



Singapore Judo Federation

Judo Grading System

V/10/2/2023

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Singapore Judo Federation Judo Grading System

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

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

1. The kids under age 13 or Mon grades
2. The student above age 13 or Kyu grades
3. The 'master' or Dan grades *(the Dan grade belt color is international)

Grade examination 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 test 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 Color of Belt Worn

Junior Grade	Belt Colour
Beginner/Novice	White Belt
1 st Mon	White Belt + 1 Bar
2 nd Mon	White Belt + 2 Bar
3 rd Mon	Yellow Belt + 1 Bar
4 th Mon	Yellow Belt + 2 Bar
5 th Mon	Orange Belt + 1 Bar
6 th Mon	Orange Belt + 2 Bar
7 th Mon	Green Belt + 1 Bar
8 th Mon	Green Belt + 2 Bar
9 th Mon	Blue Belt + 1 Bar
10 th Mon	Blue Belt + 2 Bar
11 th Mon	Brown Belt + 1 Bar
12 th Mon	Brown Belt + 2 Bar

- Red ½ inch wide bar sewn or glued onto one belt's

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Senior Grade	Belt Colour
Novice	White Belt
6 th Kyu	White Belt + 1 Yellow Tip
5 th Kyu	Yellow Belt
4 th Kyu	Orange Belt
3 rd Kyu	Green Belt
2 nd Kyu	Blue Belt
1 st Kyu	Brown Belt
1 st Dan	Black Belt
2 nd Dan	Black Belt
3 rd Dan	Black Belt
4 th Dan	Black Belt
5 th Dan	Black Belt
6 th Dan	Red & White Belt
7 th Dan	Red & White Belt
8 th Dan	Red & White Belt
9 th Dan	Red Belt
10 th Dan	Red Belt

- The 9th and 10th Dan grades are technically possible to achieve but have yet to be awarded to date in Singapore.

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

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Upgrading – Novice to 6th Kyu (White Belt to Yellow Tip)

Name of Examinee:

SJF Reg Number:

01	REI (Salutation)	Standing & Kneeling	
02	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
03	Posture		
A	Shizen Hon Tai	Basic Natural Posture	
B	Migi Shizen Tai / Hidari Shizen Tai	Right / Left Natural Posture	
C	Jigo Hon Tai	Basic Defensive Posture	
D	Migi Jigo Tai / Hidari Jigo Tai	Right / Left Defensive Posture	
04	Kumikata	Methods of Gripping	
05	Shin Tai	How to Move	
		Forward / Backwards / Sideways/ Diagonally	
06	Kuzushi	Off Balancing of Partner	
		Eight Directions	
07	Nagewaza	Throwing Techniques	
A	Ogoshi	Major Hip Throw	
B	Osoto Gari	Major Outer Reaping	
C	Sasae Tsurikomi Ashi	Propping Drawing Ankle	
D	De Ashi Harai	Advance Foot Sweep	
08	Newaza	Ground Techniques	
A	Hon Kesa Gatame	Scarf Hold	
B	Kata Gatame	Shoulder Hold	
C	Kuzure Kesa Gatame	Broken Scarf Hold	
09	Randori		

Club / School:

Name of Examiner:

Examiner's Signature:

Date:

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Upgrading – 6th Kyu to 5th Kyu (Yellow Tip to Yellow Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02 Nagewaza			
		Throwing Techniques	
A	Harai Goshi	Sweeping Hip Throw	
B	Hiza Guruma	Kneel Wheel	
C	Ippon Seoi Nage	One Arm Shoulder Throw	
D	Uki Goshi	Floating Hip Throw	
E	Ouchi Gari	Major Inner Reaping	
F	Ko Ouchi Gari	Minor Inner Reaping	
03 Newaza			
		Ground Techniques	
A	Kuzure kami Shiho Gatame	Broken Upper Four Quarters Hold	
B	Kami Shiho Gatame	Upper Four Quarter Hold	
C	Yoko Shiho Gatame	Side Four Quarter Hold	
D	Ushiro Kesa Gatame	Reverse Scarf Hold	
04 Shiai			
		Competition	
	Bout 1	VS	
	Bout 2	VS	

