

BJC Junior Grading Syllabus (10 - 15 years of age)

Grading Officer _____

Signed:		Name	Name	Name	Name	
Date:		Club	Club	Club	Club	
Comments:		Age / D.o.B	Age / D.o.B	Age / D.o.B	Age / D.o.B	
		Present grade	Present grade	Present grade	Present grade	
FOR ALL GRADES: Pre-requisite for grading (all Judoka must be able to demonstrate these to a good standard appropriate for their new grade)		New grade	New grade	New grade	New grade	
Minimum Attendance Confirmed						
Kneeling and Standing Bows and Overall Etiquette						
Posture (Migi/Hidari Shizentai, Jigotai), grip (Kumi-Kata - basic sleeve/lapel) and how to walk with a partner (Aruki-Kata - using Tsugi Ashi & Tsuru Ashi)						
How and When to Submit						
	Ushiro Ukemi	Back Breakfall				
	Hidari/Migi Yoko Ukemi	Left/Right Side Breakfalls				
	Mae Ukemi	Front Breakfall				
	Hidari/Migi Zempo Kaiten Ukemi	Left/Right Rolling Breakfalls				
Throws						
Y E L L O W	(1 TAB) 1. Morote Seoi Nage & breakfall	1. Two Arm Shoulder Throw				
	(2 TABS) 2. Morote Seoi Otoshi & breakfall	2. Shoulder Drop Throw				
	3. Ko Uchi Gari & breakfall	3. Minor Inner Reaping Throw				
	1. Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi & breakfall					
	(3 TABS) 2. Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari & breakfall					
	4. Tsuru Komi Goshi & breakfall	4. Lifting Pulling Hip Throw				
	5. Tai Otoshi & breakfall	5. Body Drop				
	Groundwork					
	(1TAB) Turn-over from press-up position, breakfall, move to 21. Kesa Gatame (Scarf Hold) & escape					
	(2 TABS) 22. Kuzure Kesa Gatame (Broken Scarf Hold), escape onto stomach, rise to 'all 4s'					
(3 TABS) Turn-over from press-up position breakfall move to 21. Kesa Gatame, escape to 22. Kuzure Kesa Gatame escape onto stomach and rise to 'all 4s'						
Theory						
Judo	The Gentle Way					
Dojo	Training Hall					
Ritsu Rei	Standing Bow (how & when)					
Za Rei	Kneeling Bow (how & when)					
Sensei	Teacher					
Tori	Attacker					
Uke	Defender/Receiver					
Hajme	Start					
Matte	Stop					
Teacher is addressed as Sensei and with respect						
Behave sensibly in the Dojo						
Inform Sensei of any medical condition or injury						
Breakfalls are performed for safety						
Hands and feet are not allowed on partner's face						
Minimum of 2 'throw for throw' style randori practices						
Throws						
Y E L L O W	6. O Uchi Gari & breakfall	6. Major Inner Reaping Throw				
	4. Tsuru Komi Goshi, Uke avoids, Tori changes attack to 5. Tai Otoshi					
	4. Tsuru Komi Goshi, Uke Avoids, Tori changes attack to 6. O Uchi Gari					
	Groundwork (plus escapes)					
Turn-over from press-up position, breakfall, move into 21. Kesa Gatame, escape to 22. Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over into 23. Yoko Shiho Gatame (Side Four Quarters Hold) and escape						
Theory						
Osaekomi	Start timing (of holddown)					
Toketa	Hold broken (stop timing)					
Judogi	Judo suit					
Line up correctly on the mat						
Minimum of 2 'throw for throw' style randori practices						
Key						
- assess throughout grading - examine separately only if weak for grade						

Examiner's Additional Comments (continue on back of sheet if necessary)