

# NB: AREA LEVEL ONLY: 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
<b>FOR ALL GRADES: Pre-requisite for grading (all Judoka must be able to demonstrate these to a good standard appropriate for their new grade)</b>		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			
<b>Throws</b>					
2 N D	13. O Soto Gari	13. Major Outer Reap			
	14. Hiza Guruma	14. Knee Wheel			
	15. Uchi Mata	15. Inner Thigh Throw			
<b>Groundwork (plus escapes)</b>					
29. Tate Shiho Gatame to and from 28. Kata Gatame					
	31. Hadaka Jime and escape	31. Naked Strangle			
	32. Okuri Eri Jime and escape	32. Sliding Collar Strangle			
	35. Ude Hishigi Juji Gatame	35. Cross armlock			
35. Ude Hishigi Juji Gatame applied as Uke tries to avoid 31. Hadaka Jime					
35. Ude Hishigi Juji Gatame applied as Uke tries to avoid 32. Okuri Eri Jime					
<b>Kata</b>					
K Y U	1st set of Nage No Kata				
	1st set of Katame no Kata				
Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.					
<b>Throws</b>					
1 S T	Demonstrate counters and combinations to and from 10. Harai Goshi				
	Demonstrate counters and combinations to and from 11. Hane Goshi				
	Demonstrate counters and combinations to and from 12. Ippon Seoi Nage				
<b>Groundwork (plus escapes)</b>					
	36. Ude Garami	36. Entangled Armlock			
	37. Waki Gatame	37. Armlock with Armpit			
22. Kuzure Kesa Gatame to 36. Ude Garami then to 37. Waki Gatame					
<b>Theory</b>					
K Y U	1st & 2nd sets of Nage No Kata				
	1st & 2nd sets of Katame no Kata				
Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.					

**Key**

- assess throughout grading - examine separately only if weak for grade

**Examiner's Additional Comments (continue on back of sheet if necessary)**