



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)	
BLUE GREEN BELT TABS	13. O Soto Gari & breakfall		29. TateShihoGatame to & from 28. KataGatame
	KATA: 1st technique of Nage No Kata		KATA: 1st technique of Katame no Kata
	14. Hiza Guruma & breakfall		31. Hadaka Jime and how to avoid
	KATA: 1st & 2nd techniques of Nage No Kata		32. Okuri Eri Jime and how to avoid
	15. Uchi Mata & breakfall		KATA: 1st & 2nd techniques of Katame no Kata
	KATA: 1st set of Nage No Kata		35. Ude Hishigi Juji Gatame & avoidances (x2)
			35. UdeHishigiJujiGatame as Uke avoids 31. HadakaJime
		35. UdeHishigiJujiGatame as Uke avoids 32. OkuriEriJime	
		KATA: 1st, 2nd & 3rd techniques of Katame no Kata	
CONTEST: Minimum of 1 win (by wazari or ippon only) against own grade and gender. Against own age group where possible.			

Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori and Uke)		Ne-Waza: Groundwork AND Escapes (ie as Tori and Uke)	
BROWN GREEN BELT TABS	Demo counter to 10. HaraiGoshi		36. Ude Garami & avoidance
	Demo combination from 10. HaraiGoshi		
	Demo combination to 10. HaraiGoshi		
	KATA: 1st set of Nage No Kata		KATA: 1st set of Katame no Kata
	Demo counter to 11. HaneGoshi		37. Waki Gatame & avoidance
	Demo combination from 11. HaneGoshi		
	Demo combination to 11. HaneGoshi		
	KATA: 1st & 2nd sets of Nage No Kata		KATA: 1st set of Katame no Kata
	Demo counter to 12. IpponSeoiNage		22. KuzureKesaGatame to 36. UdeGarami to 37. WakiGatame
	Demo combination from 12. IpponSeoiNage		
Demo combination to 12. IpponSeoiNage			
KATA: 1st & 2nd sets of Nage No Kata		KATA: 1st & 2nd sets of Katame no Kata	
CONTEST: Minimum of 2 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.			

Examiner's additional comments: