

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			
O R A N G E	Throws			
	(1 TAB) 6. O Uchi Gari, Uke avoids, Tori changes attack to 5. Tai Otoshi			
	7. De Ashi Barai	7. Advancing Foot Sweep		
	8. Tsuru Komi Ashi	8. Drawing Ankle Throw		
	9. Ko Soto Gari	9. Minor Inner Reaping		
	7. De Ashi Barai, Uke avoids, Tori changes attack to 8. Tsuru Komi Ashi			
	(2 TABS) 8. Tsuru Komi Ashi, Uke avoids, Tori changes attack to Morote Sei Nage			
	(3 TABS) 10. Harai Goshi		10. Sweeping Hip Throw	
	Groundwork (plus escapes)			
	(1 TAB) Turn-over from press-up position, breakfall, move into 21. Kesa Gatame, escape and link to 22. Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over into 23. Yoko Shiho Gatame (Side Four Quarters Hold), escape into 24. Kuzure Kami Shiho Gatame, escape into 25. Kami Shiho Gatame, and escape			
	(2 TABS) Tori on back, Uke between legs - Tori rolls Uke over into 2 different hold-downs with escapes and combinations			
	(3 TABS) Tori attacks from between Uke's legs (Uke on their back), and demonstrates moving around into linked hold-downs			
	Theory			
	Ippon	10 points - Win		
	Wazari	7 points		
Yuko	5 points			
Sore Made	That is all			
Sono Mama	Freeze			
Yoshi	Continue			
Gain permission before leaving the mat				
Zori (slippers) are left neatly at mat side & tie belt correctly				
Must sit cross legged or kneel on the mat				
T A B S	When a higher grade enters the class, stop and Rei			
	Hands & Feet to be clean and nails short, Judogi to be kept clean			
	BJC stands for British Judo Council, its President is Robin Otani			
	Minimum of 2 'throw for throw' style randori practices			
O R A N G E B E L T	Throws			
	11. Hane Goshi	11. Spring Hip Throw		
	Groundwork (plus escapes)			
	26. Mune Gatame and escapes (x 2)		26. Chest Hold	
	Theory			
	Uchi Komi	Turning-in and out practice (literally In-Out)		
	Randori	Free practice		
	Hantei	Corner judge vote		
	Only elbow joint is allowed to be locked			
	Inform Sensei immediately of any injuries			
Judo was developed by Jigoro Kano				
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)