

## Grading System

The grading system forms the basis for recognizing each player'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 the grade.

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

1. the under-16 or Mon grades
2. the student or Kyu grades
3. the 'master' or Dan grades

The Dan grade belt colour is international.

Grade examinations 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 tests 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 Colour of Belt Worn

Junior Grade	Belt Colour	Senior Grade	Belt Colour
Beginner/novice	White Belt	Beginner/novice	White
1 <sup>st</sup> Mon	White Belt + 1 Bar	6 <sup>th</sup> Kyu	Yellow Tip
2 <sup>nd</sup> Mon	White Belt + 2 Bar	(8 inches in length)	Yellow
3 <sup>rd</sup> Mon	Yellow Belt + 1 Bar	5 <sup>th</sup> Kyu	Yellow
4 <sup>th</sup> Mon	Yellow Belt + 2 Bar	4 <sup>th</sup> Kyu	Orange
5 <sup>th</sup> Mon	Orange Belt + 1 Bar	3 <sup>rd</sup> Kyu	Green
6 <sup>th</sup> Mon	Orange Belt + 2 Bar	2 <sup>nd</sup> Kyu	Blue (Sky Blue)
7 <sup>th</sup> Mon	Green Belt + 1 Bar	1 <sup>st</sup> Kyu	Brown
8 <sup>th</sup> Mon	Green Belt + 2 Bar	1 <sup>st</sup> Dan	Black
9 <sup>th</sup> Mon	Blue Belt + 1 Bar	2 <sup>nd</sup> Dan	Black
10 <sup>th</sup> Mon	Blue Belt + 2 Bar	3 <sup>rd</sup> Dan	Black
11 <sup>th</sup> Mon	Brown Belt + 1 Bar	4 <sup>th</sup> Dan	Black
12 <sup>th</sup> Mon	Brown Belt + 2 Bar	5 <sup>th</sup> Dan	Black
		6 <sup>th</sup> Dan	Red & White*
		7 <sup>th</sup> Dan	Red & White*
		8 <sup>th</sup> Dan	Red & White*
		9 <sup>th</sup> Dan	Red
		10 <sup>th</sup> Dan	Red

\* Red ½ inch wide bar sewn or gummed onto one belt end

The 11<sup>th</sup> and 12<sup>th</sup> Dan grades are technically possible to achieve but have yet to be awarded to date.

Further to this, reference can also be made to the rules of the Singapore Judo Federation grading authority rules.

