

Name

Address

Club

Area

**Contents**

Standing techniques.....page 4

Ground work techniques.....page 5

Core requirements.....page 6

Questions and Japanese terms..... page 7

Primary grading requirements.....page 13

Junior grading requirements.....page 23

Senior grading requirements.....page 41

Dan grading requirements.....page 51

## Introduction

The BJC Syllabus 3.0 Feb 2014 is issued for immediate use by Candidates.

Assessment will be according to FPJ (Fundamental Principles of Judo) Coaching methods.

All Candidates and Assessors must have a current BJC Licence.

Individual 'Grading Cards', 'Workbooks' and 'Guidelines to Coaches and Assessors' will be available as separate documents.

This Syllabus is intended to encourage a higher level of competence in basic foundation judo. The requirements for the 'beginner' grades for the Primary, Junior and Senior syllabi are all similar and will require more time to; learn, practice and improve, whilst simultaneously providing students with motivation and satisfaction as they develop their techniques.

Seniors have an option to follow the grade stripe stages similar to Primary and Junior grades with one, two or three tabs for each grade up to green belt 3rd kyu. Seniors have a personal choice to display their grade or not, using RED tabs on a white, yellow or orange belt.

Competitive randori at club level is not recommended until reaching green tabs for Primaries or orange belt for Juniors and Seniors .

Periods between grades:

The standard period between each tab/grade is 3 months with 12 session attendances.

Coaches/Assessors may use their discretion as to what grade level new members are integrated into the system and this may initially mean jumping some grades over a number of gradings during the starting period of new members. However once the correct grade level is found coaches/assessors should try and keep to grade/periods specified in the syllabus.

The period between contest 1st kyu and 1st dan remains at 1 year.

## The BJC Aims

Always observe and promote basic Dojo Etiquette

Rei (bow) when you enter and leave the Dojo

Only wear BJC regulation judogi and footwear (zori)

Leave Zori neatly facing outwards from the mat

Rei (bow) before you step onto and off the mat

Rei (bow) before and after your practice with a partner

Line-up in grade order and Rei (bow) to the sensei at the start and end of each session.

BJC Judo starts with FPJ basic concept to only encourage techniques that are provable in contest situations.

This FPJ learning ideology is strongly underpinned by the ethos of 'BJC Judo' to promote traditional, upright, Ippon style, judo, whilst embracing members to be part of the BJC family helping each other achieve their best in both judo ability and personal character.

### BJC JUDO

'BJC Judo' is a concept of pure, clean, judo firmly based within Jigoro Kano's principle of minimum effort and maximum efficiency.

'BJC Judo' gives everyone an opportunity to aspire to achieve one's highest and full potential in life.

### 'BJC Judo':

Is not about 'quick fixes' or easy results.

Is where success is not measured by the number of wins you achieve, but by the way in which you, as a judo person, strive for excellence and aim to improve both yourself and your judo throughout your whole life.

Is where we strive for excellence by demonstrating total control, pure, clean judo and a desire for the most efficient use of our energy.

Manners, Integrity, Humility and Discipline are all worthy attributes of every BJC member.

## Techniques in Order of Grading

### Standing Techniques

1	Morote Seoi Nage (two handed shoulder throw)	
2	Morote Seoi Otoshi (two handed shoulder drop)	
3	Ko Uchi Gari (minor inner reap)	
4	Tsuri Komi Goshi (lifting pulling hip throw)	
5	Tai Otoshi (body drop)	
6	O Uchi Gari (major inner reap)	
7	De Ashi Barai (advancing foot sweep)	
8	Sasae Tsuri Komi Ashi (propping drawing ankle throw)	
9	Ko Soto Gari (minor outer reap)	
10	Harai Goshi (sweeping hip throw)	
11	Hane Goshi (spring hip throw)	
12	Ippon Seoi Nage (one handed shoulder throw)	
13	O Soto Gari (major outer reap)	
14	Hiza Guruma (knee wheel)	
15	Uchi Mata (inner thigh throw)	

