

# Nokémono Judokwai mon grade syllabus check sheet



Judoka's name

## Quick guide key

Uke	<i>Defender</i>
Tori	<i>Attacker</i>
Sensei	<i>Instructor</i>
Tatami	<i>Mat</i>
Sore Made	<i>End</i>
Sona Mama	<i>Freeze</i>
Yoshi	<i>Continue (unfreeze)</i>
Hidari	<i>Left</i>
Migi	<i>Right</i>
Kaeshi-waza	<i>Counter techniques</i>
Kumi-kata	<i>Engagement position or gripping skills</i>
Nage-komi	<i>Repetitive throwing</i>
Ne-waza	<i>Groundwork techniques</i>
Osaekomi-waza	<i>Holding techniques</i>
Renraku-waza	<i>Combination techniques in the opposite direction</i>
Renzoku-waza	<i>Combination techniques in the same or similar direction</i>
Tachi-waza	<i>Standing techniques</i>
Shime-waza	<i>Choking techniques</i>
Kansetsu-waza	<i>Joint locking techniques</i>
Te-waza	<i>Hand techniques</i>
Koshi-waza	<i>Hip techniques</i>
Ashi-waza	<i>Foot techniques</i>
Ma sutemi-waza	<i>Rear sacrifice techniques</i>
Atemi-waza	<i>Striking techniques</i>



## Junior Grading Checksheets

**Assessor Only**

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### FUNDAMENTAL SKILLS

**Ukemi:**

Ushiro Ukemi *Rear breakfall*

**Tachi-waza:**

Osoto-otoshi *Major outer drop*

**Osae-komi-waza:**

Kesa-gatame *Scarf hold*

### PERFORMANCE SKILLS

**Combination Techniques:**

Osoto-otoshi *Major outer drop* into Kesa-gatame *Scarf hold*

**Ne-waza:**

Escape from Kesa-gatame by 'trapping Uke's leg

### PERSONAL CHOICE

Candidates are required to demonstrate two of their favourite waza

For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

Technique 1

Technique 2

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

Know the common English translations and meaning of all Japanese terminology used in this section

Translate the following Japanese words into their common English names and where appropriate explain their meaning:

Rei *Bow*

Hajime *Begin*

Matte *Stop*

Answer the question:

In which country was judo devised? *Japan*



## Junior Grading Checksheet

**Assessor Only**   
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**FUNDAMENTAL SKILLS**

**Ukemi:**

Yoko Ukemi *Side breakfall*

**Tachi-waza:**

De-ashi-barai *Advancing foot sweep*

**Osae-komi-waza:**

Mune-gatame *Chest hold*

**PERFORMANCE SKILLS**

**Combination Techniques:**

De-ashi-barai *Advancing foot sweep* into Mune-gatame *Chest hold*

**Ne-waza:**

Escape from Mune-gatame using a 'bridge and roll' action

**PERSONAL CHOICE**

Candidates are required to demonstrate two of their favourite waza  
For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

Technique 1

Technique 2

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to:  
Know the common English translations and meaning of all Japanese terminology used in this section

Translate the following Japanese words into their common English names and where appropriate explain their meaning:

Randori *Free practice*

Osae-komi *Hold is on*

Toketa *Hold is broken*

Have knowledge of the judo code

Demonstrate the correct bowing procedure for  
Tachi-rei *Standing bow*

**Za-rei** *Kneeling bow*

Answer the question  
Who invented modern judo? *Jigoro Kano*



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Checksheet**

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## FUNDAMENTAL SKILLS

### Ukemi:

Mae Mawari Ukemi I *Forward rolling breakfall*

### Tachi-waza:

Uki-goshi *Floating hip*

### Osae-komi-waza:

Kuzure-kesa-gatame *Broken scarf hold*

## PERFORMANCE SKILLS

### Combination Techniques:

Uki-goshi *Floating hip* into Kuzure-kesa-gatame *Broken scarf hold*

### Ne-waza:

Escape from Kuzure-kesa-gatame using 'sit up and push'

## PERSONAL CHOICE

Candidates are required to demonstrate two of their favourite waza

Technique 1

Technique 2

## TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section and knowledge of the judo code

Demonstrate the correct wearing of the judogi and tying of the obi *Belt*  
(Watch our video online if you need help)

Translate the following Japanese words into their common English names and where appropriate explain their meaning:

Dojo *Hall of practice*

Judogi *Judo suit*

Zori *Footwear*

## NOTES

For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.