SINGAPORE JUDO FEDERATION  
KYU UPGRADING CRITERIA

- 6<sup>th</sup> - 5<sup>th</sup> Kyu
- i. Perform item Utkeme, Postur & Kuzushi
  - ii. Perform 3 Nagawaza & 3 Newaza
  - iii. Randori with senior grade judoka
- 5<sup>th</sup> - 4<sup>th</sup> Kyu
- i. Perform 3 Negawaza & 3 Newaza
  - ii. 1 Bout Shiai
- 4<sup>th</sup> - 3<sup>rd</sup> Kyu
- i. Perform 3 Negawaza & 2 Newaza
  - ii. 1 Bout Shiai
- 3<sup>rd</sup> - 2<sup>nd</sup> Kyu
- i. Perform 3 Negawaza & 1 Newaza
  - ii. 2 Bout Shiai
- 2<sup>nd</sup> - 1<sup>st</sup> Kyu
- i. Perform 3 Negawaza & 2 Newaza
  - ii. 2 Bout Shiai
- 3<sup>rd</sup> - 2<sup>nd</sup> Kyu
- Results
  - ✓ Passed - 1 Win
  - ✓ Passed - 1 Win (if play with higher Grade Opponent)
  - ✓ 3 months Probation - to be decided by the Examiner when the examinee do well in the Kata & quite ok in the Shiai (lose in Shiai)
  - ✓ Failed - 2 Loses (No Win or No Draw after 2 or 3 Bouts of Shiai)
- 4<sup>th</sup> - 3<sup>rd</sup> Kyu
- Results
  - ✓ Passed - 1 Win
  - ✓ Passed - 1 Win (if play with higher Grade Opponent)
  - ✓ 3 months Probation - to be decided by the Examiner when the examinee do well in the Kata & quite ok in the Shiai (lose in Shiai)
  - ✓ Failed - 2 Loses (No Win or No Draw after 2 or 3 Bouts of Shiai)
- 5<sup>th</sup> - 4<sup>th</sup> Kyu
- Results
  - ✓ Passed - 1 Win
  - ✓ Passed - 1 Win (if play with higher Grade Opponent)
  - ✓ 3 months Probation - to be decided by the Examiner when the examinee do well in the Kata & quite ok in the Shiai (lose in Shiai)
  - ✓ Failed - 2 Loses (No Win or No Draw after 2 or 3 Bouts of Shiai)
- 6<sup>th</sup> - 5<sup>th</sup> Kyu
- Results
  - ✓ Passed - 2 Wins
  - ✓ Passed - 1 Win (if play with higher Grade Opponent)
  - ✓ 3 months Probation - to be decided by the Examiner when the examinee do well in the Kata & quite ok in the Shiai (lose in Shiai)
  - ✓ Failed - 2 Loses (No Win or No Draw after 2 or 3 Bouts of Shiai)
- 7<sup>th</sup> - 6<sup>th</sup> Kyu
- Results
  - ✓ Passed - 2 Wins
  - ✓ Passed - 1 Win (if play with higher Grade Opponent)
  - ✓ 3 months Probation - to be decided by the Examiner when the examinee do well in the Kata & quite ok in the Shiai (lose in Shiai)
  - ✓ Failed - 2 Loses (No Win or No Draw after 2 or 3 Bouts of Shiai)
- 8<sup>th</sup> - 7<sup>th</sup> Kyu
- Results
  - ✓ Passed - 2 Wins
  - ✓ Passed - 1 Win (if play with higher Grade Opponent)
  - ✓ 3 months Probation - to be decided by the Examiner when the examinee do well in the Kata & quite ok in the Shiai (lose in Shiai)
  - ✓ Failed - 2 Loses (No Win or No Draw after 2 or 3 Bouts of Shiai)
- 9<sup>th</sup> - 8<sup>th</sup> Kyu
- Results
  - ✓ Passed - 2 Wins
  - ✓ Passed - 1 Win (if play with higher Grade Opponent)
  - ✓ 3 months Probation - to be decided by the Examiner when the examinee do well in the Kata & quite ok in the Shiai (lose in Shiai)
  - ✓ Failed - 2 Loses (No Win or No Draw after 2 or 3 Bouts of Shiai)
- 10<sup>th</sup> - 9<sup>th</sup> Kyu
- Results
  - ✓ Passed - 2 Wins
  - ✓ Passed - 1 Win (if play with higher Grade Opponent)
  - ✓ 3 months Probation - to be decided by the Examiner when the examinee do well in the Kata & quite ok in the Shiai (lose in Shiai)
  - ✓ Failed - 2 Loses (No Win or No Draw after 2 or 3 Bouts of Shiai)

**SINGAPORE JUDO FEDERATION  
UPGRADING - NOVICE TO 6<sup>TH</sup> KYU**

NAME OF EXAMINEE : \_\_\_\_\_

DATE : \_\_\_\_\_

SJF REG. NO. : \_\_\_\_\_

1	REI (SALUTATION)	Standing & Kneeling					
2	UKEMI (BREAKFALL)	Falling Backward					
		Falling Sideway					
		Falling Forward					
		Mae Mawari					
		Forward Rolling					
3	POSTURE	Shizen Hontai	Basic Natural Posture				
		Miki/hidari Shizentai	Right / Left Natural Posture				
		Jigo Hontai	Basic Defensive Posture				
		Miki/hidari Jigotai	Right / Left Defensive Posture				
		Kumi Kata	Methods of Grasping / Holding				
		4	SHINTAI (How to Move)	Forward / Sideway / Diagonally			
		5	KUZUSHI (Breaking Balance)	Eight Directions			
6	NAGEWAZA (Throwing Techniques)	Osoto Gari	Major Outer Reaping				
		Ogoshi	Major Hip Throw				
		Ippon Seoi-nage	One Arm Shoulder Throw				
		7	NEWAZA (Ground Technique)	Kesa Gatame	Scarf Hold		
		Kata Gatame		Shoulder Hold			
			REMARKS :				
	PASS / FAIL						

PROCEDURE :

