



British Judo Council Primary 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 (Aruki-Kata - Tsugi Ashi & Tsuru Ashi)			
How and When to Submit								
Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori & Uke)				Ne-Waza: Groundwork AND Escapes (ie as Tori & Uke)				
RED	(1&2TABS) 1. Morote Seoi Nage & breakfall				(1 & 2 TABS) 1. Turn partner over onto back from 'all 4s'			
	(3TABS) 2. Morote Seoi Otoshi & breakfall				(1, 2 & 3 TABS) Turn-over from press-up position, breakfall, move into 21.Kesa Gatame & escape			
	Theory questions (1-3 red tabs)				Minimum of 2 'throw for throw' style randori practices			
Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori & Uke)				Ne-Waza: Groundwork AND Escapes (ie as Tori & Uke)				
ORANGE	(1&2TABS)1.Morote Seoi Nage & breakfall				(1 & 2 TABS) 22. Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s'			
	(1&2TABS) 2.MoroteSeoiOtoshi&breakfall				(3 TABS) Turn-over from press-up position, breakfall, move to 21. Kesa Gatame escape and link to 22. Kuzure Kesa			
	(3TABS) 3. Ko Uchi Gari & breakfall				Minimum of 2 'throw for throw' style randori practices			
	Theory questions (1-3 orange tabs)							
Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori & Uke)				Ne-Waza: Groundwork AND Escapes (ie as Tori & Uke)				
GREEN	(1 TAB) 1. Morote Seoi Nage, Uke avoids, Tori changes attack to 2.Morote Seoi Otoshi & breakfall				(1 TAB) Turn-over from press-up position, breakfall, move into Kesa Gatame, escape and link to Kuzure Kesa Gatame, escape onto stomach and rise to 'all 4s'.			
	(2 TABS) 2. Morote Seoi Nage, Uke avoids, Tori changes attack to 3.Ko Uchi Gari & breakfall				(2 & 3 TABS) Turn-over into 23.Yoko Shiho Gatame and escape			
	(3 TABS) 3.Ko Uchi Gari, Uke avoids, Tori changes attack to 1. Morote Seoi Nage & breakfall				Minimum of 2 'throw for throw' style randori practices			
	Theory questions (1-3 green tabs)							
Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori & Uke)				Ne-Waza: Groundwork AND Escapes (ie as Tori & Uke)				
BLUE	(1 TAB) 4. Tsuru Komi Goshi & breakfall				(1 & 2 TABS) Turn-over from press-up position, breakfall, move to 21.Kesa Gatame, escape and link to 22.Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over into 23.Yoko Shiho Gatame, escape			
	(2 TABS) 5. Tai Otoshi & breakfall				(3 TABS) 24. Kuzure Kami Shiho Gatame, escape to 25. Kami Shiho Gatame			
	(3 TABS) 6. O Uchi Gari & breakfall				Minimum of 2 'throw for throw' style randori practices			
	Theory questions (1-3 blue tabs)							
Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori & Uke)				Ne-Waza: Groundwork AND Escapes (ie as Tori & Uke)				
BROWN	(1TAB) 4. Tsuru Komi Goshi, Uke avoids(steps around), Tori changes attack to 5.Tai Otoshi				(1 TAB) 24. Kuzuri Kami Shiho Gatame, escape to 25. Kami Shiho Gatame			
	(2TABS) 4.Tsuru Komi Goshi, Uke avoids (hip block), Tori changes attack to 6.O Uchi Gari				(2 TABS) 25. Kami Shiho Gatame and escape			
	6. O Uchi Gari, Uke avoids, Tori changes attack to 5. Tai Otoshi				(3 TABS) Turn-over from press-up, breakfall, move to 21.Kesa Gatame, escape to 22.Kuzure Kesa Gatame, escape onto stomach &rise to'all 4s', turn-over into 23.Yoko Shiho Gatame, escape to 24.Kuzure Kami Shiho Gatame &escape to 25.Kami Shiho Gatame &escape			
	(3 TABS) 7. De Ashi Bari & breakfall				Minimum of 2 'throw for throw' style randori practices			
	8. Tsuru Komi Ashi & breakfall							
	9. Ko Soto Gari & breakfall							
Theory questions (1-3 brown tabs)								



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AVON AREA BJC THEORY SYLLABUS - ALL GRADES	
Primaries	Etiquette, Behaviour and Theory
Beginner to 1-3 Red Tabs	Behave sensibly in the Dojo
	Hajime - Start Matte - Stop
	Inform instructor (i) about any pre-existing medical conditions/injuries before getting on the mat
	Inform instructor (ii) immediately about any injuries that occur on the mat
	Zori (slippers) are left neatly at mat side
	Gain permission before leaving mat
	Treat all other Judo players with courtesy and respect
	Hands and feet to be clean and nails short
	Line up correctly on the mat
	Must sit cross legged or kneel on the mat
	Hands and feet are not allowed on partner's face
	Demonstrate how and explain when you should submit
	How to bow as appropriate
1-3 Orange Tabs	Dojo - Training Hall Judo - The Gentle (or Supple) Way
	Judogi - Judo Suit (to be kept clean) Obi - Belt
1-3 Green Tabs	Sensei - Teacher Judoka - Person practising Judo
	Uchi Komi - Turning-In-and-Out Practice (literally 'In-Out') Randori - Free Practice
	Demonstrate how to perform uchi-komi using any forward throw
	Teacher is addressed as Sensei, and with respect
1-3 Blue Tabs	Only practice in registered clubs with a qualified instructor
	Tori - Attacker Uke - Defender
	Reitsu Rei - standing bow Za Rei - kneeling bow
	Demonstrate how to perform a Reitsu Rei (without being reminded)
1-3 Brown Tabs	Demonstrate how to perform a Za Rei (without being reminded)
	Demonstrate how to tie belt correctly
	Shizontai - Relaxed, Natural Posture Jigotai - Defensive Posture
	Nage - Completion of Throw
	Judo originated in Japan
	Kuzushi - Breaking of Balance Tsukuri - To Create, To Float
Kake - Body Contact (Selecting a Technique)	