## Techniques in Order of Grading

### Groundwork Techniques

#### Hold downs

16	Hon Kesa Gatame (scarf hold)	
17	Kuzure Kesa Gatame (broken scarf hold)	
18	Yoko Shiho Gatame (side four quarters hold)	
19	Kuzure Kami Shiho Gatame (broken upper four quarters hold)	
20	Kami Shiho Gatame (upper four quarters hold)	
21	Mune Gatame (chest hold)	
22	Kuzure Yoko Shiho Gatame (broken side four quarters hold)	
23	Kata Gatame (shoulder hold)	
24	Tate Shiho Gatame (lateral four quarters hold)	

#### Strangles

25	Hadaka Jime (naked strangle)	
26	Okuri Eri Jime (sliding collar strangle)	
27	Juji Jime (cross strangle)	
28	Sangaku Jime (triangulation strangle)	

#### Armlocks

29	Ude Hishigi Juji Gatame (cross armlock)	
30	Ude Garami (entangled armlock)	
31	Waki Gatame (armlock with armpit)	

## CORE REQUIREMENTS - FOR ALL GRADE ASSESSMENTS

<b>PRIMARY</b>		RED			ORANGE			GREEN			BLUE			BROWN								
Tab Colour		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3			
Number of Tabs		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3			
<b>JUNIOR</b>		WHITE			YELLOW			ORANGE			GREEN			GREEN			GREEN					
Belt Colour		Y	Y	Y	O	O	O	G	G	G	Bu	Bu	Bu	Bn	Bn	Bn	Bk	Bk	Bk			
Number of Tabs		1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3			
Tab Colour		Y	Y	Y	O	O	O	G	G	G	Bu	Bu	Bu	Bn	Bn	Bn	Bk	Bk	Bk			
<b>SENIOR</b>		WHITE			YELLOW			ORANGE			GREEN	BLUE	BROWN	BLACK	Senior Green Belt and above no tabs							
Belt Colour																						
Number of Tabs		1	2	3	1	2	3	1	2	3												
Tab Colour		R	R	R	R	R	R	R	R	R												
<b>ETIQUETTE &amp; SAFETY:</b>		✓ TICK ASSESSMENTS MADE FOR EACH GRADE																				
Kneeling, standing bows, etiquette.																						
<b>PRIMARY</b> How and when to submit.					N/A NOT REQUIRED TO BE ASSESSED																	
<b>PRIMARY</b> Bow, take a sleeve/ lapel grip, posture, how to walk with partner.		N/A																				
<b>JUNIOR &amp; SENIOR</b> How and when to submit.					N/A NOT REQUIRED TO BE ASSESSED																	
<b>JUNIOR &amp; SENIOR</b> Grip, posture and how to walk with a partner.		N/A																				
<b>*Questions and Japanese Terms (Optional) Appendix 1</b>																						
<b>Breakfalls:</b>																						
Ushiro Ukemi (Back breakfall)																						
Migi Yoko Ukemi (Right side breakfall)																						
Hidari Yoko Ukemi (Left side breakfall)																						
Mae Ukemi (Front face breakfall)																						
Migi Zempo Kaiten Ukemi (Right side rolling breakfall)																						
Hidari Zempo Kaiten Ukemi (Left side rolling breakfall)																						

\*Questions and Japanese Terms (Optional) Appendix 1 - are not compulsory and are used at the discretion of the Examiner. Clubs and Areas, may wish to use their own list of similar questions, providing students have been coached with that knowledge.

TICK RIGHT HAND BOXES FOR ASSESSMENTS MADE THROUGHOUT SYLLABUS.

CANDIDATES ARE REQUIRED TO DO ALL DEMONSTRATIONS AS TORI, THIS INCLUDES KATA.

FOR GROUNDWORK SEQUENCES CANDIDATES WILL DEMONSTRATE BOTH AS UKE AND TORI.

## APPENDIX 1 - QUESTIONS & JAPANESE TERMS

(Extracts from Syllabus May 1998 - BJC)

VO.1 130926 RO

These questions are not compulsory and are used at the discretion of the Examiner. Clubs and Areas, may wish to use their own list of similar questions, providing students have been coached with that knowledge.