1. Perform item 1 to 5, 2 throwing techniques and 1 ground techniques.

EXAMINER'S SIGNATURE \_\_\_\_\_

CLUB / SCHOOL : \_\_\_\_\_

NAME OF CONVENOR / TEACHER-IN-CHARGE : \_\_\_\_\_

NAME OF COACH : \_\_\_\_\_

**SINGAPORE JUDO FEDERATION  
UPGRADING - 6<sup>TH</sup> KYU TO 5<sup>TH</sup> KYU**

NAME OF EXAMINEE : \_\_\_\_\_

DATE : \_\_\_\_\_

SJF REG. NO. : \_\_\_\_\_

**SHIAI**

SHIAI	1. VS _____		2. VS _____		SCORE : _____ W / L	REMARKS :	PASS / FAIL
	THROWING TECHNIQUE	SCORE : _____ W / L	GROUND TECHNIQUE	SCORE : _____ W / L			
1	NAGEWAZA		2	NEWAZA			
	Sasae Tsurikomi Ashi			Broken Scarf Hold			
	Deashi Barai			Upper 4 Quarters Hold			
	Hiza Guruma			Side 4 Quarters Hold			
	Uki Goshi			Cross Arm Lock			
	Tsurikomi Goshi			Entangle Arm Lock			
	Morete Seoi-nage			Yoko Shio Gatame			
				Kami Shio Gatame			
				Juji Gatame			
				Ude Gatame			

**PROCEDURE :**

1. Perform 3 throwing techniques and 3 ground techniques.
2. SHIAI

EXAMINER'S SIGNATURE \_\_\_\_\_

CLUB / SCHOOL : \_\_\_\_\_

NAME OF CONVENOR / TEACHER-IN-CHARGE : \_\_\_\_\_

NAME OF COACH : \_\_\_\_\_

**SINGAPORE JUDO FEDERATION  
UPGRADING - 5<sup>TH</sup> KYU TO 4<sup>TH</sup> KYU**

NAME OF EXAMINEE : \_\_\_\_\_

DATE : \_\_\_\_\_

SJF REG. NO. : \_\_\_\_\_

SHIAI		THROWING TECHNIQUE		
1. VS	Major Inner Reaping	Ko Uchi Gari	1	
	Major Outer Reaping	Osoto Guruma		
	Major Inner Reaping	Ouchi Gari		
	Body Drop	Tai Orosi		
	Sweeping Hip Throw	Harai Goshi		
	Hip Wheel	Koshi Guruma		
2. VS		NEWAZA		
	Pillow Scarf Hold	Makura Kesa Gatame	2	
	Reverse Scarf Hold	Ushiro kesa gatame		
SCORE : W / L	Broken 4 Quarters	Kuzure kami shio gatame		
	Sliding Collar Neck Lock	Okuri eri jime		
	Naked Neck Lock	Hadaka jime		
	Arm Lock with arm	Ude gatame		
	Normal cross neck lock	Nami juji jime		
	Reverse cross neck lock	Gyaku juji jime		
	Single wing neck lock	Kata ka jime		
	3		RENRAKUWAZA (COMBINATION TECHNIQUE)	
			From Nagewaza to Newaza	
			REMARKS :	
PASS / FAIL				

PROCEDURE :

1. Perform 3 throwing techniques, 3 ground techniques and the Combination Technique.
2. SHIAI

EXAMINER'S SIGNATURE \_\_\_\_\_

CLUB / SCHOOL : \_\_\_\_\_

NAME OF CONVENOR / TEACHER-IN-CHARGE : \_\_\_\_\_

NAME OF COACH : \_\_\_\_\_

# SINGAPORE JUDO FEDERATION

## UPGRADING - 4<sup>TH</sup> KYU TO 3<sup>RD</sup> KYU

NAME OF EXAMINEE : \_\_\_\_\_

DATE : \_\_\_\_\_ S/JF REG. NO. : \_\_\_\_\_

1	NAGEWAZA	THROWING TECHNIQUE	SHIAI
	Harai Tsurikomi Ashi	Sweeping Drawing Ankle Throw	
	Okuri Ashi Barai	Pursuit Foot Sweep	1. VS _____
	Hane Goshi	Spring Hip	SCORE : _____ W / L
	Sumi Gaeshi	Corner Throw	
	Tomoe Nage	Stomach Throw	
	Yoko Orosi	Side Drop	
2	NEWAZA	GROUND TECHNIQUE	2. VS _____
	Tate Shio Gatame	Lengthwise 4 Quarters Hold	SCORE : _____ W / L
	Ashi Gatame	Arm Lock With Leg	
	Kata Juji Jime	Half Cross Neck Lock	
	RENRAKU WAZA (COMBINATION TECHNIQUE)		
3	From Nagewaza to Newaza (Show 3 Techniques)		
	REMARKS :		
	PASS / FAIL		

