

# NB: THIS GRADE CAN BE RECOMMENDED ONLY:

## BJC Senior Grading Syllabus to Grade up to 1st Dan (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>				
<b>1 S T</b>	Demonstrate counters and combinations to and from 13. O Soto Gari			
	Demonstrate counters and combinations to and from 14. Hiza Guruma			
	Demonstrate counters and combinations to and from 15. Uchi Mata			
	7. De Ashi Barai, Uke avoids, Tori changes attack to any forward throw			
<b>Groundwork (plus escapes)</b>				
	33. Juji Jime and escape	33. Cross Strangle (any)		
	Tori on back, Uke between Tori's legs, Tori attacks leading to a hold-down			
	Tori on back, Uke between Tori's legs, Tori attacks leading to a strangle			
	Tori on back, Uke between Tori's legs, Tori attacks leading to an armlock			
	34. Sangaku Jime (1)	34. Triangulation Strangle (candidate demonstrates two different contest-provable ways to get to Sangaku Jime)		
	34. Sangaku Jime (2)			
<b>Theory</b>				
<b>D A N</b>	Nage No Kata complete			
	1st & 2nd sets of Katame no Kata			
<b>Minimum of 3 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible.</b>				

**Key**  
 - assess throughout grading - examine separately only if weak for grade  
**Examiner's Additional Comments (continue on back of sheet if necessary)**