### PRIMARY (WHITE BELT) RED TABS

#### SAFETY & ETIQUETTE

The Examiner will ask questions to ascertain that students understand:

- Ichi* (1) Red Tab • Students stop on the command '*Matte*'.
- Ni* (2) Red Tabs • Students bow on entering and leaving the *dojo*, as they get on and off the mat, to instructors and partners and the *Kamiza*.
- San* (3) Red Tabs • Breakfalls are performed for safety.

#### JAPANESE TERMS

- Ichi* (1) Red Tab • *Matte* Wait or stop.
- Ni* (2) Red Tabs • *Ritsu Rei* Standing bow.
- San* (3) Red Tabs • *Sensei* Teacher.

### PRIMARY (WHITE BELT) ORANGE TABS

#### SAFETY & ETIQUETTE

The Examiner will ask questions to ascertain students understand:

- Ichi* (1) Orange Tab • Students submit by tapping with the hand on our partner's body if possible, by tapping with the foot.
  - Saying *Maitta* - This is said when an action performed by our partner begins to cause pain (with a demonstration).
- Ni* (2) Orange Tabs • If a student has a medical problem they inform the instructor prior to getting on the mat.
- San* (3) Orange Tabs • Students behave sensibly in the *dojo*.

#### JAPANESE TERMS

- Ichi* (1) Orange Tab • *Tori* The thrower or performer of technique.
- Ni* (2) Orange Tabs • *Za Rei* Kneeling Bow.
- San* (3) Orange Tabs • *Hajime* Begin.

### PRIMARY (WHITE BELT) GREEN TABS

#### SAFETY & ETIQUETTE

The Examiner will ask questions to ascertain that they understand:

- Ichi* (1) Green Tab • Students' hands and feet are not allowed on their partner's face.
- Ni* (2) Green Tabs • A teacher is addressed as *Sensei* and with respect.
- San* (3) Green Tabs • Students' jewellery is removed for safety to oneself and one's partner.

#### JAPANESE TERMS

- Ichi* (1) Green Tab • *Judo* The Gentle or Supple Way.
- Ni* (2) Green Tabs • *Uke* Person thrown or who has technique performed on them.
- San* (3) Green Tabs • *Dojo* A place to practise Judo

## APPENDIX 1 - QUESTIONS & JAPANESE TERMS

(Extracts from Syllabus May 1998 - BJC)

VO.1 130926 RO

### PRIMARY (WHITE BELT) BLUE TABS

#### SAFETY & ETIQUETTE

The Examiner will ask questions to ascertain that they understand:

- Ichi* (1) Blue Tab ● Students line up on the mat in a straight line opposite the instructor(s) with the highest student grade to the right of the students.
- Ni* (2) Blue Tabs ● Strangles are safely applied slowly and with care (with a demonstration).
- San* (3) Blue Tabs ● Armlocks are safely applied slowly and with care (with a demonstration).

#### JAPANESE TERMS

- Ichi* (1) Blue Tab ● *Osaekomi* Hold down secured and being timed.
- Ni* (2) Blue Tabs ● *Judogi* Suit for practising Judo.
- San* (3) Blue Tabs ● *Toketa* Hold down broken or unsecured and timing stopped.

### PRIMARY (WHITE BELT) BROWN TABS

#### SAFETY & ETIQUETTE

The Examiner will ask questions to ascertain that they understand:

- Ichi* (1) Brown Tab ● Students' zori are left neatly side by side at the edge of the mat.
- Ni* (2) Brown Tabs ● Hands and feet are kept clean and nails kept short for hygiene and safety.
- San* (3) Brown Tabs ● Having asked permission to leave the mat students bow inwards to the mat and then step into their zori.