### PROCEDURE :

1. Perform 3 throwing techniques, 2 ground techniques and the Combination Technique.
2. SHIAI

EXAMINER'S SIGNATURE \_\_\_\_\_

CLUB / SCHOOL : _____	NAME OF CONVENOR / TEACHER-IN-CHARGE : _____	NAME OF COACH : _____
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**SINGAPORE JUDO FEDERATION  
UPGRADING - 3<sup>rd</sup> KYU TO 2<sup>ND</sup> KYU**

NAME OF EXAMINEE : \_\_\_\_\_

DATE : \_\_\_\_\_

SJF REG. NO. : \_\_\_\_\_

SHAI	1. NAGEWAZA		2. VS		3. VS		PASS / FAIL					
	THROWING TECHNIQUE		THROWING TECHNIQUE		GROUND TECHNIQUE							
SCORE : _____ W / L	Ashi Guruma	Uchi Mata	SCORE : _____ W / L	Uchi Mata	SCORE : _____ W / L	SCORE : _____ W / L						
	Kata Guruma	Uchi Maki Komi		Kata Guruma				Uchi Maki Komi				
	Yoko Guruma	Yoko Gake		Yoko Guruma				Side Wheel				
	Soto Maki Komi	Outer Winding Throw		Soto Maki Komi				Side Dash				
	Morote Gari	Two Arm Clip		Morote Gari				Inner Winding Throw				
	Sukui Nage	Scoop Throw		Sukui Nage				Shoulder Wheel				
	2. NEWAZA	GROUND TECHNIQUE		3. VS				GROUND TECHNIQUE		SCORE : _____ W / L		
		Waki Gatame						Armpit Arm Lock	Waki Gatame			Armpit Arm Lock
		Sankaku Jime						Triangular Arm Lock	Sankaku Jime			Triangular Arm Lock
	3	ESCAPING MEASURES AGAINST GRAPPLING (show 6 techniques)						REMARKS :				

PROCEDURE :

1. Perform 3 throwing techniques and 1 ground technique.
2. Perform 6 Escaping Measures Against Grappling techniques.
3. SHAI

EXAMINER'S SIGNATURE \_\_\_\_\_

CLUB / SCHOOL : \_\_\_\_\_

NAME OF CONVENOR / TEACHER-IN-CHARGE : \_\_\_\_\_

NAME OF COACH : \_\_\_\_\_



SINGAPORE JUDO FEDERATION  
UPGRADING - 2<sup>nd</sup> KYU TO 1<sup>st</sup> KYU

NAME OF EXAMINEE : \_\_\_\_\_

DATE : \_\_\_\_\_

SJF REG. NO. : \_\_\_\_\_

1	NAGEWAZA	THROWING TECHNIQUE	SHIAI
	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 Throw	
2	NEWAZA	GROUND TECHNIQUE	W / L
	Hiza Gatame	Knee Arm Lock	
	Hara Gatame	Stomach Arm Lock	
	Gyaku Ude Garami	Reverse Entangle Arm Lock	
	SCORE : _____		
3	APPROACH TO GRAPPLING (show 6 techniques)		
	W / L		
	SCORE : _____		
	3. VS _____		
	SCORE : _____		
	W / L		
	SCORE : _____		
	2. VS _____		
	SCORE : _____		
	W / L		
	SCORE : _____		
	1. VS _____		
	SCORE : _____		
	W / L		
	SCORE : _____		
	REMARKS :		
	PASS / FAIL		

PROCEDURE :

1. Perform 3 throwing techniques and 2 ground techniques.
2. Perform 6 approach to grappling techniques.
3. SHIAI

EXAMINER'S SIGNATURE \_\_\_\_\_

CLUB / SCHOOL : \_\_\_\_\_

NAME OF CONVENOR / TEACHER-IN-CHARGE : \_\_\_\_\_

NAME OF COACH : \_\_\_\_\_