



British Judo Council Junior Grading Syllabus



Venue: _____ Examiner _____

Name:		Club:		Age/DoB:		Examiner's comments:					
		Present grade:									
Date:		New grade:			Signed:						
Ukemi - Breakfalls: ALL GRADES MUST demonstrate breakfalls to a standard appropriate for the new grade											
ALL GRADES	Ushiro Ukemi		Back Breakfall		Mae Ukemi		Front Breakfall				
	Migi Yoko Ukemi		Right Side Breakfall		Hidari Yoko Ukemi		Left Side Breakfall				
	Hidari Zempo Kaiten Ukemi		Left Rolling Breakfall		Migi Zempo Kaiten Ukemi		Right Rolling Breakfall				
	Assess throughout grading-examine separately if weak for grade										
	Kneeling and Standing Bows and Overall Etiquette				Posture(Migi/Hidari Shizentai, Jigotai)						
	Grip (Kumi-Kata - basic sleeve/lapel)				How to walk with a partner						
	How and When to Submit				(Aruki-Kata - Tsugi Ashi & Tsuru Ashi)						
Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori and Uke)				Ne-Waza: Groundwork AND Escapes (ie as Tori and Uke)							
ORANGE BELT	(1 tab) Demo counter to 1. Morote Seoi Nage		Demo combination to 1. Morote Seoi Nage		Democombination from 1. Morote Seoi Nage		27.KuzureYokoShihoGatame & escapes (x2)				
	Demo counter to 5. Tai Otoshi		Demo combination to 5. Tai Otoshi		Democombination from 5. Tai Otoshi						
	(2TABS) Demo counter to 6.OUchiGari		Demo combination from 6.OUchiGari		Demo combination to 6.OUchiGari						
	Demo counter to 3.KoUchiGari		Demo combination from 3.KoUchiGari		Demo combination to 3.KoUchiGari		22.KuzureKesaGatame to 26.MuneGatame to 27.KuzureYokoShihoGatame				
	(3TABS) 10. Harai Goshi & breakfall		11. Ippon Seoi Nage & breakfall		Theory questions (orange + 1-3 green tabs)				28.KataGatame & escapes(x2) Minimum of 2 'throw for throw' style randori practices		
	12. Hane Goshi & breakfall		Tsuru Komi Ashi, Uke avoids, Tori changes to 10.Harai Goshi		Ko Soto Gari, Uke avoids, Tori changes to 10.Harai Goshi						
	Theory questions (green belt)										
	Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori and Uke)				Ne-Waza: Groundwork AND Escapes (ie as Tori and Uke)						
	GREEN BELT	12. Hane Goshi & breakfall		Tsuru Komi Ashi, Uke avoids, Tori changes to 10.Harai Goshi		Ko Soto Gari, Uke avoids, Tori changes to 10.Harai Goshi		29.TateShihoGatame & escapes(x2)			
		Theory questions (green belt)								Minimum of 2 'throw for throw' style randori practices	

Examiner's additional comments:



Venue: _____ Examiner _____

AVON AREA BJC THEORY SYLLABUS	
Juniors	Etiquette, Behaviour and Theory
Orange Belt + 1 Tab	The BJC was founded by Kenshire Abbe
	Wazari - 7 Points Yuko - 5 Points Shido - Penalty
Orange Belt + 2 Tabs	Kyu Shin Do is the philosophy of Kensire Abbe
	Osaekomi - Start Timing (holddown) Toketa - Stop Timing (hold broken)
	Hantei - Corner Judge Vote
Orange Belt + 3 Tabs	The elbow is the only joint to which a locking technique (kansetsu-waza) can legally be applied in
	Hikiwake - Draw
	Hansokomake - Disqualification Yuseigachi - Win by superiority
Green Belt	Submission techniques must be applied carefully with good control
	Sono Mama - freeze Yoshi - continue
	Kata - Form (the formal demonstration of prearranged series of techniques)