#### JAPANESE TERMS

- Ichi* (1) Brown Tab ● *Ippon* A score or win by 10 Points
- Ni* (2) Brown Tabs ● *Waza-ari* A score of 7 points
- San* (3) Brown Tabs ● *Yuko* A score of 5 points

### JUNIOR 6<sup>TH</sup> KYU (WHITE BELT - NOVICE) TO 5<sup>TH</sup> KYU (YELLOW BELT)

#### SAFETY & ETIQUETTE

(W = WHITE BELT)

The Examiner will ask questions to ascertain that they understand:

- Ichi* (W-1) Yellow Tab ● Students stop on the command '*Matte*'.
- Students bow on entering and leaving the dojo, as they get on and off the mat, to instructors and partners and the *Kamiza*.
- Breakfalls are performed for safety.
- Ni* (W-2) Yellow Tabs ● Students submit by tapping with the hand on our partner's body if possible, by tapping with the foot or by saying *Maitta* and this is done when an action performed by our partner begins to cause pain (with a demonstration).
- If a student has a medical problem they inform the instructor prior to getting on the mat.
- Students behave sensibly in the *dojo*.
- San* (W-3) Yellow Tabs ● Students' hands and feet are not allowed on their partner's face.
- A teacher is addressed as *Sensei* and with respect.
- Students' jewellery is removed for safety to oneself and one's partner.



## APPENDIX 1 - QUESTIONS & JAPANESE TERMS

(Extracts from Syllabus May 1998 - BJC)

VO.1 130926 RO

- 5<sup>th</sup> Kyu (Yellow Belt)
- Students line up on the mat in a straight line opposite the instructor(s) with the highest grade to the right of the students.
  - Strangles are safely applied slowly and with care (with a demonstration).
  - Armlocks are safely applied slowly and with care (with a demonstration).

### JAPANESE TERMS

- Ichi* (W-1) Yellow Tab
- *Matte* Wait or stop.
  - *Ritsu Rei* Standing bow.
  - *Sensei* Teacher.
- Ni* (W-2) Yellow Tabs
- *Tori* The thrower or performer of technique.
  - *Za Rei* Kneeling bow.
  - *Hajime* Begin.
- San* (W-3) Yellow Tabs
- *Judo* The Gentle or Supple Way.
  - *Uke* Person thrown or who has a technique performed on them.
- 5<sup>th</sup> Kyu (Yellow Belt)
- *Dojo* A place to practise Judo.
  - *Osaekomi* Hold down secured and being timed.
  - *Judogi* Suit for practising Judo.
  - *Toketa* Hold down broken or unsecured and timing stopped.

## JUNIOR 5<sup>TH</sup> KYU (YELLOW BELT) TO 4<sup>TH</sup> KYU (ORANGE BELT)

### SAFETY & ETIQUETTE (Y = YELLOW BELT)

The Examiner will ask questions to ascertain that they understand:

- Ichi* (Y-1) Orange Tab
- *Zori* are left neatly side by side at the edge of the mat.
  - Hands and feet are kept clean and nails short for hygiene and safety.
  - Having asked permission to leave the mat students bow inwards to the mat and then step into their *zori*.
- Ni* (Y-2) Orange Tabs
- Students should sit crossed legged or kneel on the mat.
  - Judo suits are kept clean for hygiene and so that the judoka have pride in their appearance.
  - The belt is tied with a reef knot (with a demonstration).
- San* (Y-3) Orange Tabs
- BJC (our organisation) stands for British Judo Council.
  - The BJC has a President (naming the current president).
  - When a high grade enters the dojo the class will normally stop and students will turn and bow together to the high grade.
- 4<sup>th</sup> Kyu (Orange Belt)
- The only joint allowed to be locked is the elbow.
  - If an injury occurs we should inform the instructor immediately.
  - Judo and its philosophy was developed from Jujitsu by Jigoro Kano.

### JAPANESE TERMS

- Ichi* (Y-1) Orange Tab
- *Ippon* A score or win by 10 points.
  - *Waza-ari* A score of 7 points.
  - *Yuko* A score of 5 points.
- Ni* (Y-2) Orange Tabs
- *Tatami* The mat we practice on.
  - *Zori* Slippers.
- San* (Y-3) Orange Tabs
- *Sore-made* That is all - the end of a session or contest.
  - *Sono-mama* Freeze - keep perfectly still.
  - *Yoshi* Continue after *sono-mama* (freeze) has been used.

