

JUDO CANADA - National Grading Syllabus 2021 - Techniques for Examinations

References:

- Appendix A: National Grading Syllabus 2021 - Techniques for Examinations
- IJF Nage-waza and Katame-waza Video (IJF-V) <https://judo.ijf.org>
- KODOKAN Nage-waza Video (KV = start time) <https://www.youtube.com/watch?v=RTPxyhdy4q>
- KODOKAN Judo Book by Jigoro Kano (P = page No.)
- IJF Sport and Organisation Rules (SOR Version 8, July 2020)

Notes:

- Techniques shown in the videos are for reference only. Some techniques as demonstrated are prohibited in accordance with the IJF rules.
- Techniques are numbered to follow the KODOKAN video times.
- Shodan Exams; - techniques that are **NOT high-lighted in yellow nor in Italics.**
- Nidan Exams; - techniques that are **NOT in Italics.** Added techniques for Nidan Exams high-lighted in yellow.
- Sandan and higher Exams; - all techniques. **Added techniques are in Italics.**

Nage-waza: (Throwing Techniques)

Te-waza (Hand Techniques) (KV 2:40)

1. Seoi-nage	- shoulder throw	IJF-V	KV 2:46	P 67
2. Ippon Seoi-nage	- one arm shoulder throw	IJF-V	KV 4:07	P 67
3. Seoi-otoshi	- dropping shoulder throw (drop knee Seoi-nage)	IJF-V	KV 6:06	
4. Tai-otoshi	- body drop throw	IJF-V	KV 7:52	P 73
5. Kata-guruma	- shoulder wheel (prohibited)	IJF-V	KV 10:40	P 83
6. Uki-otoshi	- floating drop throw	IJF-V	KV 12:50	P 91
7. Sumi-otoshi	- corner drop throw	IJF-V	KV 14:20	P 98
8. Sukui-nage	- scooping throw (prohibited)	IJF-V	KV 16:20	P 87
9. Obi-otoshi	- belt drop throw (belt grab throw)	IJF-V	KV 18:30	
10. Morote-gari	- two hand reap (prohibited)	IJF-V	KV 19:22	P 100
11. Kuchiki-taoshi	- one hand drop (prohibited)	IJF-V	KV 21:10	P 100
12. Kibisu-gaeshi	- heel trip (prohibited)	IJF-V	KV 24:00	P 100
13. Kouchi-gaeshi	- small inner reaping throw counter	IJF-V	KV 26:35	P 105
14. Uchi-mata sukashi	- inner thigh reaping throw slip	IJF-V	KV 28:00	P 102
15. Yama-arashi	- mountain storm (same side grips Harai-goshi)	IJF-V	KV 29:50	
16. Obi-tori-gaeshi	- belt grab throw (similar to Hikikomi-gaeshi)	IJF-V		

Koshi-waza (Hip Techniques) (KV 31:36)

1. O-goshi	- large hip throw	IJF-V	KV 31:40	P 65
2. Uki-goshi	- floating hip throw	IJF-V	KV 33:16	P 63
3. Tsuru-goshi	- lifting hip throw	IJF-V	KV 34:33	P 77
4. Tsurikomi-goshi	- lift-pull hip throw	IJF-V	KV 35:42	P 71
5. Sode-tsurikomi-goshi	- sleeve lift-pull hip throw	IJF-V	KV 37:06	P 71
6. Koshi-guruma	- hip wheel throw	IJF-V	KV 39:08	P 70
7. Harai-goshi	- hip sweep throw	IJF-V	KV 40:10	P 74
8. Hane-goshi	- hip spring throw	IJF-V	KV 41:55	P 80
9. Utsuri-goshi	- hip shift throw (changing/switching hip throw)	IJF-V	KV 43:44	P 88
10. Ushiro-goshi	- back hip throw	IJF-V	KV 45:05	P 96