## Junior Grading Checksheet

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**FUNDAMENTAL SKILLS**

**Ukemi:**

Mae Mawari Ukemi II *Forward rolling breakfall to kneeling position*

**Tachi-waza:**

Tai-otoshi *Hand throw body drop*

**Osae-komi-waza:**

Yoko-shiho-gatame *Side four quarters hold*

**PERFORMANCE SKILLS**

**Combination Techniques:**

Tai-otoshi *Hand throw body drop* into  
Yoko-shiho-gatame *Side four quarters hold*

**Ne-waza:**

Escape from Yoko-shiho-gatame using 'trap, bridge and roll'

Turnover into Yoko-shiho-gatame (Uke in prone position)

**Kumi-kata:**

Demonstrate the right and left standard grip

**PERSONAL CHOICE**

Candidates are required to select and demonstrate two tachi-waza and one osae-komi-waza from the BJA Technical Grading Syllabus

Tachi-waza 1



Tachi-waza 2



Osae-komi-waza 1



**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section and knowledge of the judo code

**NOTES**

For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.



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### FUNDAMENTAL SKILLS

**Ukemi:**

Mae Mawari Ukemi III

*Forward rolling breakfall to standing position*

**Tachi-waza:**

Ippon-seoi-nage *One handed shoulder*

**Osae-komi-waza:**

Kami-shiho-gatame *Upper four quarters hold*

### PERFORMANCE SKILLS

**Combination Techniques:**

Ippon-seoi-nage *One handed shoulder* into

Kami-shiho-gatame *Upper four quarters hold*

**Ne-waza:**

Turnover into Kesa-gatame (Uke in "all fours" position)

Escape from Kami-shiho-gatame using "action and re-action"

**Kumi-kata:**

Demonstrate alternatives to the right and left standard grips

### PERSONAL CHOICE

Candidates are required to demonstrate two of their favourite waza

Technique 1

Technique 2

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section



## Junior Grading Checksheet

**Assessor Only**   
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### NOTES

For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

**FUNDAMENTAL SKILLS**

**Ukemi:**  
Mae Ukemi *Forward breakfall*

**Tachi-waza:**  
O-uchi-gari *Major inner reaping*

**Osae-komi-waza:**  
Tate-shiho-gatame *Lengthwise four quarters hold*

**PERFORMANCE SKILLS**

**Combination Techniques:**  
O-uchi-gari *Major inner reaping* into  
Tate-shiho-gatame *Lengthwise four quarters hold*

**Ne-waza:**  
Escape from Tate-shiho-gatame using "clamp and roll"

Turnover into Mune-gatame *Chest hold* (Uke "all fours" position)

**Kumi-kata:**  
Demonstrate alternatives to standard grips  
e.g. right against left, double lapel and high collar

**Randori:**  
Demonstration of Nage-komi *Repetitive throwing* in  
light Randori *Free practice* with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to demonstrate two of their favourite waza

Technique 1

Technique 2

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to:  
Know the common English translations and meaning of all  
Japanese terminology used in this section and knowledge of the judo code

Give two examples of actions against the contest rules

**NOTES**

1. Nage-komi is introduced for this grade. It is to be demonstrated in the form of light randori which will be of approximately two minutes duration with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety of techniques and, if possible, on both right and left sides.
2. Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
3. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.



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Checksheet**

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**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Ko-uchi-gari *Minor inner reaping*

Tsuri-komi-goshi *Drawing hip*

O-goshi *Major hip*

**PERFORMANCE SKILLS**

**Combination Techniques:**

O-uchi-gari *Major inner reaping* into Ko-uchi-gari *Minor inner reaping*

Ko-uchi-gari *Minor inner reaping* into

O-soto-gari *Major outer reaping* or O-soto-gake *Major outer hook*

**Counter Techniques:**

O-uchi-gari *Major inner reaping* countered by

Tsuri-komi-goshi *Drawing hip*

**Ne-waza:**

Escape from Kesa-gatame *Scarf hold* using 'bridge and roll'

Escape into Kesa-gatame *Scarf hold* from between Uke's legs'

**Randori:**

Demonstration of light Randori *Free practice* with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to select and demonstrate two tachi-waza and one osae-komi-waza from the BJA Technical Grading Syllabus

Tachi-waza 1



Tachi-waza 2



Osae-komi-waza 1



**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section

Give two examples of actions against the contest rules

Translate the following Japanese words into their common English names and where appropriate explain their meaning:

Uke *The defensive or defending Judoka*

Tori *The offensive or attacking Judoka*

Waza-ari-awasete-ippon *Complete point from two waza-aris*

Demonstrate the proper procedures for coming onto and leaving the mat during a contest



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Checksheet**

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**NOTES**

1. Randori is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration. The examiner will expect to see a variety of waza and kumi-kata and, if possible, throws to both right and left sides. Although there are no specified requirements the judoka should understand and observe the simple regulations and terminology governing Randori, including the correct method for signalling submission.
2. For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.