## APPENDIX 1 - QUESTIONS & JAPANESE TERMS

(Extracts from Syllabus May 1998 - BJC)

VO.1 130926 RO

- 4<sup>th</sup> Kyu (Orange Belt)
- *Hantei* A referee's term asking for comer judges to vote for the contest winner when scores are drawn.
  - *Randori* Free practice.
  - *Uchi-komi* Movement repetition practice.

### JUNIOR 4<sup>TH</sup> KYU (ORANGE BELT) TO JUNIOR 3<sup>RD</sup> KYU (GREEN BELT)

#### SAFETY & ETIQUETTE (O = ORANGE BELT)

The Examiner will ask questions to ascertain that they understand:

- Ichi* (O-1) Green Tab
- Judo originated in Japan.
  - We should treat other *judoka* with courtesy and respect.
- Ni* (O-2) Green Tabs
- The BJC was founded by Kenshiro Abbe.
  - For safety Judo should be practised in a registered BJC Club with a qualified BJC Instructor.
- San* (O-3) Green Tabs
- On a contest mat the red area is to indicate the competitors are becoming close to the edge of the mat and the safety area is to protect them should they fall outside the mat. International rules now specify one colour for the whole contest area and another for the safety area.
- 3<sup>rd</sup> Kyu (Green Belt)
- *Kamiza* is the honoured place within a *Dojo* usually opposite the main entrance and may contain a picture of the Founder etc.
  - *Kyu Shin Do* was the philosophy of Kenshiro Abbe and is the way that his judo was handed on to us.

#### JAPANESE TERMS

- Ichi* (O-1) Green Tab
- *Obi* Belt.
- Ni* (O-2) Green Tabs
- *Maitta* I submit as an alternative to tapping.
  - *Kuzushi* The first part of balance breaking.
  - *Tsukuri* "To create" hence in Judo to float opponent's balance.
- San* (O-3) Green Tabs
- *Kake* Complete the technique.
  - *Shizentai* Body position/posture = relaxed standing position.
  - *Jigotai* Defensive standing position.
- 3<sup>rd</sup> Kyu (Green Belt)
- *Tai Sabaki* Body movement - to turn in or avoid an attack.
  - *Kamiza* Place of honour.
  - *Kata* Form.

### JUNIOR 3<sup>RD</sup> KYU TO BLUE, BROWN AND BLACK TABS

THERE ARE NO QUESTIONS FOR THIS SECTION

### SENIOR 6<sup>TH</sup> KYU (WHITE BELT - NOVICE) TO 5<sup>TH</sup> KYU (YELLOW BELT)

#### SAFETY & ETIQUETTE (W = WHITE BELT)

The Examiner will ask questions to ascertain that they understand:

- Ichi* (W-1) Red Tab
- Students stop on the command *Matte*.
  - Students bow on entering and leaving the dojo, as they get on and off the mat to, partners, instructors and the *Kamiza*.
  - Breakfalls are performed for safety.
- Ni* (W-2) Red Tabs
- Students submit by tapping with the hand on our partner's body if possible, by tapping with the foot or by saying *Maitta* and this is

## APPENDIX 1 - QUESTIONS & JAPANESE TERMS

(Extracts from Syllabus May 1998 - BJC)

VO.1 130926 RO

- done when an action performed by our partner causing us pain (with a demonstration).
- If a student has a medical problem they inform the instructor prior to getting on the mat.
- Students they behave sensibly in the *dojo*.
- San (W-3) Red Tabs
  - Students' hands and feet are not allowed on their partner's face.
  - A teacher is addressed as *Sensei* and with respect.
  - Students' jewellery is removed for safety to oneself and one's partner.
- 5<sup>th</sup> Kyu (Yellow Belt)
  - Students line up on the mat in a straight line opposite the instructor(s) with the highest grade to the right of the students.
  - Strangles can be safely applied slowly and with care (with a demonstration).
  - Armlocks can be safely applied slowly and with care (with a demonstration).
- JAPANESE TERMS
- Ichī (W-1) Red Tab
  - *Matte* Wait or stop.
  - *Ritsu Rei* Standing bow.
  - *Sensei* Teacher.
- Ni (W-2) Red Tabs
  - *Tori* The thrower or performer of technique.
  - *Za Rei* Kneeling bow.
  - *Hajime* Begin.
- San (W-3) Red Tabs
  - *Judo* The Gentle or Supple Way.
  - *Uke* Person thrown or who has technique performed on them.
- 5<sup>th</sup> Kyu (Yellow Belt)
  - *Dojo* A place to practise Judo.
  - *Osaekomi* Hold down secured and being timed.
  - *Judogi* Suit for practising Judo.
  - *Toketa* Hold down broken or unsecured and timing stopped.

