



Daruma Judo Club

Grading Requirement (aged under 16)

Yellow 5th Kyu

Osoto gari 大外刈

Uki goshi 浮腰

Tai otoshi 体落

Mune gatame 胸固

Kesa gatame 袈裟固

Kami shiho gatame 上四方固

Orange 4th Kyu

De ashi barai 出足払

O goshi 大腰

Seoi nage 背負投

Sasae tsurikomi ashi 支釣込足

Hiza guruma 膝車

Ouchi gari 大内刈

Kuzure kesa gatame 崩袈裟固

Tate shiho gatame 縦四方固

Green 3rd Kyu

Kosoto gari 小外刈

Kouchi gari 小内刈

Tsubame gaeshi 燕返

Utsuri goshi 移腰

Osoto gaeshi 大外返

Ouchi gaeshi 大内返

Harai goshi 払腰

Yoko shiho gatame 横四方固

Kata gatame 肩固

Blue 2nd Kyu

Tsurikomi goshi 釣込腰

Sode tsurikomi goshi 袖釣込腰

Uchi mata 内股

Hane goshi 跳腰

Yoko otoshi 横落

Tani otoshi 谷落

Tomoe nage 巴投

Ushiho kesa gatame 後袈裟固

Kuzure kamishihō gatame 崩上四方固

Brown 1st Kyu

Koshi guruma 腰車

Kata guruma 肩車

Kouchi makikomi 小内巻込

Soto makikomi 外巻込

Uchi makikomi 内巻込

Hane makikomi 跳巻込

Harai makikomi 払巻込

Nage no kata 投の形 (一) 3 techniques

Katame no kata 固の形 (一) 5 techniques

**Grading requirement
(aged 16 and above)**

According to Gokyu no Waza

Level	No. of Technique	Credits
White 6th Kyu Lv. 1	1	-
White 6th Kyu Lv. 2	2	-
White 6th Kyu Lv. 3	4	-
Yellow 5th Kyu	6	-
Yellow 5th Kyu Lv. 1	8	-
Yellow 5th Kyu Lv. 2	10	-
Yellow 5th Kyu Lv. 3	12	-
Orange 4th Kyu	14	3
Orange 4th Kyu Lv. 1	16	-
Orange 4th Kyu Lv. 2	18	-
Orange 4th Kyu Lv. 3	20	-
Green 3rd Kyu	23	8
Green 3rd Kyu Lv. 1	25	-
Green 3rd Kyu Lv. 2	27	-
Green 3rd Kyu Lv. 3	29	-
Blue 2nd Kyu	32	15
Blue 2nd Kyu Lv. 1	35	-
Blue 2nd Kyu Lv. 2	39	-
Blue 2nd Kyu Lv. 3	39 + 1 set Kata	-
Brown 1st Kyu	39 + 2 sets Kata	21

Student who applies for their grading will need to fulfil the above requirement.

Eg. Apply for Blue belt will need to complete techniques in their own grade together with the rest of the techniques in the previous grades.

To show understanding of the techniques, green or above need to explain the difference for similar techniques.

Credits: (Participation)

Internal Competition = 1 credit

External Competition = 3 credits

Overseas Competition/Training = 5 credits

Internal Competition Referee = 1 credit

Student Assistance for 1 Term = 1 credit