



# British Judo Council Senior 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)	

<b>Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori and Uke)</b>		<b>Ne-waza: Groundwork AND Escapes (ie as Tori and Uke)</b>	
<b>RED TABS</b>	(1 tab) Demo counter <b>to</b> 1. Morote Seoi Nage		27.KuzureYokoShihoGatame & escapes (x2)
	Demo combination <b>to</b> 1. Morote Seoi Nage		
	Democombination <b>from</b> 1. Morote Seoi Nage		
	Demo counter <b>to</b> 5. Tai Otoshi		
	Demo combination <b>to</b> 5. Tai Otoshi		
	Democombination <b>from</b> 5. Tai Otoshi		
	(2TABS) Demo counter <b>to</b> 6.OUchiGari	22.KuzureKesaGatame to 26.MuneGatame to 27.KuzureYokoShihoGatame	
	Demo combination <b>from</b> 6.OUchiGari		
	Demo combination <b>to</b> 6.OUchiGari		
	Demo counter <b>to</b> 3.KoUchiGari		
	Demo combination <b>from</b> 3.KoUchiGari		
	Demo combination <b>to</b> 3.KoUchiGari		
	(3TABS) 10. Harai Goshi & breakfall	28.KataGatame & escapes(x2)	
11. Ippon Seoi Nage & breakfall			
Theory questions (4th Kyu + 1-3 red tabs)		<b>Minimum of 2 'throw for throw' style randori practices</b>	

<b>Nage-Waza: Throws AND Breakfalls from Throws (ie as Tori and Uke)</b>		<b>Ne-waza: Groundwork AND Escapes (ie as Tori and Uke)</b>	
<b>3rd KYU</b>	12. Hane Goshi & breakfall		29.TateShihoGatame & escapes(x2)
	Tsuru Komi Ashi, Uke avoids,Tori changes to 10.Harai Goshi		
	Ko Soto Gari, Uke avoids, Tori changes to 10.Harai Goshi		
	Theory questions(3rd Kyu)		<b>Minimum of 2 'throw for throw' style randori practices</b>

**Examiner's additional comments:**



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<b>AVON AREA BJC THEORY SYLLABUS</b>	
<b>Seniors</b>	<b>Etiquette, Behaviour and Theory</b>
<b>Orange Belt + 1 Tab</b>	The BJC was founded by Kenshire Abbe
	Wazari - 7 Points   Yuko - 5 Points   Shido - Penalty
<b>Orange Belt + 2 Tabs</b>	Kyu Shin Do is the philosophy of Kensire Abbe
	Osaekomi - Start Timing (holddown)   Toketa - Stop Timing (hold broken)
	Hantei - Corner Judge Vote
<b>Orange Belt + 3 Tabs</b>	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
<b>Green Belt</b>	Submission techniques must be applied carefully with good control
	Sono Mama - freeze   Yoshi - continue
	Kata - Form (the formal demonstration of prearranged series of techniques)