

British Judo Council Junior



Name		Age	
Grade		Promotion to	

Core Requirements

Etiquette & Safety

Kneeling, standing bows and etiquette
 How and When to submit

Breakfalls

Ushiro Ukemi (back breakfall)
 Migi Yoko Ukemi (right side breakfall)
 Hidari Yoko Ukemi (left side breakfall)
 Mae Ukemi (front breakfall)
 Migi Zempo Kaiten Ukemi (right side rolling breakfall)
 Hidari Zempo Kaiten Ukemi (left side rolling breakfall)

Standing - Demonstrate

Bow, take a basic sleeve / lapel grip and posture
 Demonstrate how to walk with partner
 Take a breakfall when thrown by partner

6th Kyu White Belt to 1 Yellow Tab (not less than 10 years old)

Standing - Demonstrate

Morote Seoi Nage

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Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame and escape

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Randori

Minimum of 2 throw for throw style randori practice

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6th Kyu White Belt 1 Yellow Tab to 2 Yellow Tabs (not less than 10 years old)

Standing - Demonstrate

Morote Seoi Otoshi
 Ko Uchi Gari
 Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi

Groundwork - Demonstrate

Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position)

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Randori

Minimum of 2 throw for throw style randori practice

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6th Kyu White Belt 2 Yellow Tabs to 3 Yellow Tabs (not less than 10 years old)

Standing - Demonstrate

Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari
 Tsuru Komi Goshi
 Tai Otoshi

Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame
 escape onto stomach and rise into all fours (crouching position)

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Randori

Minimum of 2 throw for throw style randori practice

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6th Kyu White Belt 3 Yellow Tabs to 5th Kyu Yellow Belt (not less than 10 years old)

Standing - Demonstrate

O Uchi Gari
 Tsuru Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi
 Tsuru Komi Goshi, Uke avoids, Tori changes attack to O Uchi Gari

Groundwork - Demonstrate

Turn over from press up position, breakfall, move into Kesa Gatame, escape into Kuzure Kesa Gatame, escape onto stomach, rise into all fours (crouching position), turn over into Yoko Shiho Gatame & escape.

Randori

Minimum of 2 throw for throw style randori practice

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Comments	Venue	Date	Examiner
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Grade	Core Requirements	
Etiquette & Safety		
Kneeling, standing bows and etiquette		<input type="checkbox"/>
Breakfalls		
Ushiro Ukemi (back breakfall)		<input type="checkbox"/>
Migi Yoko Ukemi (right side breakfall)		<input type="checkbox"/>
Hidari Yoko Ukemi (left side breakfall)		<input type="checkbox"/>
Mae Ukemi (front breakfall)		<input type="checkbox"/>
Migi Zempo Kaiten Ukemi (right side rolling breakfall)		<input type="checkbox"/>
Hidari Zempo Kaiten Ukemi (left side rolling breakfall)		<input type="checkbox"/>
Standing - Demonstrate		
Bow, take a basic sleeve / lapel grip and posture		<input type="checkbox"/>
Demonstrate how to walk with partner		<input type="checkbox"/>
Take a breakfall when thrown by partner		<input type="checkbox"/>
5th Kyu Yellow Belt to 1 Orange Tab (normally not less than 10 years old)		
Standing - Demonstrate		
O Uchi Gari , Uke avoids, Tori changes attack to Tai Otoshi		<input type="checkbox"/>
De Ashi Barai		<input type="checkbox"/>
Sasae Tsuru Komi Ashi		<input type="checkbox"/>
Ko Soto Gari		<input type="checkbox"/>
De Ashi Barai, Uke avoids, Tori changes attack to Sasae Tsuru Komi Ashi		<input type="checkbox"/>
Groundwork - Demonstrate		
Turn over from press up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position), turn over to Yoko Shiho Gatame, escape to Kuzure Kami Shiho Gatame and escape into Kami Shiho Gatame and escape		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
5th Kyu Yellow Belt 1 Orange Tab to 2 Orange Tabs (normally not less than 10 years old)		
Standing - Demonstrate		
Sasae Tsuru Komi Ashi, Uke avoids, Tori changes attack to Morote Seoi Nage		<input type="checkbox"/>
Groundwork - Demonstrate		
Demonstrate two hold downs with escapes and combinations from: Tori on back with Uke between legs, rolls Uke over into hold downs		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
5th Kyu Yellow Belt 2 Orange Tabs to 3 Orange Tabs (normally not less than 10 years old)		
Standing - Demonstrate		
Harai Goshi		<input type="checkbox"/>
Groundwork - Demonstrate		
Tori attacks from between Uke's legs (uke on their back) and moves around into linked hold downs		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
5th Kyu Yellow Belt 3 Orange Tabs to 4th Kyu Orange Belt (normally not less than 11 years old)		
Standing - Demonstrate		
Hane goshi		<input type="checkbox"/>
Groundwork - Demonstrate		
Mune Gatame and escapes		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
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Etiquette & Safety		
Kneeling, standing bows and etiquette		<input type="checkbox"/>
Breakfalls		
Ushiro Ukemi (back breakfall)		<input type="checkbox"/>
Migi Yoko Ukemi (right side breakfall)		<input type="checkbox"/>
Hidari Yoko Ukemi (left side breakfall)		<input type="checkbox"/>
Mae Ukemi (front breakfall)		<input type="checkbox"/>
Migi Zempo Kaiten Ukemi (right side rolling breakfall)		<input type="checkbox"/>
Hidari Zempo Kaiten Ukemi (left side rolling breakfall)		<input type="checkbox"/>
Standing - Demonstrate		
Bow, take a basic sleeve / lapel grip and posture		<input type="checkbox"/>
Demonstrate how to walk with partner		<input type="checkbox"/>
Take a breakfall when thrown by partner		<input type="checkbox"/>
4th Kyu Orange Belt to Orange Belt 1 Green Tab (normally not less than 11 years old)		
Standing - Demonstrate		
Ippon Seoi Nage		<input type="checkbox"/>
Groundwork - Demonstrate		
Kuzure Yoko Shiho Gatame and escapes		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
4th Kyu Orange Belt 1 Green Tab to Orange Belt 2 Green Tabs (normally not less than 11 years old)		
Standing - Demonstrate		
Demonstrate Counters and Combinations to and from Tsuru Komi Goshi		<input type="checkbox"/>
Groundwork - Demonstrate		
Kuzure Kesa Gatame to Mune Gatame to Kuzure Yoko Shiho Gatame		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
4th Kyu Orange Belt 2 Green Tabs to Orange Belt 3 Green Tabs (normally not less than 11 years old)		