JUDO CANADA - National Grading Syllabus 2021 - Techniques for Examinations

Nage-waza con't: (Throwing Techniques)

Ashi-waza (Foot/Leg Techniques) (KV 47:50)

1.	Hiza-guruma	- knee wheel	IJF-V	KV 47:59	P 61
2.	Sasae-tsurikomi-ashi	- supporting foot lift pull throw	IJF-V	KV 49:15	P 62
3.	Harai-tsurikomi-ashi	- lift pull foot sweep	IJF-V	KV 51:20	P 81
4.	De-ashi-harai	- forward foot sweep	IJF-V	KV 53:10	P 60
5.	Okuri-ashi-harai	- foot sweep	IJF-V	KV 55:06	P 72
6.	Tsubame-gaeshi	- shallow counter	IJF-V	KV 56:36	P 103
7.	Kosoto-gari	- small outer reap	IJF-V	KV 57:43	P 68
8.	Kosoto-gake	- small outer hook	IJF-V	KV 58:53	P 76
9.	Osoto-gari	- large outer reap	IJF-V	KV 1:01:21	P 64
10.	Osoto-otoshi	- large outer drop	IJF-V	KV 1:03:20	
11.	Osoto-guruma	- large outer wheel (sweep both legs)	IJF-V	KV 1:04:44	P 92
12.	Osoto-gaeshi	- large outer reaping throw counter	IJF-V	KV 1:05:54	P 103
13.	O-guruma	- large wheel (above knee)	IJF-V	KV 1:07:21	P 89
14.	Ashi-guruma	- leg wheel (below knee)	IJF-V	KV 1:08:18	P 79
15.	Uchi-mata	- inner thigh reaping throw	IJF-V	KV 1:09:36	P 75
16.	Uchi-mata-gaeshi	- inner thigh reaping throw counter	IJF-V	KV 1:12:25	P 106
17.	Ouchi-gari	- large inner reap	IJF-V	KV 1:12:58	P 66
18.	Ouchi-gaeshi	- large inner reaping throw counter	IJF-V	KV 1:14:48	P 104
19.	Kouchi-gari	- small inner reap	IJF-V	KV 1:16:58	P 68
20.	Hane-goshi-gaeshi	- hip spring counter	IJF-V	KV 1:19:41	P 105
21.	Harai-goshi-gaeshi	- hip sweep counter	IJF-V	KV 1:20:59	P 108

Ma-Sutemi-waza (Supine Sacrifice Techniques) (KV 1:22:07)

1.	Tomoe-nage	- circular throw (stomach throw)	IJF-V	KV 1:22:15	P 82
2.	Ura-nage	- back throw (rear throw)	IJF-V	KV 1:24:04	P 97
3.	Sumi-gaeshi	- corner throw	IJF-V	KV 1:25:58	P 84
4.	Hikikomi-gaeshi	- pulling down sacrifice throw	IJF-V	KV 1:27:26	
5.	Tawara-gaeshi	- bag of rice throw (Morote-gari counter)	IJF-V	KV 1:28:48	

Yoko-Sutemi-waza (Side Sacrifice Techniques) (KV 1:29:42)

