



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

	<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>1 s t  K Y U</b>	Demo counter to 10. HaraiGoshi	36. Ude Garami & avoidance
	Demo combination from 10. HaraiGoshi	
	Demo combination to 10. HaraiGoshi	37. Waki Gatame & avoidance
	Demo counter to 11. HaneGoshi	
	Demo combination from 11. HaneGoshi	22. KuzureKesaGatame to 36. UdeGarami to 37. WakiGatame
	Demo combination to 11. HaneGoshi	
	Demo counter to 12. IpponSeoiNage	
	Demo combination from 12. IpponSeoiNage	KATA: 1st & 2nd sets of Katame no Kata
	Demo combination to 12. IpponSeoiNage	
KATA: 1st & 2nd sets of Nage No Kata		
SHIAI (CONTEST): Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.		

	<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>1 s t  D A N</b>	Demo counter to 13. OSotoGari	33. Juji Jime
	Demo combination from 13. OSotoGari	How to avoid 33. Juji Jime
	Demo combination to 13. OSotoGari	Tori on back, Uke between Tori's legs, Tori attacks leading to a hold-down
	Demo counter to 14. HizaGuruma	
	Demo combination from 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
	Demo counter to 15. UchiMata	Candidate to demo two different ways of own choice to get into 34. SanGakuJime: Sangaku Jime (1)
	Demo combination from 15. UchiMata	
	Demo combination to 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	
KATA: Nage No Kata complete	KATA: 1st & 2nd sets of Katame no Kata	
SHIAI (CONTEST): Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.		

**Examiner's additional comments:**