

BJA Technical Syllabus Translations – Grade order

It should be noted that:

- If terminology repeats itself, it hasn't been repeated on this list as you should know it as one of your previous grades!
- Seniors need to learn everything in a coloured section, so if you were learning for orange belt, you would learn everything in the orange section

1st Mon:

- Ushiro-ukemi – Backwards Breakfall
- O-soto-otoshi – Major Outer Drop
- Kesa-gatame - Scarf Hold
- Rei – Bow
- Hajime - Start
- Matte – Stop

2nd Mon:

- Yoko-ukemi – Sideways Breakfall
- De-ashi-barai – Advanced Foot Sweep
- Mune-gatame – Chest Hold
- Osae-komi – Holding
- Toketa – Hold Broken
- Tachi-rei – Standing Bow
- Za-rei – Kneeling Bow

3rd Mon:

- Mae-mawari-ukemi – Forwards Rolling Breakfall
- Uki-goshi – Floating Hip
- Kuzure-kesa-gatame – Broken Scarf Hold
- Dojo – Training Hall
- Judogi – Judo Suit
- Zori – Sandals/ Flip Flops

4th Mon:

- Tai-otoshi – Body Drop
- Yoko-shio-gatame – Side Forequarters Hold
- Kumi-kata – Grip Forms

5th Mon:

- Ippon-seoi-nage – One Armed Shoulder Throw
- Kami-shio-gatame – Upper Forequarters Hold
- Waza - Technique

6th Mon:

- Mae-ukemi – Front Breakfall
- O-uchi-gari – Major Inner Reap/Sweep
- Tate-shio-gatame – Lengthways Forequarters Hold
- Randori – Free Practice
- Nage-komi – Throwing

7th Mon:

- Ko-uchi-gari – Minor Inner Reap/Sweep
- Tsuru-komi-goshi – Lifting Hip Throw
- O-goshi – Major Hip
- Uke – Reciever/Person being thrown
- Tori - Thrower
- Waza-ari-awasete-ippou – Two Waza-ari's equalling an Ippou

8th Mon:

- Ko-soto-gari – Minor Outer Sweep
- Ko-soto-gake – Minor Outer Hook
- Morote-seoi-nage – Double Shoulder Throw
- Shido – Penalty
- Hansoku-make – Disqualification

9th Mon:

- Seoi-otoshi – Shoulder Drop
- O-soto-gari – Major Outer Reap/Sweep
- Hiki-wake – Draw
- Hantei – Referee's Decision

10th Mon:

- Harai-goshi – Sweeping Hip
- Uchi-mata – Inner Thigh
- Ude-gatame – Arm Lock
- Waki-gatame – Armpit Hold

11th Mon:

- Hiza-guruma – Knee Wheel
- Sasae-tsuru-komi-ashi – Propping Drawing Ankle
- Juji-gatame – Cross Arm Lock
- Hiza-gatame – Knee Lock

12th Mon:

- Hane-goshi – Springing Hip
- Okuri-ashi-barai – Sliding Foot Sweep

- Morote-eri-seoi-nage – Double Lapel Shoulder Throw

13th Mon:

- Koshi-guruma – Hip Wheel
- Tani-otoshi – Valley Drop
- Yoko-guruma – Side Wheel
- Ude-garami – Arm Entanglement
- Kaeshi-waza – Counter Techniques

14th Mon:

- Tomoe-nage – Circle Throw
- Kata-uchi-ashi-dori – Single Inner Leg Grab
- Soto-kibisu-gaeshi – Outer Heel Trip
- Okuri-eri-jime – Sliding Collar Strangle
- Juji-jime – Cross Strangle
- Nami-juji-jime – Normal Cross Strangle
- Gyaku-juji-jime – Reverse Cross Strangle
- Shime-waza – Strangle Techniques

15th Mon:

- Kata-guruma – Shoulder Wheel
- Morote-gari – Double Leg Reap/Sweep
- Uki-waza – Floating Technique
- Soto-ashi-dori-o-uchi-gari – Outer Leg Grab Major Inner Sweep/Reap
- Uchi-kibisu-gaeshi – Inner Heel Trip
- Yoko-kata-guruma-otoshi – Side Shoulder Wheel Body Drop
- Koshi-jime – Hip Strangle
- Kata-te-jime – Single Hand Strangle

16th Mon:

- Ura-nage – Rear Throw
- Uki-otoshi – Floating Drop
- Yoko-tomoe-nage – Side Circle Throw
- Kata-hiza-te-o-uchi-gake-ashi-dori – Single Knee Hand Major Inside Hook
- Soto-maki-komi – Outer Winding
- Kata-ha-jime – Single Collar Strangle

17th Mon:

- Ushiro-goshi – Rear Hip
- Sumi-gaeshi – Corner Throw
- Ryo-hiza-seoi-otoshi – Double Knee Shoulder Drop
- Yoke-gake – Side Hook
- Hadaka-jime – Naked Strangle
- Kata-te-ashi-koshi-jime – Single Hand Leg Hip Strangle

18th Mon:

- Sode-tsure-komi-goshi – Sleeve Lifting Hip Throw
- Te-guruma – Hand Wheel
- Ko-uchi-gake-mata-maki-komi – Minor Inner Hook Thigh Winding
- San-gaku-jime – Triangle Strangle