1.	Uki-waza	- floating throw	IJF-V	KV 1:29:50	P 93
2.	Yoko-otoshi	- side drop	IJF-V	KV 1:31:41	P 78
3.	Tani-otoshi	- valley drop	IJF-V	KV 1:32:38	P 85
4.	Yoko-wakare	- side separation	IJF-V	KV 1:35:10	P 94
5.	Yoko-gake	- side body drop	IJF-V	KV 1:36:20	P 99
6.	Daki-wakare	- rear trunk turnover	IJF-V	KV 1:37:20	
7.	Yoko-guruma	- side wheel	IJF-V	KV 1:38:18	P 95
8.	Soto-makikomi	- outer wrap around throw	IJF-V	KV 1:39:36	P 90
9.	Uchi-makikomi	- inner wrap around (Ippon-seoi-nage makikomi)	IJF-V	KV 1:41:42	
10.	Hane-makikomi	- springing wrap around throw	IJF-V	KV 1:43:10	P 86
11.	Harai-makikomi	- hip sweep wrap around throw	IJF-V	KV 1:44:23	P 108
12.	Uchi-mata-makikomi	- inner thigh wrap around throw	IJF-V	KV 1:46:05	P 108
13.	Osoto-makikomi	- large outside wrap around throw	IJF-V	KV 1:47:31	P 108
14.	Kani-basami	- scissor throw (prohibited)	IJF-V	KV 1:49:03	P 106
15.	Kawazu-gake	- on leg entanglement (prohibited)	IJF-V	KV 1:50:04	P 106
16.	Kouchi-makikomi	- small inner wrap around throw	IJF-V		

JUDO CANADA - National Grading Syllabus 2021 - Techniques for Examinations

Katame-waza: (Grappling Techniques)

Osaekomi-waza (Hold-down Techniques)

1.	Hon-Kesa-gatame	- scarf hold	IJF-V	P 110
2.	Kuzure-kesa-gatame	- modified scarf hold	IJF-V	P 111.3
3.	Kata-gatame	- shoulder hold	IJF-V	P 112
4.	Kami-shiho-gatame	- top (upper) four corner hold	IJF-V	P 113
5.	Kuzure-kami-shiho-gatame	- modified four corner hold	IJF-V	P 114
6.	Yoko-shiho-gatame	- side locking four corner hold	IJF-V	P 115
7.	Tate-shiho-gatame	- straight locking four corner hold	IJF-V	P 116
8.	Ushiro-kesa-gatame	- reverse scarf hold	IJF-V	P 111.4
9.	Ura-gatame	- back pin	IJF-V	
10.	Uki-gatame	- floating hold	IJF-V	

Shime-waza (Strangling Techniques)

1.	Nami-juji-jime	- normal cross choke (thumbs inside collar)	IJF-V	P 117
2.	Gyaku-juji-jime	- reverse cross choke (thumbs outside collar)	IJF-V	P 118
3.	Kata-juji-jime	- half cross choke (one thumb in, one thumb out)	IJF-V	P 119
4.	Hadaka-jime	- naked choke	IJF-V	P 120
5.	Okuri-eri-jime	- sliding collar choke	IJF-V	P 121
6.	Kata-ha-jime	- single wing choke	IJF-V	P 122
7.	Sankaku-juji-jime	- triangular choke	IJF-V	P 124
8.	Do-jime	- body scissors (prohibited)	IJF-V	
9.	Sode-guruma-jime	- sleeve wheel choke	IJF-V	P 123
10.	Katate-jime	- one hand choke	IJF-V	P 123
11.	Ryote-jime	- two hand choke	IJF-V	P 123
12.	Tsukkomi-jime	- thrust choke	IJF-V	P 124

Kansetsu-waza (Joint Techniques)

1.	Ude-garami	- entangled armlock	IJF-V	P 125
2.	Ude-hishigi-juji-gatame	- cross armlock	IJF-V	P 126
3.	Ude-hishigi-ude-gatame	- arm armlock	IJF-V	P 127
4.	Ude-hishigi-hiza-gatame	- knee armlock	IJF-V	P 128
5.	Ude-hishigi-waki-gatame	- armpit armlock	IJF-V	P 129
6.	Ude-hishigi-hara-gatame	- stomach armlock	IJF-V	P 129
7.	Ashi-garami	- entangled leglock (prohibited)	IJF-V	P 171
8.	Ude-hishigi-ashi-gatame	- leg armlock	IJF-V	P 129
9.	Ude-hishigi-te-gatame	- hand armlock	IJF-V	P 130
10.	Ude-hishigi-sankaku-gatame	- triangular armlock	IJF-V	P 130