Standing - Demonstrate		
Demonstrate Counters and Combinations to and from Morote Seoi Nage		<input type="checkbox"/>
Demonstrate Counters and Combinations to and from Tai Otoshi		<input type="checkbox"/>
Groundwork - Demonstrate		
Kata Gatame and escapes		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
4th Kyu Orange Belt 3 Green Tabs to 3rd Kyu Green Belt (normally not less than 12 years old)		
Standing - Demonstrate		
Demonstrate Counters and Combinations to and from O Uchi Gari		<input type="checkbox"/>
Demonstrate Counters and Combinations to and from Ko Uchi Gari		<input type="checkbox"/>
Groundwork - Demonstrate		
Tate Shiho Gatame and escapes		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
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Etiquette & Safety		
Kneeling, standing bows and etiquette		<input type="checkbox"/>
Breakfalls		
Ushiro Ukemi (back breakfall)		<input type="checkbox"/>
Migi Yoko Ukemi (right side breakfall)		<input type="checkbox"/>
Hidari Yoko Ukemi (left side breakfall)		<input type="checkbox"/>
Mae Ukemi (front breakfall)		<input type="checkbox"/>
Migi Zempo Kaiten Ukemi (right side rolling breakfall)		<input type="checkbox"/>
Hidari Zempo Kaiten Ukemi (left side rolling breakfall)		<input type="checkbox"/>
Standing - Demonstrate		
Bow, take a basic sleeve / lapel grip and posture		<input type="checkbox"/>
Demonstrate how to walk with partner		<input type="checkbox"/>
Take a breakfall when thrown by partner		<input type="checkbox"/>
3rd Kyu Green Belt to Green Belt 1 Blue Tab (normally not less than 13 years old)		
Standing - Demonstrate		
O Soto Gari		<input type="checkbox"/>
Groundwork - Demonstrate		
Tate Shiho Gatame to and from Kata Gatame		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 1 win against own grade & gender. Against own age group where possible		<input type="checkbox"/>
Kata		
1st technique of Nage no Kata		<input type="checkbox"/>
1st technique of Katame no Kata		<input type="checkbox"/>
3rd Kyu Green Belt 1 Blue Tab to Green Belt 2 Blue Tabs (normally not less than 13 years old)		
Standing - Demonstrate		
Hiza Guruma		<input type="checkbox"/>
Groundwork - Demonstrate		
Hadaka Jime and escape		<input type="checkbox"/>
Okuri Eri Jime and escape		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 1 win against own grade & gender. Against own age group where possible		<input type="checkbox"/>
Kata		
1st & 2nd technique of Nage no Kata		<input type="checkbox"/>
1st & 2nd technique of Katame no Kata		<input type="checkbox"/>
3rd Kyu Green Belt 2 Blue Tabs to Green Belt 3 Blue Tabs (normally not less than 13 years old)		
Standing - Demonstrate		
Uchi Mata		<input type="checkbox"/>
Groundwork - Demonstrate		
Ude Hishigi Juji Gatame		<input type="checkbox"/>
Ude Hishigi Juji Gatame applied as Uke tries to escape from Hadaka Jime		<input type="checkbox"/>
Ude Hishigi Juji Gatame applied as Uke tries to escape from Okuri Eri Jime		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 1 win against own grade & gender. Against own age group where possible		<input type="checkbox"/>
Kata		
1st Set of Nage no Kata		<input type="checkbox"/>
1st, 2nd & 3rd technique of Katame no Kata		<input type="checkbox"/>
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Kneeling, standing bows and etiquette		<input type="checkbox"/>
Breakfalls		
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Migi Yoko Ukemi (right side breakfall)		<input type="checkbox"/>
Hidari Yoko Ukemi (left side breakfall)		<input type="checkbox"/>
Mae Ukemi (front breakfall)		<input type="checkbox"/>
Migi Zempo Kaiten Ukemi (right side rolling breakfall)		<input type="checkbox"/>
Hidari Zempo Kaiten Ukemi (left side rolling breakfall)		<input type="checkbox"/>
Standing - Demonstrate		
Bow, take a basic sleeve / lapel grip and posture		<input type="checkbox"/>
Demonstrate how to walk with partner		<input type="checkbox"/>
Take a breakfall when thrown by partner		<input type="checkbox"/>
3rd Kyu Green Belt 3 Blue Tabs to Green Belt 1 Brown Tab (normally not less than 13 years old)		
Standing - Demonstrate		
Demonstrate Counters and Combinations to and from Hari Goshi		<input type="checkbox"/>
