

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					
5 T H K Y U P L U S T A B S	(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 to 22. Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over to 23. Yoko Shiho Gatame (Side Four Quarters Hold), escape to 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					
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					
Throws					
4 T H K Y U	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)