**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Ko-soto-gari *Minor outer reaping*

Ko-soto-gake *Minor outer hook*

Morote-seoi-nage *Two handed shoulder*


**PERFORMANCE SKILLS**

**Combination Techniques:**

Ko-uchi-gari *Minor inner reaping* into

Morote-seoi-nage *Two handed shoulder*

**Counter Techniques:**

Tai-otoshi *Hand throw body drop* countered by

Ko-soto-gake *Minor outer hook* or Ko-soto-gari *Minor outer reaping*

**Ne-waza:**

Escape into Yoko-shiho-gatame *Side four quarters hold*  
from between Uke's legs

Turn over from underneath Uke into

Tate-shiho-gatame *Lengthwise four quarters hold*

**Randori:**

Demonstration of attacking and defending in

Randori *Free practice* with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to demonstrate three of their favourite waza

Technique 1

Technique 2

Technique 3


**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to:

Know the common English translations and meaning  
of all Japanese terminology used in this section

Translate the following Japanese words into their common  
English names and where appropriate explain their meaning:

Shido *Light penalty* (minor infringement)

Hansoku-make *Disqualification*


Demonstrate the Referee's signals for:

Matte *Stop*

Osae-komi *Hold is on*

Toketa *Hold is broken*

Adjusting the judogi

Give two examples of actions (not grips) against the contest rules  
for negative and safety reasons



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Checksheet**

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**NOTES**

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Seoi-otoshi *Shoulder drop*

Osoto-gari *Major outer reaping*

**PERFORMANCE SKILLS**

**Combination Techniques:**

Ippon-seoi-nage *One handed shoulder* into  
Ko-uchi-gari *Minor inner reaping*

Any technique as combinations with  
Seoi-otoshi *Shoulder drop* or Ko-uchi-gari *Minor inner reaping*

**Ne-waza:**

Arm roll from behind Uke

Arm roll from in front of Uke

**Randori:**

Demonstration of attacking and defending in Randori *Free practice*  
with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to demonstrate three of their favourite waza

Technique 1

Technique 2

Technique 3

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to:

Know the common English translations and meaning  
of all Japanese terminology used in this section

Translate the following Japanese words into their common  
English names and where appropriate explain their meaning:

Hiki-wake Referee's announcement of a *Draw at the end of a contest*

Give two examples of grips against the contest rules  
for negative or safety reasons

**NOTES**

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with a suitable grip.



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Checksheet**

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**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Harai-goshi *Sweeping hip*

Uchi-mata *Inner thigh*

**Kansetsu-waza:**

Ude-gatame *Arm lock*

Waki-gatame *Armpit lock*

**Randori:**

Demonstration of attacking and defending in Randori *Free practice* with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to:  
Select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

Technique 1

Technique 2

Technique 3

Technique 4

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to:  
Know the common English translations and meaning of all Japanese terminology used in this section

**NOTES**

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the judoka will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. From this grade onwards, Kansetsu-waza must not be applied to the point of submission and is taught so that the judoka has an understanding and awareness of the application.



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**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Hiza-guruma *Knee wheel*

Sasae-tsuri-komi-ashi *Propping drawing ankle*

**Kansetsu-waza:**

Juji-gatame *Cross armlock*

Hiza-gatami *Knee lock*

**PERFORMANCE SKILLS**

**Ne-waza:**

Juji-gatame sit back entry

Juji-gatame roll over entry

**Randori:**

Demonstration of attacking and defending in Randori *Free practice* with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to select and demonstrate four of their favourite waza

Technique 1

Technique 2

Technique 3

Technique 4

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section

**NOTES**

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.
3. Additional Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.



**Junior Grading  
Checksheet**

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### FUNDAMENTAL SKILLS

**Tachi-waza:**

Hane-goshi *Spring hip*

Okuri-ashi-barai *Double foot sweep*

Morote-eri-seoi-nage *Two handed lapel shoulder*

### PERFORMANCE SKILLS

**Ne-waza:**

Juji-gatame *Cross armlock* over the shoulder entry

Juji-gatame *Cross armlock* entry from beneath

**Randori:**

Demonstration of attacking and defending in  
Randori *Free practice* with a co-operative partner

### PERSONAL CHOICE

Candidates are required to select and demonstrate four of their favourite waza

Technique 1

Technique 2

Technique 3

Technique 4

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to know the common English translations  
and meaning of all Japanese terminology used in this section



### Junior Grading Checksheet

**Assessor Only**   
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### NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip.

