

Nokémono Judokwai

Guide to your gradings



All gradings are conducted at Muscliff Park Youth Centre,
Shillingstone Drive, Bournemouth BH9 3LR

Grading day schedule		Juniors	Seniors
10.00am - 10.45am	Red belts	1st Mon - 3rd Mon	6th Kyu
10.45am - 11.30pm	Yellow belts	4rd Mon - 6th Mon	5th Kyu
11.30pm - 12.15pm	Orange belts	7th Mon - 9th Mon	4th Kyu
12.15pm - 1.00pm	Green belts	10th Mon - 12th Mon	3rd Kyu
12.15pm - 1.00pm	Blue belts	13th Mon - 15th Mon	2nd Kyu
To be advised	Brown belts	16th Mon - 18th Mon	1st Kyu

Age 8-17 Mon Grades

1st Mon		7th Mon		13th Mon	
2nd Mon		8th Mon		14th Mon	
3rd Mon		9th Mon		15th Mon	
4th Mon		10th Mon		16th Mon	
5th Mon		11th Mon		17th Mon	
6th Mon		12th Mon		18th Mon	

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

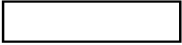






Candidates may be promoted one Mon every calendar month.

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.

Any Junior promotion from 6th Mon and above you will also need to attend an internal competition.

Any subsequent promotion where the belt changes colour you will also need to attend an external competition.

Age 16+ Kyu Grades

Novice Kyu		Novice up to and Including 5th Kyu Candidates may be promoted one Kyu grade per calendar month.
6th Kyu		
5th Kyu		From 5th Kyu and above Candidates may be promoted one Kyu grade every three calendar months. There is no limit to the number of attempts to gain promotion. Any senior promotion from 5th Kyu and above you will also need to attend an external competition.
4th Kyu		
3rd Kyu		
2nd Kyu		
1st Kyu		

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.

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



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