

British Judo Council Senior



Name	Age	Promotion to
Grade		
Core Requirements		
Etiquette & Safety		
Kneeling, standing bows and etiquette		<input type="checkbox"/>
How and When to submit		<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"/>
6th Kyu White Belt to 1 Red Tab (for 16 year olds and over)		
Morote Seoi Nage		<input type="checkbox"/>
Groundwork - Demonstrate		
Turn over from press up position, breakfall, move into Kesa Gatame and escape		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
6th Kyu White Belt 1 Red Tab to 2 Red Tabs (for 16 year olds and over)		
Standing - Demonstrate		
Morote Seoi Otoshi		<input type="checkbox"/>
Ko Uchi Gari		<input type="checkbox"/>
Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi		<input type="checkbox"/>
Groundwork - Demonstrate		
Kuzure Kesa Gatame, escape onto stomach and rise into all fours crouching position		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
6th Kyu White Belt 2 Red Tabs to 3 Red Tabs (for 16 year olds and over)		
Standing - Demonstrate		
Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari		<input type="checkbox"/>
Tsuri Komi Goshi		<input type="checkbox"/>
Tai Otoshi		<input type="checkbox"/>
Groundwork - Demonstrate		
Turn over from press up position, breakfall, move into Kesa Gatame, escape into Kuzure Kesa Gatame, escape onto stomach and rise into all fours crouching position		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
White Belt 3 Red Tabs to 5th Kyu Yellow Belt (for 16 year olds and over)		
Standing - Demonstrate		
O Uchi Gari		<input type="checkbox"/>
Tsuri Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi		<input type="checkbox"/>
Tsuri Komi Goshi, Uke avoids, Tori changes attack to O Uchi Gari		<input type="checkbox"/>
Groundwork - Demonstrate		
Turn over from press up position, breakfall, move into Kesa Gatame, escape into Kuzure Kesa Katame escape onto stomach and rise into all fours crouching position, turn over into Yoko Shiho Gatame and escape.		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
Venue	Date	Examiner
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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"/>
5th Kyu Yellow Belt to 1 Red Tab (for 16 year olds and over)		
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 into Kuzure Kesa Katame, escape onto stomach and rise into all fours crouching position, turn over to Yoko Shiho Gatame, escape to Kuzure Kami Shiho Gatame & escape into Kami Shiho Gatame & escape		<input type="checkbox"/>
Randori		
Minimum of 2 throw for throw style randori practice		<input type="checkbox"/>
5th Kyu Yellow Belt 1 Red Tab to 2 Red Tabs (for 16 year olds and over)		
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 Red Tabs to 3 Red Tabs (for 16 year olds and over)		
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 Red Tabs to 4th Kyu Orange Belt (for 16 year olds and over)		
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 Red Tab (for 16 year olds and over)	
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 Red Tab to Orange Belt 2 Red Tabs (for 16 year olds and over)	
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 Red Tabs to Orange Belt 3 Red Tabs (for 16 year olds and over)	
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 Red Tabs to 3rd Kyu Green Belt (for 16 year olds and over)	
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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Core Requirements		
Etiquette & Safety		
Kneeling, standing bows and etiquette		
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		
3rd Kyu Green Belt to 2nd Kyu Blue Belt (for 16 year olds and over)		
Standing - Demonstrate		
O Soto Gari		
Hiza Guruma		
Uchi Mata		
Groundwork - Demonstrate		
Tate Shiho Gatame to and from Kata Gatame		
Hadaka Jime and escape		
Okuri Eri Jime and escape		
Ude Hishigi Juji Gatame		
Ude Hishigi Juji Gatame applied as Uke tries to escape from Hadaka Jime		
Ude Hishigi Juji Gatame applied as Uke tries to escape from Okuri Eri Jime		
Contest: Win by Wazari or Ippon only.		
Minimum 3 wins against own grade & gender.		
Against own age group where possible		
Kata		
1st Set of Nage no Kata		
1st Set of Katame no Kata		
2nd Kyu Blue Belt to 1st Kyu Brown Belt (for 16 year olds and over)		
Standing - Demonstrate		
Demonstrate Counters and Combinations to and from Harai Goshi		
Demonstrate Counters and Combinations to and from Hane Goshi		
Demonstrate Counters and Combinations to and from Ippon Seoi Nage		
Groundwork - Demonstrate		
Ude Garami		
Waki Gatame		
Kuzure Kesa Gatame to Ude Garami to Waki Gatame		
Contest: Win by Wazari or Ippon only.		
Minimum 3 wins against own grade & gender.		
Against own age group where possible		
Kata		
1st & 2nd Set of Nage no Kata		
1st & 2nd Set of Katame no Kata		
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Name **Age**

Grade **Promotion to**

1st Kyu Brown Belt to 1st Dan Black Belt (for 16 year olds and over)
THIS GRADE CAN BE RECOMMENDED ONLY

Core Requirements

Etiquette & Safety

Kneeling, standing bows and etiquette

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

Standing - Demonstrate

Demonstrate Counters and Combinations to and from O Soto Gari

Demonstrate Counters and Combinations to and from Hiza Guruma

Demonstrate Counters and Combinations to and from Uchi Mata

De Ashi Barai, Uke avoids, tori changes to any forward throw

Groundwork - Demonstrate

Juji Jime and escape

Tori on back with Uke between Tori's legs, Tori attacks leading to a hold down

Tori on back with Uke between Tori's legs, Tori attacks leading to an armlock

Tori on back with Uke between Tori's legs, Tori attacks leading to a strangle

Sangaku Jime - Any version

Sangaku Jime - Any different version

Contest: Win by Wazari or Ippon only.

Minimum 3 wins against own grade & gender.

Against own age group where possible

Kata

Nage no Kata complete

1st & 2nd Set of Katame no Kata

Juno Kata for non contest grades **(At National level only)**

Venue **Date** **Examiner**

Comments

Issue: 1.00
Original Author: Len Witts
Original Date: 09/07/2014
NTC Approved: 150314 RO

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