**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Tani-otoshi *Valley drop*

Yoko-guruma *Side wheel*

**Kansetsu-waza:**

Ude-garami *Entangled armlock*

**PERFORMANCE SKILLS**

**Combination Techniques:**

Knowledge of selected Kaeshi-waza *Counter techniques* (various options)

**Ne-waza:**

Ude-garami *Entangled armlock* from

Kuzure-kesa-gatame *Broken scarf hold*

**Kumi-kata:**

Kumi-kata *Gripping skills* (right and left)

**Randori:**

Demonstration of attacking and defending in

Randori *Free practice* with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

Technique 1

Technique 2

Technique 3

Technique 4

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section

**NOTES**

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the judoka will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.



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**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Tomoe-nage *Circle throw*

Yoko-tomoe-nage *Side circle throw*

**Shime-waza:**

Okuri-eri-jime *Sliding collar strangle*

Nami-juji-jime *Normal cross strangle*

Gyaku-juji-jime *Reverse cross strangle*

**PERFORMANCE SKILLS**

**Ne-waza:**

Nami-juji-jime Uke on top (between Tori's legs)

Gyaku-juji-jime Uke on top (between Tori's legs)

Okuri-eri-jime Uke attacks with Seoi-otoshi *Shoulder drop*  
(or other) dropping attack

**Kumi-kata:**

Kumi-kata *Gripping skills* (right and left)

**Randori:**

Demonstration of attacking and defending in Randori *Free practice*  
with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to select and demonstrate two of their favourite combinations or counters

Technique 1  into

Technique 2

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section

**NOTES**

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
3. Shime-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.



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### FUNDAMENTAL SKILLS

**Tachi-waza:**

Uki-waza *Floating throw*

Soto-make-komi *Outside winding*

### PERFORMANCE SKILLS

**Ne-waza:**

Koshi-jime *Hip strangle* Uke attacks with "dropping attack"

Kata-te-jime *Strangle with one hand* Uke "all fours" position

**Randori:**

Demonstration of attacking and defending in Randori *Free practice* with a co-operative partner

### PERSONAL CHOICE

Candidates are required to select and demonstrate two of their favourite combinations or counters

Technique 1  into

Technique 2

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section



## Junior Grading Checksheet

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### NOTES

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renroku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.



**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Ura-nage *Rear throw*

Uki-otoshi *Floating drop*

Koshi-guruma *Hip wheel*

**Shime-waza:**

Kata-ha-jime *Single collar strangle*

Kata-te-ashi-koshi-jime *Single hand leg hip strangle*

**PERFORMANCE SKILLS**

**Tachi-waza:**

Knowledge of performance forms of selected techniques

**Ne-waza:**

Kata-ha-jime *Single collar strangle* Uke "all fours" position

**Randori:**

Demonstration of attacking and defending in Randori *Free practice* with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

Technique 1  into

Technique 2

Technique 3  into

Technique 4

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section

**NOTES**

1. During the Randori demonstration the judoka will require to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the judoka will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.



**Junior Grading  
Checksheet**

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**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Ushiro-goshi *Rear hip*

Sumi-gaeshi *Corner throw*

Ryo-hiza-seoi-otoshi *Two knee shoulder drop*

Yoko-gake *Side hook*

**Shime-waza:**

Hadaka-jime *Naked strangle*



**PERFORMANCE SKILLS**

**Tachi-waza:**

Knowledge of performance forms of selected techniques

**Ne-waza:**

Hadaka-jime – Uke prone position

**Randori:**

Demonstration of attacking and defending in Randori *Free practice* with a co-operative partner



**PERSONAL CHOICE**

Candidates are required to select and demonstrate three of their favourite combinations or counters

Technique 1  into

Technique 2

Technique 3

**Junior Grading  
Checksheet**

**Assessor Only**   
please tick box

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section

**NOTES**

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.
2. For the personal choice element, the judoka is required to demonstrate their favourite waza which may be demonstrated either to the right or to the left with any suitable grip. Any combinations or counters may be demonstrated.
3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

**FUNDAMENTAL SKILLS**

**Tachi-waza:**

Sode-tsuru-komi-goshi *Sleeve lift pull hip*

Kata-guruma *Shoulder wheel*

Ko-uchi-gake-maki-komi *Minor inner hook winding*

**Shime-waza:**

San-gaku-jime *Triangular strangle*

**PERFORMANCE SKILLS**

**Tachi-waza:**

Demonstrate any two variations of Sumi-gaeshi *Corner throw*

**Ne-waza:**

San-gaku-gatame *Triangular hold down* – complex entry

San-gaku-Jime *Triangular strangle* – complex entry

San-gaku-osae-gatame

*Triangular strangle and hold down* – turnover and hold

**Randori:**

Demonstration of attacking and defending in Randori *Free practice* with a co-operative partner

**PERSONAL CHOICE**

Candidates are required to select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

Technique 1  into

Technique 2

Technique 3  into

Technique 4

Demonstrate one set of Nage No Kata or Katame No Kata

**TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE**

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section

Give three examples of any three of the penalties in the competition rules

**NOTES**

1. During the Randori demonstration the judoka will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately three minutes.