### SENIOR 5<sup>TH</sup> KYU (YELLOW BELT) UP TO 4<sup>TH</sup> KYU (ORANGE BELT)

- SAFETY & ETIQUETTE
- Ichī (Y-1) Red Tab
  - (Y = YELLOW BELT)
  - Zori are placed neatly side by side at the edge of the mat.
  - Students' hands and feet are kept clean and nails short for hygiene and safety.
  - Students having asked permission to leave the mat bow inwards to the mat and then step into their zori.
- Ni (Y-2) Red Tabs
  - Students should sit crossed legged or kneel on the mat.
  - Judo suits are kept clean for hygiene and so that the judoka have pride in their appearance.
- San (Y-3) Red Tabs
  - The belt is tied with a reef knot (with a demonstration).
  - BJC (our organisation) stands for British Judo Council.
  - The BJC has a President (naming the current President).
  - When a high grade enters the *dojo* the class will normally stop and students will turn and bow together to the high grade.
- 4<sup>th</sup> Kyu (Orange Belt)
  - The only joint allowed to be locked is the elbow.
  - If an injury occurs we should inform the instructor immediately.
  - Judo and its philosophy was developed from Jujitsu by Jigoro Kano.
- JAPANESE TERMS
- Ichī (Y-1) Red Tab
  - *Ippon* A score or win by 10 points
  - *Waza-ari* A score of 7 points

## APPENDIX 1 - QUESTIONS & JAPANESE TERMS

(Extracts from Syllabus May 1998 - BJC)

VO.1 130926 RO

- *Yuko* A score of 5 points
- Ni* (Y-2) Red Tabs • *Tatami* The mat that we practise on
- *Zori* Slippers
- San* (Y-3) Red Tabs • *Sore-made* That is all - the end of a session or contest
- *Sono-mama* Freeze - keep perfectly still
- *Yoshi* Continue after *sono-mama* (freeze) has been used
- 4<sup>th</sup> Kyu (Orange belt) • *Hantei* A referee's term asking for corner judges to vote for the contest winner when scores are tied

### SENIOR 4<sup>TH</sup> KYU (ORANGE BELT) UP TO 3<sup>RD</sup> KYU (GREEN BELT)

#### SAFETY & ETIQUETTE (O = ORANGE BELT)

The Examiner will ask questions to ascertain that they understand:

- Ichi* (O-1) Red Tab • We should treat other *judoka* with courtesy and respect.
- Ni* (O-2) Red Tabs • The BJC was founded by Kenshiro Abbe.
- For safety Judo should be practised in a registered BJC Club with a qualified BJC Instructor.
- San* (O-3) Red Tabs • On a contest mat the red area is to indicate the competitors are becoming close to the edge of the mat and the safety area is to protect them should they fall outside the mat. International rules now specify one colour for the whole contest area and another for the safety area.
- 3<sup>rd</sup> Kyu (Green Belt) • *Kamiza* is the honoured place within a *Dojo* usually opposite the main entrance and may contain a picture of the Founder etc.
- *Kyu Shin Do* was the philosophy of Kenshiro Abbe and is the way that his judo was handed on to us.

#### JAPANESE TERMS

- Ichi* (O-1) Red Tab • *Randori* Free practice.
- *Uchi-komi* Turning in and out practice.
- *Obi* Belt.
- Ni* (O-2) Red Tabs • *Maitta* I submit as an alternative to tapping.
- *Kuzushi* The first part of balance breaking.
- *Tsukuri* "To create" hence in Judo to float opponent's balance.
- San* (O-3) Red Tabs • *Kake* Complete the technique.
- *Shizentai* Body position/posture = relaxed standing position.
- *Jigotai* Defensive standing position.
- 3<sup>rd</sup> Kyu (Green Belt) • *Tai Sabaki* Body movement - to turn in or avoid an attack.
- *Kamiza* Place of honour.
- *Kata* Form.

