



British Judo Council Senior 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)				Groundwork AND Escapes (ie as Tori and Uke)				
6th KYU	(1 TAB) 1. Morote Seoi Nage & breakfall				(1TAB) Turn-over from press-up position, breakfall, move to 21. Kesa Gatame & escape			
	(2 TABS) 2. Morote Seoi Otoshi & breakfall				(2 TABS)22.Kuzure Kesa Gatame,escape onto stomach,rise to 'all 4s'			
	3. Ko Uchi Gari & breakfall							
	(3 TABS) 1.Morote Seoi Nage, Uke avoids, Tori changes attack to 2.Morote Seoi Otoshi & breakfall				(3 TABS)Turn-over from press-up position breakfall move to21.Kesa Gatame,escape to22.Kuzure Kesa Gatame escape onto stomach&rise to 'all 4s',turn-over to23YokoShihoGatame,escape			
	2. Morote Seoi Nage, Uke avoids, Tori changes attack to 3. Ko Uchi Gari & breakfall							
3. Ko Uchi Gari, Uke avoids, Tori changes attack to Morote Seoi Nage & breakfall								
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 and Uke)				Groundwork AND Escapes (ie as Tori and Uke)				
5th KYU	4. Tsuru Komi Goshi & breakfall				Turn-over from press-up,breakfall,to 21.KesaGatame,esc to 22.KuzureKesaGatame,esc to stomach,all4s,turn-over to 23.YokoShihoGatame,esc to 24.KuzureKamiShihoGatame,escape			
	5. Tai Otoshi							
	6. O Uchi Gari & breakfall							
	Theory questions (5th Kyu)				Minimum of 2 'throw for throw' style randori practices			
5th KYU	(1 TAB) 4. Tsuru Komi Goshi, Uke avoids (steps around), Tori changes attack to 5. Tai Otoshi				(1TAB)Turnover from press-up,breakfall,to21.KesaGatame,esc to22.KuzureKesaGatame,esc to stomach,all4s,turn-over.to23.YokoShihoGatame,esc.to24.KuzureKamiShihoGatame,esc to25.KamiShihoGatame,escape			
	4.TsuruKomiGoshi,Uke Avoids(hip block),Tori changes to6.OUchiGari							
	6.OUchiGari,Uke avoids, Tori changes to 5.TaiOtoshi&breakfall							
	(2 TABS) 7. De Ashi Barai & breakfall				(2 TABS)Tori on back Uke between legs.Tori rolls Uke over into at least 2 diff linked holds with escapes&combs			
	8. Tsuru Komi Ashi & breakfall							
	9. Ko Soto Gari & breakfall							
	(3TABS)7.DeAshiBarai,Uke avoids,Tori changes to 8.TsuruKomiAshi				(3 TABS)Tori attacks from between Uke's legs (Uke on back), moving around into linked hold-downs			
8.TsuruKomiAshi,Uke Avoids,Tori changes attack to1.Morote Seoi Nage								
9.Ko Soto Gari,Uke avoids,Tori changes to any forward throw								
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 and Uke)				Groundwork AND Escapes (ie as Tori and Uke)				
4th KYU	Demo counter to 4.TsuruKomiGoshi				26. Mune Gatame and escapes (x 2)			
	Demo combination to 4. Tsuru Komi Goshi							
	Democombination from 4. Tsuru Komi Goshi							
	Theory questions (4th Kyu)				Minimum of 2 'throw for throw' style randori practices			



Venue: _____ Examiner _____

AVON AREA BJC THEORY SYLLABUS - ALL GRADES	
Seniors	Etiquette, Behaviour and Theory
Beginner to White Belt + 1 Tab	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
White Belt + 2 Tabs	Dojo - Training Hall Judo - The Gentle (or Supple) Way
	Judogi - Judo Suit (to be kept clean) Obi - Belt
White Belt + 3 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
	Only practice in registered clubs with a qualified instructor
Yellow Belt	Tori - Attacker Uke - Defender
	Reitsu Rei - standing bow Za Rei - kneeling bow
	Demonstrate how to perform a Reitsu Rei (without being reminded)
	Demonstrate how to perform a Za Rei (without being reminded)
Yellow Belt + 1 Tab	Demonstrate how to tie belt correctly
	Shizontai - Relaxed, Natural Posture Jigotai - Defensive Posture
	Nage - Completion of Throw
Yellow Belt + 2 Tabs	Judo originated in Japan
	Kuzushi - Breaking of Balance Tsukuri - To Create, To Float
	Kake - Body Contact (Selecting a Technique)
Yellow Belt + 3 Tabs	Judo was developed from Ju Jitsu by Jigoro Kano
	Tai Sabaki - Turning-In or Avoiding an Attack
	Maitta - I submit Sore Made - That Is All
Orange Belt	BJC stands for British Judo Council, its President is Robin Otani
	The BJC's current president is Robin Otani
	Kamiza - A place of honour (may have a picture of the founder)
	Shiai - Contest Ippon - 10 Points - Win