

BJC Primary Grading Syllabus (under 10 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 | | | |
| R E D T A B S | Throws | | | | |
| | (1 TAB) 1. Morote Seoi Nage & breakfall | 1. Two Arm Shoulder Throw | | | |
| | (2 TABS) 2. Morote Seoi Otoshi & breakfall | 2. Shoulder Drop Throw | | | |
| | (3 TABS) 3. Ko Uchi Gari & breakfall | 3. Minor Inner Reaping Throw | | | |
| | Groundwork | | | | |
| | (1 & 2 TABS) 1. Turn partner over onto back from 'all 4s' | | | | |
| | (1, 2 & 3 TABS) Turn-over from press-up position, breakfall, move into 21. Kesa Gatame (Scarf Hold) & escape | | | | |
| | Theory | | | | |
| | Sensei | Teacher | | | |
| | Hajime / Matte | Start / Stop | | | |
| How to bow as appropriate | | | | | |
| Minimum of 2 'throw for throw' style randori practices | | | | | |
| O R A N G E T A B S | Throws | | | | |
| | (1 TAB) 1. Morote Seoi Nage, Uke avoids, Tori changes attack to 2. Morote Seoi Otoshi & breakfall | | | | |
| | (2 TABS) 2. Morote Seoi Nage, Uke avoids, Tori changes attack to 3. Ko Uchi Gari & breakfall | | | | |
| | (3 TABS) 4. Tsuru Komi Goshi & breakfall | 4. Lifting Pulling Hip Throw | | | |
| | Groundwork | | | | |
| | (1 & 2 TABS) 22. Kuzure Kesa Gatame (Broken Scarf Hold), escape onto stomach and rise onto 'all 4s' | | | | |
| | (3 TABS) Turn-over from press-up position, breakfall, move to 21. Kesa Gatame escape and link to 22. Kuzure Kesa Gatame escape onto stomach and rise to 'all 4s' | | | | |
| | Theory (as for red tabs, plus the following) | | | | |
| | Dojo | Training hall | | | |
| | Ritsu Rei | Standing bow | | | |
| Tori | Attacker | | | | |
| How to bow as appropriate | | | | | |
| Minimum of 2 'throw for throw' style randori practices | | | | | |
| G R E E N T A B S | Throws | | | | |
| | (1 TAB) 5. Tai Otoshi & breakfall | 5. Body Drop | | | |
| | (2 TABS) 6. O Uchi Gari & breakfall | 6. Major Inner Reaping Throw | | | |
| | (3 TABS) 4. Tsuru Komi Goshi, Uke avoids, Tori changes attack to 5. Tai Otoshi | | | | |
| | Groundwork (plus escapes) | | | | |
| | (1 TAB) Turn-over from press-up position, breakfall, move into Kesa Gatame, escape and link to Kuzure Kesa Gatame, escape onto stomach and rise to 'all 4s'. | | | | |
| | (2 & 3 TABS) Turn-over into 23.Yoko Shiho Gatame (Side Four Quarters Hold) and escape | | | | |
| | Theory | | | | |
| | Judo - The Gentle (or Supple) Way | Uke - Defender | | | |
| | Hands and feet are not allowed on partner's face | | | | |
| Teacher is addressed as Sensei with respect | | | | | |
| 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)