



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

Ko Yama Ryu

Grading Syllabus

(Updated March 2011)



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

Red Belt with White Stripe - Shichikkyu-ho

Ukemi – Breakfalls

The student must show an understanding of Dojo Etiquette

Nage Waza – Throwing Techniques

O Soto Gari – Major Outer Reap (judo grip)

Osae Komi Waza – Pinning Techniques

Kesa Gatame - Scarf Hold

Atemi Waza

Kizama Zuki - Snap Punch – from Yoi Dachi - Ready Stance

Goshin Waza

Ryote Dori - Double Wrist Grab



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

Red Belt – Shichikkyu

Ukemi

The student must show an understanding of Dojo Etiquette

Nage Waza

O Soto Gari (Judo grip, Jitsu and Sombo variations)

Osae Komi Waza

Kesa Gatame

Kuzure Kesa Gatame - Broken Scarf Hold

Makura Gesa Gatame - Pillow Scarf Hold

Atemi Waza

Gyaku Tsuki – Reverse Punch in Zenkutsu Dachi – Forward Stance

Goshin Waza

Ryote Dori - Double wrist grab

Hidari Eri Dori – Left Lapel Hold



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

Yellow Belt with White Stripe - Rokkyu-ho

Ukemi

The student must show an understanding of Dojo Etiquette

Nage Waza

O Goshi – Major Hip

Osae Komi Waza

Kata Gatame – Shoulder Hold

Atemi Waza

Oi Tsuki – Lunge Punch

Goshin Waza

Migi Eri Dori – Right Lapel Hold



Grading Syllabus

Sensei Oliver Garwood 5th Dan

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Yellow Belt - Rokkyu

Ukemi

The student must show an understanding of Dojo Etiquette

Nage Waza

O Goshi

Uki Goshi – Floating Hip

Koshi Guruma – Hip Wheel

Osae Komi Waza

Kata Gatame

Mune Gatame – Chest Hold

Tate Shiho Gatame - Longitudinal (lengthwise) Four Quarters Hold

Atemi Waza

Uraken - Backfist

Goshin Waza

Migi Eri Dori

Kata Ude Dori – Single Arm Grab



Grading Syllabus

Sensei Oliver Garwood 5th Dan

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Orange Belt with White Stripe - Gokyu-ho

Ukemi

The student must show an understanding of Dojo Etiquette

Nage Waza

Ippon Seoi Nage – One Armed Shoulder Throw

Osae Komi Waza

Yoko Shiho Gatame – Side Four Quarters Hold

Atemi Waza

Shuto Uchi – Knife Hand Strike

Kin Geri – Testicle (Slap) Kick

Goshin Waza

Ushiro Eri Dori – Rear Collar Grab



Grading Syllabus

Sensei Oliver Garwood 5th Dan

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Orange - Gokyu

Ukemi

The student must show an understanding of Dojo Etiquette

Nage Waza

Ippon Seoi Nage

Morote Seoi Nage

Seoi Otoshi

Osae Komi Waza

Yoko Shiho Gatame

Ushiro Yoko Shiho Gatame

Kazure Yoko Shiho Gatame

Atemi Waza

Haito Uchi - Ridgehand

Mae Geri – Front Kick

Yoko Geri – Side Kick

Goshin Waza

Ushiro Eri Dori – Rear Collar Grab

Ushiro Jime – Rear Strangle



Grading Syllabus

Sensei Oliver Garwood 5th Dan

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Green Belt with White Stripe - Yonkyu-ho

Ukemi

The student must show an understanding of Dojo Etiquette

Nage Waza

Tai Otoshi – Body Drop

Osae Komi Waza

Kami Shiho Gatame – Upper Four Quarters Hold

Atemi Waza

Mawashi Geri – Roundhouse

Empi Uchi – Elbow Strike

Goshin Waza

Kakae Dori – Bear Hug from Behind

Ne Waza Randori



Grading Syllabus

Sensei Oliver Garwood 5th Dan

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Green Belt - Yonkyu

Ukemi - including diving rolls

The student must show an understanding of Dojo Etiquette

Nage Waza

Tai Otoshi

Harai Goshi – Sweeping Hip

Ashi Garuma – Leg Wheel

Osae Komi Waza

Kami Shiho Gatame

Kazure Kami Shiho Gatame – Broken Upper Four Quarters

Ushiro Kesa Gatame – Reverse Scarf Hold

Geri Waza

Ushiro Geri - Back Kick

Hiza Geri - Knee Strike

Goshin Waza

Kakae Dori – Rear Grab

Naname Uchi – Slanting Strike (hammerfist)

Ne Waza Randori



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

Blue Belt with White Stripe - Sankyu-ho

Ukemi - including thunderbolt

The student must show an understanding of Dojo Etiquette

Nage Waza

O Uchi Gari – Major Inner Reap

Osae Komi Waza

Ude Hishigi Juji Gatame – Arm Crushing Cross Hold

Atemi Waza

Kicking/punching/blocking combinations

Goshin Waza

Ago tsuki – Rising Strike (uppercut)

Gammen Tsuki – Thrust Punch (jab)

