

BJC Senior Grading Syllabus (16+ 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				
6 T H K Y U P L U S T A B S	(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. Lifting Pulling Hip Throw		
4. Tsuru Komi Goshi & breakfall	5. Body Drop			
5. Tai Otoshi & breakfall				
Groundwork				
(1TAB) Turn-over from press-up position, breakfall, move into 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				
5 T H K Y U	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 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 (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)				