalls)

Ushiro (Falling Backward)

Yoko (Side Squatting Right / Left Falling)

Zenpo Kiten

Front Kneeling Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Osoto Gari (Major Outer Reaping)

Ippon Seoi Nage (One Arm shoulder Throw)

Ne Waza(Ground)

Kami Shiho Gatame (Upper Four Quarters Hold)

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CRITERIA FOR PROMOTION

3rd MON TO 4th MON – YELLOW BELT 2 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Standing Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Tai Otoshi (Body Drop)

Osoto Guruma (Major Outer Wheel Throw)

Ne Waza(Ground)

Yoko Shiho Gatame (Side Four Quarters Hold)

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CRITERIA FOR PROMOTION

4th MON TO 5th MON – ORANGE BELT 1 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Moving Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Ko Uchi Gari (Minor Inner Reaping)

O Uchi Gari (Major Inner Reaping)

Ne Waza(Ground)

Makura Kesa Gatame (Pillow Scarf Hold)

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CRITERIA FOR PROMOTION

5th MON TO 6th MON – ORANGE BELT 2 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Moving Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

De Ashi Harai (Advance Foot Sweep)

Koshi Guruma (Neck Winding Throw)

Ne Waza(Ground)

Ushiro Kesa Gatame (Reverse Scarf Hold))

SINGAPORE JUDO FEDERATION

CRITERIA FOR PROMOTION

6th MON TO 7th MON – GREEN BELT 1 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Moving Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Okuri Ashi Barai (Pursuit Foot Sweep)

Yoko Otoshi (Side Drop)

Osoto Gake (Major Outer Hook)

Ne Waza(Ground)

Kuzure Kami Shio Gatame

(Broken Upper Four Quarters Hold)

Approach to Grappling Techniques (2 Sets)

SINGAPORE JUDO FEDERATION

CRITERIA FOR PROMOTION

7th MON TO 8th MON – GREEN BELT 2 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Moving Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Yoko Gake (Side Dash)

Morote Gari (Both Arm Grab Throw)

Harai Tsurikomi Ashi (Sweeping Drawing Angle Throw)

Ne Waza(Ground)

Tate Shiho Gatame

(Lengthwise Upper Four Quarters Hold)

Approach to Grappling Techniques (2 Sets)

SINGAPORE JUDO FEDERATION

CRITERIA FOR PROMOTION

8th MON TO 9th MON – BLUE BELT 1 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Moving Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Ashi Guruma (Leg Wheel Throw)

O Guruma (Big Wheel Throw)

Uchi Mata (Inner Thigh Throw)

Uchi Makikomi (Inner Winding Throw)

Defence Measures against Grappling Techniques (2 sets)

SINGAPORE JUDO FEDERATION

CRITERIA FOR PROMOTION

9th MON TO 10th MON – BLUE BELT 2 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Moving Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Osoto Otoshi (Major Outer Drop)

Hane Goshi (Spring Hip Throw)

Harai Goshi (Sweeping Hip Throw)

Osoto Makikomi (Outer Winding Throw)

Defence Measures against Grappling Techniques (2 sets)

SINGAPORE JUDO FEDERATION

CRITERIA FOR PROMOTION

10th MON TO 11th MON – BROWN BELT 1 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Moving Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Suki Nage (Scooping Throw)

Sumi Gaeshi (Corner Throw)

Kosoto Gari (Minor Outer Reaping Angle Throw)

Hane Makikomi (Spring Hip Wrap Round Throw)

Gaeshi Waza

Counter Techniques (3sets)

SINGAPORE JUDO FEDERATION

CRITERIA FOR PROMOTION

11th MON TO 12th MON – BROWN BELT 2 BAR

Ukemi

(Breakfalls)

Ushiro (Moving Falling Backward)

Yoko (Side Moving Right / Left Falling)

Zenpo Kiten

Front Standing Break Fall Roll (Right / Left)

Kuzushi

(Breaking Balance)

Eight Directions of Unbalancing

Kumi Kata

(Gripping)

Forms of Holding the Judogi

Techniques

Nage Waza (Throwing)

Uki Waza (Floating Throw)

Yoko Guruma (Side Wheel Throw)

Kosoto Gake (Minor Outer Hook Throw)

Hari Makikomi (Sweeping Wrap Round Throw)

Renraku Waza

Combination Techniques (3sets)