Randori



Grading Syllabus

Sensei Oliver Garwood 5th Dan

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Blue Belt - Sankyu

Ukemi - including no hands rolling

The student must show an understanding of Dojo Etiquette

Nage Waza

O Uchi Gari

Ko Uchi Gari – Minor Inner Reap

Ko Uchi Makikomi – Minor Inner Winding Throw

Osae Komi Waza

San Gaku Jime – Triangle Strangle

Ude Garami – Arm Entanglement

Ude Gatame – Straight Arm Lock

Atemi Waza

Kicking/punching/blocking combinations

Goshin Waza

Mae Geri – Front Kick

Yoko Geri – Side Kick

Randori



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

Purple Belt with White Stripe - Nikyu-ho

Ukemi - including Ukemi over a crouched person

The student must show an understanding of Dojo Etiquette

Nage Waza

Uki Waza – Floating Throw

Morote Gari – Two Hand Reap

Shime Waza

Hadaka Jime – Naked Strangle

Okuri Eri Jime – Sliding Collar Strangle

Atemi Waza

Shintai No Kata – Set 1 techniques 1+2

Goshin Waza

Tsukkake - close in thrust

Ninindori – 2 on one randori (looking for avoidance more than anything)

Ne Waza Randori – Line up min. 5 people



Grading Syllabus

Sensei Oliver Garwood 5th Dan

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Purple Belt – Nikyu

Ukemi - including over the belt

The student must show an understanding of Dojo Etiquette

Nage Waza

Uki Waza – Floating Technique

Morote Gari – Two Hand Reap

Yoko Wakare – Side Separation

Kata Guruma – Shoulder Wheel

Shime Waza

Hadaka Jime – Naked Strangle

Okuri Eri Jime – Sliding Collar Strangle

Sode Jime – Sleeve Strangle

Koshi Jime – Hip Strangle

Shintai No Kata – complete first set

Goshin Waza

Tsukkake - Close in thrust

Choku zuki - Straight thrust

Naname zuki - Slanting stab

Ninindori + Ne Waza Randori



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

Brown Belt with White Stripe - Ikkyu-ho

Ukemi - including Kote Gaeshi left and right

The student must show an understanding of Dojo Etiquette

Nage Waza

Sumi Gaeshi – Corner Counter

Te Guruma – Hand Wheel

Shime Waza

Nami Juji Jime – Normal Cross Strangle

Kata Juji Jime – Single Cross Strangle

Gyaku Juji Jime – Reverse Cross Strangle

Atemi Waza

Shintai No Kata – Second set techniques 1+2

Goshin Waza

Furiage - upswing against a stick

V defences – 10 person

Ne Waza Randori



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

Brown Belt - Ikkyu

Ukemi – any requested

The student must show an understanding of Dojo Etiquette

Nage Waza

Sumi Gaeshi – Corner Counter

Te Guruma – Hand Wheel

Ko Soto Gari – Minor Outer Reap

De Ashi Barai – Advancing Leg Sweep

Ne Waza – Against a 'live' opponent

Guard Passing

Maintaining Mount

Atemi Waza

Shintai No Kata – Complete Set 2

Goshin Waza

Furiage - upswing against a stick

Furioroshi - downswing against a stick

Morote zuki – Two hand thrust (bayonet stab)

V defences

Ne Waza Randori



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

1st Degree Black Belt - Shodan

Candidates can be asked anything from the syllabus so must be ready in all areas.

Ukemi

Nage Waza

Osae Komi Waza

Shime Waza

Kansetsu Waza

Atemi Waza

Defences from 1 and 2 man attacks

V defences – 10 men

Ne Waza Randori – Line up 5 man

Kodokan Goshin Jutsu – complete

Junior students will be awarded Shodan-Ho

On the awarding of the Black belt with white stripe the successful student is referred to a Shodan Ho (a position which must be held for at least a 12 month period) and must continue in full training until he or she is deemed prepared for the full Dan grade rank. The grading book is only signed after the 12 month minimum period.



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

2nd Degree Dan Black Belt - Nidan

The candidate must be able to show continued knowledge growth and experience, and having the ability to instruct junior grades and senior grades in classes and also by continuing to train in the above syllabus and by regular attendance at additional training days and seminars. They must also be able to demonstrate the following set items:-

Kime No Kata (In Full)

Kodokan Goshin Jitsu – Kata (In Full)

“V” Defences (from a minimum 20 person line up)

Free Style Self Defence Techniques (from 1,2 or 3 people)



Grading Syllabus

Sensei Oliver Garwood 5th Dan

Sensei Kate Garwood 3rd Dan

3rd Degree Black Belt - Sandan

The candidate must be able to show continued knowledge growth and experience, and having the ability to instruct junior grades and senior grades in classes and also by continuing to train in the above syllabus and by regular attendance at additional training days and seminars. They must also be able to (and actually have) run their own Training Seminar (of a minimum of 4 hours duration) demonstrating to all students present either a full knowledge of the course subject or a new method of self defence training, which the candidate has researched and studied for a minimum of at least a year. (Prior the seminar, the candidate has to hand over a written lesson plan for the Seminar)



Grading Syllabus

Sensei Oliver Garwood 5th Dan

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4th Degree Black Belt - Yondan

The candidate must be able to show continued knowledge growth and experience, and having the ability to instruct junior grades and senior grades in classes and also by continuing to train in the above syllabus and by regular attendance at additional training days and seminars.