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Upgrading – 5th Kyu to 4th Kyu (Yellow Belt to Orange Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Tsurikomi Goshi	Lift-Pull Hip Throw	
B	Morote Seoinage	Double Arm Shoulder Throw	
C	Osoto Guruma	Major Outer Wheel	
D	Tai Otoshi	Body Drop	
E	Hane Goshi	Spring Hip Throw	
F	Koshi Guruma	Hip Wheel	
G	Kosoto Gari	Minor Outer Reaping Angle Throw	
03	Newaza	Ground Techniques	
A	Makura Kesa Gatame	Pillow Scarf Hold	
B	Hadaka Jime	Naked Neck Choke	
C	Okuri Eri Jime	Sliding Collar Neck Choke	
D	Kata Ha Jime	Single Wing Neck Choke	
04	Renrakuwaza (3 techniques)	Nagewaza to Newaza	
05	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	

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Upgrading – 4th Kyu to 3rd Kyu (Orange Belt to Green Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Harai Tsurikomi Ashi	Sweeping Lift-Pull Foot	
B	Okuri Ashi Harai	Pursuit Foot Sweep	
C	Uchi Mata	Inner Thigh Throw	
D	Sumi Gaeshi	Corner Throw	
E	Tomoe Nage	Stomach Throw	
F	Yoko Otoshi	Side Drop	
G	Kosoto Gake	Minor Outer Hook Throw	
03	Newaza	Ground Techniques	
A	Tate Shiho Gatame	Lengthwise Four Quarter hold	
B	Ashi Gatame	Arm Lock with Leg	
C	Kata Juji Jime	Half Cross Neck Choke	
D	Gyaku Juji Jime	Reverse Cross Neck Choke	
E	Nami Juji Jime	Normal Cross Neck Choke	
04	Renrakuwaza (3 techniques)	Nagewaza to Newaza	
	Renrakuwaza (3 techniques)	Newaza to Newaza	
05	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	

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Upgrading – 3rd Kyu to 2nd Kyu (Green Belt to Blue Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Ashi Guruma	Leg Wheel	
B	Morote Gari	Two Arm Clip	
C	Kata Guruma	Shoulder Wheel	
D	Uchi Makikomi	Inner Winding throw	
E	Soto Makikomi	Outer Winding Throw	
F	Yoko Guruma	Side Wheel	
G	Yoko Gake	Side Dash	
H	Sukui Nage	Scoop Throw	
03	Newaza	Ground Techniques	
A	Waki Gatame	Armpit Arm Lock	
B	Ude Gatame	Arm Lock with Arm	
C	Juji Gatame	Cross Arm Lock	
D	Ude Garami	Entangle Arm Lock	
04	Escaping Measures against Grappling. eg. 1. Kesa Gatame, 2. Kami Shiho Gatame, 3. Yoko Shiho Gatame, 4. Kuzure Kesa Gatame, 5. Kata Gatame, 6. Ushiro Kesa Gatame 7. Makura Kesa Gatame 8. Kuzure Kami Shiho Gatame	(Show any 8 escaping techniques)	
05	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	
	Bout 3	VS	

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Singapore Judo Federation Judo Grading System

Upgrading – 2nd Kyu to 1st Kyu (Blue Belt to Brown Belt)

Name of Examinee:

SJF Reg Number:

01	UKEMI (Breaking of Fall)		
A	Ushiro Ukemi	Breaking of Fall Backwards	
B	Yoko Ukemi	Breaking of Fall Sideways	
C	Mae Ukemi	Breaking of Fall Forward	
D	Mae Mawari Ukemi	Breaking of Fall Forward Rolling	
02	Nagewaza	Throwing Techniques	
A	Yama Arashi	Mountain Storm	
B	Sumi Otoshi	Corner Drop	
C	Uki Otoshi	Floating Drop	
D	Kuchiki Daoshi	Dead Tree Drop	
E	Utsuri Goshi	Changing Hip Throw	
F	Ushiro Goshi	Rear Hip Throw	
G	Harai Makikomi	Sweeping Wrap Round Throw	
H	Hane Makikomi	Spring Wrap Round Throw	
03	Newaza	Ground Techniques	
A	Hiza gatame	Knee Arm lock	
B	Hara Gatame	Stomach Arm lock	
C	Gyaku Ude Garami	Reverse Entangle Arm Lock	
D	Sankaku Jime	Triangular Choke	
04	Approach to Grappling	(Show 6 approaches to grappling techniques)	
05	Shiai	Competition	
	Bout 1	VS	
	Bout 2	VS	
	Bout 3	VS	

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Examiner's Signature:

Date: