



# British Judo Council Junior Grading Syllabus



Venue: \_\_\_\_\_ Examiner \_\_\_\_\_

<b>Name:</b>	<b>Club:</b>	<b>Age/DoB:</b>	<b>Examiner's comments:</b>
	<b>Present Grade:</b>		
<b>Date:</b>	<b>New Grade:</b>	<b>Signed:</b>	

**Ukemi - Breakfalls: ALL GRADES MUST demonstrate breakfalls to a standard appropriate for the new grade**

<b>ALL GRADES</b>	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)**

<b>GREEN BELT</b>	Demo counter <b>to</b> 13.OSotoGari		33. Juji Jime	
	Demo combination <b>from</b> 13.OSotoGari		How to avoid 33. Juji Jime	
	Demo combination to 13.OSotoGari			
	<b>KATA:</b> 1st, 2nd and 3rd sets of Nage No Kata		<b>KATA:</b> 1st & 2nd sets of Katame no Kata	
	Demo counter <b>to</b> 14.HizaGuruma		Tori on back, Uke between Tori's legs, Tori attacks leading to a hold-down	
	Demo combination <b>from</b> 14.HizaGuruma		Tori on back, Uke between Tori's legs, Tori attacks leading to a strangle	
	Demo combination to 14.HizaGuruma		Tori on back, Uke between Tori's legs, Tori attacks leading to an armlock	
	<b>KATA:</b> 1st, 2nd, 3rd & 4th sets of Nage No Kata		<b>KATA:</b> 1st & 2nd sets of Katame no Kata	
	Demo counter <b>to</b> 15.UchiMata		Candidate to demo two different ways of own choice to get into 34.SanGakuJime: Sangaku Jime (1)	
	Demo combination <b>from</b> 15.UchiMata			
	Demo combination <b>to</b> 15.UchiMata		Candidate to demo two different ways of own choice to get into 34.SanGakuJime: Sangaku Jime (2)	
	7. DeAshiBarai, Uke avoids, Tori changes attack to any forward throw			
<b>KATA:</b> Nage No Kata complete		<b>KATA:</b> 1st & 2nd sets of Katame no Kata		

<b>CONTEST:</b> Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.	
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**Examiner's additional comments:**