

Judo Grading Requirements

Kugatsu Central Coast

Paul Sheean

v2.8.1 · 2026-04-25

Junior Grading Requirements

1. The following information covers the **minimum** standards only — meeting them does **not** guarantee promotion.
2. Every candidate must:
   - have a tidy uniform and show respectful behaviour throughout,
   - demonstrate *ukemi* (breakfalls) and *ebi* (hip-escapes),
   - and demonstrate knowledge of Judo terminology and history.
3. Minimum time in grade: **6 months.**
4. Contest points are encouraged but **not** mandatory for every student.

JUNIOR STANDING TECHNIQUES (TACHI-WAZA)

Junior Grade	Min Age	Throws	Combos	Counters	Transitions	Kata Sets	Notes
White/Yellow	5	1	—	—	—	—	
White/Yellow/Black Tip	5	2	—	—	—	—	
Yellow	6	3	—	—	—	—	
Yellow/Black Tip	6	4	—	—	—	—	
Yellow/Orange	7	6	—	—	—	—	
Yellow/Orange/Black Tip	7	8	—	—	—	—	
Orange	8	9	—	—	—	—	
Orange/Black Tip	8	10	1	—	—	—	
Orange/Green	9	12	1	1	—	—	
Orange/Green/Black Tip	9	14	2	1	—	—	
Green	10	16	2	2	1	—	
Green/Black Tip	10	18	2	2	1	—	
Green/Blue	11	20	2	2	1	*	*Uki Otoshi
Green/Blue/Black Tip	11	22	3	2	1	*	*Uki Otoshi & Seoi Nage
Blue	12	24	3	3	2	1	
Blue/Black Tip	12	28	3	3	2	*	*Set 2 only
Blue/Brown	13	32	3	3	2	2	
Blue/Brown/Black Tip	13	36	4	3	2	*	*Set 3 only
Brown	14	40	4	4	3	3	
Brown/Black Tip	14	40	4	4	3	3	

JUNIOR GROUND TECHNIQUES (NE-WAZA)

Junior Grade	Min Age	Holds	Turnovers	Sweeps	Passes	Escapes	Strangles	Armlocks	Notes
White/Yellow	5	1	1	—	—	—	—	—	
White/Yellow/Black Tip	5	2	1	—	—	—	—	—	
Yellow	6	3	1	—	—	—	—	—	
Yellow/Black Tip	6	4	2	—	—	—	—	—	
Yellow/Orange	7	5	2	—	—	—	—	—	
Yellow/Orange/Black Tip	7	6	2	1	—	—	—	—	
Orange	8	7	2	1	1	—	—	—	
Orange/Black Tip	8	8	2	1	1	1	—	—	
Orange/Green	9	8	2	1	2	1	—	—	
Orange/Green/Black Tip	9	8	2	1	2	2	—	—	
Green	10	8	2	2	2	2	—	—	
Green/Black Tip	10	8	2	2	2	2	—	—	
Green/Blue	11	8	2	2	3	3	—	—	
Green/Blue/Black Tip	11	8	2	2	3	3	—	—	
Blue	12	8	3	2	3	3	—	—	
Blue/Black Tip	12	8	3	3	3	3	1	—	
Blue/Brown	13	8	3	3	4	4	2	1	
Blue/Brown/Black Tip	13	8	3	3	4	4	3	2	
Brown	14	8	3	3	4	4	4	3	
Brown/Black Tip	14	8	3	3	4	4	5	4	

Senior Grading Requirements

1. The following information covers the **minimum** standards only — meeting them does **not** guarantee promotion.
2. Every candidate must:
   - have a tidy uniform and show respectful behaviour throughout,
   - demonstrate *ukemi* (breakfalls) and *ebi* (hip-escapes),
   - and demonstrate knowledge of Judo terminology and history.
3. Minimum time in grade:
   - **12 months** (knowledge only)
   - **9 months** (with service)
   - **6 months** (with at least one competition at current grade).
4. Contest points are encouraged but **not** mandatory for every student.

SENIOR STANDING TECHNIQUES (TACHI-WAZA)

Senior Grade	Throws	Combos	Counters	Transitions	Kata Sets	Contest Pts	Notes
Yellow	8	—	—	—	—	—	
Orange	16	1	1	1	*	—	*Uki Otoshi
Green	24	2	2	2	1	30	
Blue	32	3	3	2	2	50	
Brown	40	4	4	3	3	100	

SENIOR GROUND TECHNIQUES (NE-WAZA)

Senior Grade	Holds	Turnovers	Sweeps	Passes	Escapes	Strangles	Armlocks	Notes
Yellow	2	1	—	—	—	1	1	
Orange	4	1	1	1	1	2	2	
Green	6	2	1	2	2	3	3	
Blue	8	2	2	3	3	5	5	
Brown	8	3	3	4	4	6	6	