### SENIOR 3<sup>RD</sup> KYU (GREEN BELT) TO 1<sup>ST</sup> DAN (BLACK BELT)

THERE ARE NO QUESTIONS FOR THIS SECTION

# PRIMARY GRADING REQUIREMENTS

(For 5 to 9 year olds)

**White belt Beginner to 1 red tab to white belt 3 brown tabs**

## **Notes:**

- All Primaries start judo wearing a white belt.
- The recommended starting age of 7 years old is considered the age at which children have sufficient concentration and physical coordination to learn and perform judo movements in a fully competent way.
- Therefore Coaches must make allowances in teaching and assessing 5 and 6 year olds.
- All Primary grades are designated by tabs on a white belt.
- Any previous colour tabs must be removed.
- Assessors should adhere to the age guides with some discretion for special cases.

## Primary Grading Syllabus

### White belt Beginner to 1 red tab (not less than 5 years old)

Core Requirements.	
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#### Standing - Demonstrate:

Take a breakfall when thrown by a partner.	
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Morote Seoi Nage.	
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#### Groundwork - Demonstrate:

Turn partner over onto their back from 'all fours' (crouching position)	
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Turn-over from press-up position, breakfall, move into Kesa Gatame and escape.	
--	--

#### Randori:

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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## Primary Grading Syllabus

### White belt 1 red tab to 2 red tabs (not less than 5 years old)

Core Requirements.	
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#### Standing - Demonstrate:

Take a breakfall when thrown by a partner.	
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Morote Seoi Otoshi.	
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#### Groundwork - Demonstrate:

Turn partner over onto their back from 'all fours' (crouching position)	
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Turn-over from press-up position, breakfall, move into Kesa Gatame and escape.	
--	--

#### Randori:

Minimum of 2 'throw for throw' style randori practices.	
---	--

Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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## Primary Grading Syllabus

### White belt 2 red tabs to 3 red tabs (not less than 5 years old)

Core Requirements.	
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#### Standing - Demonstrate:

Take a breakfall when thrown by a partner.	
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Ko Uchi Gari.	
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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 practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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## Primary Grading Syllabus

### White belt 3 red tabs to 1 orange tab (normally not less than 6 years old)

Core Requirements.	
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#### Standing - Demonstrate:

Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi.	
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#### 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 practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Primary Grading Syllabus**  
**White belt 1 orange tab to 2 orange tabs**  
**(normally not less than 6 years old)**

Core Requirements.		
<b>Standing - Demonstrate:</b>		
Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari.		
<b>Groundwork - Demonstrate:</b>		
Kuzure Kesa Gatame, escape onto stomach and rise into 'all fours' (crouching positon)		
<b>Randori:</b>		
Minimum of 2 'throw for throw' style randori practices.		
Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:

**Primary Grading Syllabus**  
**White belt 2 orange tabs to 3 orange tabs**  
**(normally not less than 6 years old)**

Core Requirements.		
<b>Standing - Demonstrate:</b>		
Tsuru Komi Goshi.		
<b>Groundwork - Demonstrate:</b>		
Turn-over from press-up position, breakfall, move into Kesa Gatame, escape and link to Kuzure Kesa Gatame, escape onto stomach and rise into 'all fours' (crouching positon)		
<b>Randori:</b>		
Minimum of 2 'throw for throw' style randori practices.		
Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:



**Primary Grading Syllabus**  
**White belt 3 orange tabs to 1 green tab**  
**(normally not less than 7 years old)**

Core Requirements.	
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**Standing - Demonstrate:**

Tai otoshi.	
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**Groundwork - Demonstrate:**

Turn-over from press-up position, breakfall, move into Kesa Gatame, escape and link to Kuzure Kesa Gatame, escape onto stomach and rise into 'all fours' (crouching positon)	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Primary Grading Syllabus**  
**White belt 1 green tab to 2 green tabs**  
**(normally not less than 7 years old)**

