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 sleeeve/lapel) and how to walk with a partner (Aruki-Kata - using Tsugi Ashi & Tsuri 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			
BLUE TABS	**Throws**				
	(1 TAB) 4. Tsuri Komi Goshi, Uke avoids, Tori changes attack to 6.O Uchi Gari				
	(2 TABS) 6. O Uchi Gari, Uke avoids, Tori changes attack to 5. Tai Otoshi				
	(3 TABS) 7. De Ashi Bari	7. Advancing Foot Sweep			
	Groundwork				
	(1 & 2 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 onto 'all 4s', turn-over into 23. Yoko Shiho Gatame, escape				
	(3 TABS) 24. Kuzure Kami Shiho Gatame (Broken Upper Four Quarters Hold), escape to 25. Kami Shiho Gatame (Upper Four Quarters Hold)				
	Theory				
	Osae Komi	Start of Hold Down Being Timed			
	Toketa	Hold Down Broken			
	Minimum of 2 'throw for throw' style randori practices				
BROWN TABS	**Throws**				
	(1 TAB) 8. Tsuri Komi Ashi	8. Drawing Ankle Throw			
	(2 TABS) 9. Ko Soto Gari	9. Minor Outer Reaping Throw			
	(3 TABS) 7. De Ashi Barai, Uke Avoids, Tori changes attack to 8. Tsuri Komi Ashi				
	Groundwork				
	(1 TAB) 24. Kuzuri Kami Shiho Gatame, escape to 25. Kami Shiho Gatame				
	(2 TABS) 25. Kami Shiho Gatame and escape				
	(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 onto 'all 4s', turn-over into 23. Yoko Shiho Gatame, escape to 24. Kuzure Kami Shiho Gatame and escape to 25. Kami Shiho Gatame and escape				
	Theory				
	Hands & feet are to be clean and nails short				
	Zori left neatly at mat side				
	Ippon	10 points - Win			
	Waza-ari	7 points			
	Yuko	5 points			
	Koka	3 points			
	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)