



Sho Grades

For players aged 5-7 years old, Ford Judo Club will now be grading under the BJA Sho grade scheme. However, we feel that the Kai grade Syllabus that the club has been following previously, allows the players to display their knowledge of a judo technique at each grade (Sho system does not), and therefore adds more 'value' to their achievement.

Judo Scotland have been using this kind of system for some time and it allows their younger players to develop their techniques and randori in readiness for when they are eligible to compete at BJA competitions (8 years old), without the need to progress along the BJA mon grade structure too quickly, but yet still be rewarded for learning new skills and techniques.

For those players that have already begun the club Kai grade route, they will simply move to the next appropriate Sho grade, eg 3rd kai will be graded to 4th Sho. When the players reach eight years of age, they will revert back to their red belts and continue along the BJA mon grade route.

Promotion on the Sho Grade Syllabus is based on agility, balance, co-ordination & knowledge of Judo techniques & Judo terminology (see syllabus on following pages), and **NOT** the syllabus on the BJA web site. Players achievements however, are recorded at the BJA in the same way as mon and kyu grades.

Players will be selected to be graded depending on age, ability, attendance, date last graded, and behaviour on the mat.

Sho Grade Structure - Belt Colour Sho Grade Minimum Age

White with red stripe 1st Sho 5 years
White with yellow stripe 2nd Sho 5 years
White with orange stripe 3rd Sho 5 years

White with green stripe 4th Sho 6 years
White with blue stripe 5th Sho 6 years
White with purple stripe 6th Sho 6 years

White with brown stripe 7th Sho 7 years
White with black stripe 8th Sho 7 years
White with red/white block stripe 9th Sho 7 years

Time Requirements & Frequency of Gradings

There must be a minimum of 90 days between gradings and candidates may only be graded 3 times per calendar year.

Players aged 5yrs will progress through the system one Sho at a time.

Exceptional players aged 6 to 7 yrs may fast track through the first 3 Sho.

Examinations cost £6 (this includes the cost of the belt).

Sho GRADE PROMOTION SYLLABUS

for Players aged 5 to 7 years

1st Sho

Fundamental	Technique	Terminology
Ushiro-ukemi from crouching Commando crawl Bear crawl, forwards and backwards Hopping, left and right leg	Kesa-gatame Demonstrate a sleeve and lapel grip right or left handed	What does Rei mean? Health & Safety

2nd Sho

Fundamental	Technique	Terminology
Ushiro-ukemi from sitting on partners back Travelling on your back Duck Walk, forwards and backwards Ayumi-ashi - Walking step, forwards and backwards	O-soto-otoshi Demonstrate the correct bowing procedure for Tachi-rei (Standing bow) and Za-rei (Kneeling bow)	What does Hajime and Matte mean? Respect

3rd Sho

Fundamental	Technique	Terminology
Ushiro-ukemi from standing Long jump, from squat High jump, knees to chest Star Jumps Scissor Jumps Ayumi-ashi - Walking step, moving with a partner	Osoto-otoshi into Kesa-gatame Escape from Kesa-gatame by trapping Uke's leg Demonstrate correct wearing of the judogi (judo uniform) and tying of the obi (belt)	What does Sono-mama and Yoshi mean? Question: In which country was judo devised?



Ushiro Ukemi
Backward Breakfall



O-soto-otoshi
Major Outer Drop



Kesa-Gatame
Scarf Hold

4th Sho

Fundamental	Technique	Terminology
Yoko-ukemi, from crouching Forward Roll, from crouching Bridge Okuri-ashi - Sliding step, left and right	Mune-gatame	What does Osae-komi and Toketa mean?

5th Sho

Fundamental	Technique	Terminology
Backward Roll, from crouching Shrimping Okuri-ashi - Sliding step, facing in and facing out and turning	De-ashi-barai	What does Uke and Tori mean?

6th Sho

Fundamental	Technique	Terminology
Yoko-ukemi, from standing Judo bunny hop Okuri-ashi - Sliding step, moving with a partner	De-ashi-barai into Mune-gatame Escape from Mune-gatame using a 'bridge and roll' action	What does Dojo, Judogi and Zori mean? Question: Who is the founder of modern judo?



Yoko Ukemi
Side Breakfall



De-Ashi-Barai
Advanced Foot Sweep



Mune-Gatame
Chest Hold

7th Sho

Fundamental	Technique	Terminology
<p>Mae-mawari-ukemi, from crouching</p> <p>Forward roll, from standing back up on to your feet</p> <p>Tsughi-ashi - Following step, forwards and backwards</p> <p>5 Sit-ups</p>	<p>Kuzure-kesa-gatame</p> <p>Demonstrate a sleeve and lapel grip, left and right handed</p>	<p>What does Ippon, Waza-ari and Yuko mean?</p>

8th Sho

Fundamental	Technique	Terminology
<p>Mae-mawari-ukemi, from standing</p> <p>Backward roll from standing back up on to your feet</p> <p>Tsughi-ashi - Following step, forwards and backwards, right and left footed</p> <p>5 Press-ups</p>	<p>Uki-goshi</p> <p>Demonstrate a waist grip, left and right handed</p>	<p>What does Waza-ari-awasete-ippun mean?</p>

9th Sho

Fundamental	Technique	Terminology
<p>Mae-mawari-ukemi, from standing up on to your feet</p> <p>Tsughi-ashi - Following step, moving with a partner</p> <p>5 Burpees</p>	<p>Uki-goshi into Kuzure-kesa-gatame</p> <p>Escape from Kuzure-kesa-gatame using 'sit up and push'</p> <p>Demonstrate a high collar grip, left and right handed</p>	<p>What does Shido and Hansoku-make mean?</p>



Mae-Mawari- Ukemi
Forward Rolling Breakfall



Uki-Goshi
Floating Hip



Kuzuri-Kesa-Gatame
Broken Scarf Hold