**Junior Grading Checksheet**

**Assessor Only**   
please tick box

2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the judoka will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters. Candidates who have attained a BJA Junior Referee Award Junior or Senior Club Kata Award may, if they wish, exempt themselves from this section.

3. Shime-waza is included in this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

## TIME REQUIREMENTS/FREQUENCY OF PROMOTIONS

### Novice up to and including 6th Mon ages 5-7

Candidates may be promoted one Mon every three calendar months.

### Novice up to and including 6th Mon — ages 8-17

Candidates may be promoted one Mon every calendar month.

This allowance for ages 8-17 is because it is known and accepted that at this age range, young people have a greater capacity for learning and therefore more able to undertake examination at shorter intervals.

### 6th Mon and above — all ages

Candidates are limited to one promotion every two calendar months.

A month is a calendar month e.g. a candidate can be examined any date in January and then any date in March. This means a candidate could theoretically be promoted 6 times per year, following a learning pathway of continuous progress, however, it is anticipated they would go up 1 belt colour per year. There is no limit to the number of attempts to gain promotion.

### Fast Tracking

Judoka taking up the sport at the of 12 years of age and above who have no record of grade may be 'Fast Tracked' in their first year of BJA membership, a maximum of three Mon grades in any of their gradings i.e. Novice to 3rd Mon and 3rd Mon to 6th Mon, or novice to 2nd Mon, 2nd Mon to 4th Mon, 4th Mon to 6th Mon or any combination of jumps up to 6th Mon. Any judoka that have no record of grade for reasons such as lost record book, achieved grade prior to BJA computer records, returning to judo after long absence etc, may be assessed by the ADofE in order to re-join the grading scheme at the appropriate grade commensurate with prior technical knowledge. The ADofE may appoint an authorised official to carry out this responsibility.

Judoka aged 12 and above that have successfully completed a formal beginner's course such as "sportivate" or club introductory course, can in their first grading be promoted up to a maximum of 6th Mon. This must be a formal course approved by the National Promotions and Gradings Manager (NPGM) with a minimum of 12 hours instruction. Judoka under age of 12 on the same courses can be promoted to a maximum of 3rd Mon. Completion of the course must be specified on the Grade Registration Form.

### The Judo Code

For each grade up to and including 6th Mon, knowledge of the judo code as detailed in the record book is required. Examiners are required to ensure that candidates have the knowledge and understanding of the Judo Code appropriate to their chronological age and experience in the sport.

### Dan Grades

Judoka may choose to seek promotion under the Kyu Grade syllabus on reaching 14 years of age. Judoka are encouraged to seek advice from their coach on whether they should seek promotion under the Kyu Grade Syllabus. Junior judoka of 1st Kyu aged 14 can collect promotion points towards their Dan grade in point scoring competitions, but are not able to enter Dan gradings until the age of 15. Age 15 is also the minimum age they can register for promotion to 1st Dan as specified in the Dan Grade Syllabus.



## Junior Grading Checksheet

**Assessor Only**

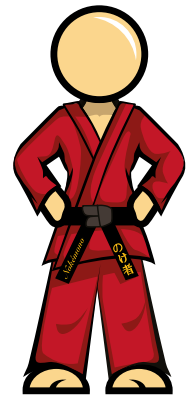
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## Judo Code

Jigoro Kano, the founder of modern judo, wrote a moral code that judoka should follow both on and off the mat. Kano said judo was a teaching for life itself, believing "the ultimate objective is that the discipline of judo is to be utilised as a means to self-perfection, and henceforth to make a positive contribution to society."

### What is the Judo moral code?

Courtesy	Be polite to other people
Courage	Face difficulty without fear
Fair play	Be a good sport, play by the rules
Honour	Fairness in beliefs and actions
Modesty	Be without vanity or boastfulness
Respect	Regard for others
Self Respect	Control over yourself and your actions
Friendship	Be a good friend, be helpful and kind
Hygiene	Cleanliness on the mat



## Junior Grading Checksheet

**Assessor Only**   
please tick box