

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					
4 T H K Y U P L U S T A B S	(1 TAB) 12. Ippon Seoi Nage	12. One Handed Shoulder Throw			
	(2 TABS) Demonstrate counters and combinations to and from 4. Tsuru Komi Goshi				
	(3 TABS) Demonstrate counters and combinations to and from 1. Morote Seoi Nage				
	Demonstrate counters and combinations to and from 5. Tai Otoshi				
	Groundwork (plus escapes)				
	(1 TAB) 27. Kuzure Yoko Shiho Gatame and escapes (x2)	27. Broken Side Four Quarters Hold			
	(2 TABS) 22. Kuzure Kesa Gatame to 26. Mune Gatame to 27. Kuzure Yoko Shiho Gatame				
	(3 TABS) 28. Kata Gatame and escapes (x2)	28. Shoulder Hold			
	Theory				
	Obi	Belt			
Maitta	I submit				
Kuzushi - Breaking of balance	Tsukuri - to create, to float				
Kake - Body contact	Nage - completion of throw				
Shizentai - relaxed natural posture	Jigotai - defensive posture				
Judo originated in Japan					
Treat other Judoka with courtesy and respect					
That the BJC was founded by Kenshiro Abbe					
Only practice in registered clubs with an instructor					
Minimum of 2 'throw for throw' style randori practices					
Throws					
3 R D K Y U	Demonstrate counters and combinations to and from 6. O Uchi Gari				
	Demonstrate counters and combinations to and from 3. Ko Uchi Gari				
	Groundwork (plus escapes)				
	29. Tate Shiho Gatame and escapes	29. Body Four Quarters Hold			
	Theory				
	Tai Sabaki	Turning in or avoiding an attack			
	Kata	Form			
	Kamiza - A place of honour (may have a picture of the founder)				
	Kyu Shin Do is the philosophy of Kenshiro Abbe				
	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)