Groundwork - Demonstrate		
Ude Garami		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 2 wins against own grade & gender. Against own age group where possible		<input type="checkbox"/>
Kata		
1st Set of Nage no Kata		<input type="checkbox"/>
1st Set of Katame no Kata		<input type="checkbox"/>
3rd Kyu Green Belt 1 Brown Tab to Green Belt 2 Brown Tabs (normally not less than 13 years old)		
Standing - Demonstrate		
Demonstrate counters & combinations to & from Hane Goshi		<input type="checkbox"/>
Groundwork - Demonstrate		
Waki Gatame		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 2 wins against own grade & gender. Against own age group where possible		<input type="checkbox"/>
Kata		
1st & 2nd Set of Nage no Kata		<input type="checkbox"/>
1st Set of Katame no Kata		<input type="checkbox"/>
3rd Kyu Green Belt 2 Brown Tabs to Green Belt 3 Brown Tabs (normally not less than 13 years old)		
Standing - Demonstrate		
Demonstrate Counters and Combinations to and from Ippon Seoi Nage		<input type="checkbox"/>
Groundwork - Demonstrate		
Kuzure Kesa Gatame to Ude Garami to Waki Gatame		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 2 wins against own grade & gender. Against own age group where possible		<input type="checkbox"/>
Kata		
1st & 2nd Set of Nage no Kata		<input type="checkbox"/>
1st & 2nd Set of Katame no Kata		<input type="checkbox"/>
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Kneeling, standing bows and etiquette		<input type="checkbox"/>
Breakfalls		
Ushiro Ukemi (back breakfall)		<input type="checkbox"/>
Migi Yoko Ukemi (right side breakfall)		<input type="checkbox"/>
Hidari Yoko Ukemi (left side breakfall)		<input type="checkbox"/>
Mae Ukemi (front breakfall)		<input type="checkbox"/>
Migi Zempo Kaiten Ukemi (right side rolling breakfall)		<input type="checkbox"/>
Hidari Zempo Kaiten Ukemi (left side rolling breakfall)		<input type="checkbox"/>
Standing - Demonstrate		
Bow, take a basic sleeve / lapel grip and posture		<input type="checkbox"/>
Demonstrate how to walk with partner		<input type="checkbox"/>
Take a breakfall when thrown by partner		<input type="checkbox"/>
3rd Kyu Green Belt 3 Brown Tabs to Green Belt 1 Black Tab (normally not less than 13 years old)		
Standing - Demonstrate		
Demonstrate Counters and Combinations to and from O Soto Gari		<input type="checkbox"/>
Groundwork - Demonstrate		
Juji Jime and escape		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 3 wins against own grade & gender. Against own age group where possible		<input type="checkbox"/>
Kata		
1st, 2nd & 3rd Set of Nage no Kata		<input type="checkbox"/>
1st & 2nd Set of Katame no Kata		<input type="checkbox"/>
3rd Kyu Green Belt 1 Black Tab to Green Belt 2 Black Tabs (normally not less than 13 years old)		
Standing - Demonstrate		
Demonstrate Counters and Combinations to and from Hiza Guruma		<input type="checkbox"/>
Demonstrate Counters and Combinations to and from Uchi Mata		<input type="checkbox"/>
Groundwork - Demonstrate		
Tori on back with Uke between Tori's legs, Tori attacks leading to a hold down		<input type="checkbox"/>
Tori on back with Uke between Tori's legs, Tori attacks leading to an armlock		<input type="checkbox"/>
Tori on back with Uke between Tori's legs, Tori attacks leading to a strangle		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 3 wins against own grade & gender. Against own age group where possible		<input type="checkbox"/>
Kata		
1st, 2nd, 3rd & 4th Set of Nage no Kata		<input type="checkbox"/>
1st & 2nd Set of Katame no Kata		<input type="checkbox"/>
3rd Kyu Green Belt 2 Black Tabs to Green Belt 3 Black Tabs (normally not less than 13 years old)		
Standing - Demonstrate		
De Ashi Barai, Uke avoids, tori changes to any forward throw		<input type="checkbox"/>
Groundwork - Demonstrate		
Sangaku Jime (1)		<input type="checkbox"/>
Sangaku Jime (2)		<input type="checkbox"/>
Contest: Win by Wazari or Ippon only.		
Minimum 3 wins against own grade & gender. Against own age group where possible (1)		<input type="checkbox"/>
Kata		
Nage no Kata complete		<input type="checkbox"/>
1st & 2nd Set of Katame no Kata		<input type="checkbox"/>
Venue	Date	Examiner
Comments		