Core Requirements.	
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**Standing - Demonstrate:**

O Uchi Gari.	
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**Groundwork - Demonstrate:**

Turn-over into Yoko Shiho Gatame and escape.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Primary Grading Syllabus**  
**White belt 2 green tabs to 3 green tabs**  
**(normally not less than 7 years old)**

Core Requirements.	
<b>Standing - Demonstrate:</b>	
Tsuri Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi.	
<b>Groundwork - Demonstrate:</b>	
Turn-over into Yoko Shiho Gatame and escape.	
<b>Randori:</b>	
Minimum of 2 'throw for throw' style randori practices.	
Attendance record checked and confirmed ready to grade	Instructor's name & signature:      Date:

**Primary Grading Syllabus**  
**White belt 3 green tabs to 1 blue tab**  
**(normally not less than 8 years old)**

Core Requirements.	
<b>Standing - Demonstrate:</b>	
Tsuri Komi Goshi, Uke avoids, Tori changes attack to O Uchi Gari.	
<b>Groundwork - Demonstrate:</b>	
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 into Yoko Shiho Gatame & escape.	
<b>Randori:</b>	
Minimum of 2 'throw for throw' style randori practices.	
Attendance record checked and confirmed ready to grade	Instructor's name & signature:      Date:

**Primary Grading Syllabus**  
**White belt 1 blue tab to 2 blue tabs**  
**(normally not less than 8 years old)**

Core Requirements.	
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**Standing - Demonstrate:**

O Uchi Gari, Uke avoids, Tori changes attack to Tai Otoshi.	
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**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 into Yoko Shiho Gatame & escape.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Primary Grading Syllabus**  
**White belt 2 blue tabs to 3 blue tabs**  
**(normally not less than 8 years old)**

Core Requirements.	
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**Standing - Demonstrate:**

De Ashi Barai.	
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**Groundwork - Demonstrate:**

Kuzure Kami Shiho Gatame, escape to Kami Shiho Gatame.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Primary Grading Syllabus**  
**White belt 3 blue tabs to 1 brown tab**  
**(normally not less than 9 years old)**

Core Requirements.	
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**Standing - Demonstrate:**

Sasae Tsuru Komi Ashi.	
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**Groundwork - Demonstrate:**

Kuzure Kami Shiho Gatame, escape to Kami Shiho Gatame.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Primary Grading Syllabus**  
**White belt 1 brown tab to 2 brown tabs**  
**(normally not less than 9 years old)**

Core Requirements.	
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**Standing - Demonstrate:**

Ko Soto Gari.	
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**Groundwork - Demonstrate:**

Kami Shiho Gatame and escape.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Primary Grading Syllabus**  
**White belt 2 brown tabs to 3 brown tabs**  
**(normally not less than 9 years old)**

Core Requirements.	
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**Standing - Demonstrate:**

De Ashi Barai, Uke avoids, Tori changes attack to Sasae Tsuru Komi Ashi.	
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**Groundwork - Demonstate:**

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 into Yoko Shiho Gatame, escape to Kuzure Kami Shiho Gatame. Escape to Kami Shiho Gatame & escape.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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# JUNIOR

# GRADING

# REQUIREMENTS

(For 10 to 15 year olds)

6th kyu white belt beginner to 1 yellow tab to 3rd kyu green belt  
3 black tabs

## Notes:

- All Juniors start judo wearing a white belt.
- Assessors should adhere to the age guides with some discretion for special cases.

## Guidelines for Primary cross-over grades at 10 years old to Junior.

Primary Red tabs goes to Junior 1 Yellow tab.

Primary Orange tabs goes Junior 2 Yellow tabs.

Primary Green tabs goes to Junior 3 Yellow tabs.

Primary Blue tabs goes to Junior Yellow belt.

Primary Brown tabs goes to Junior Yellow belt 1 Orange tab.

**Junior Grading Syllabus (not less than 10 years old)  
6th kyu white belt Beginner to 1 yellow tab**

Core Requirements.	
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**Standing - Demonstrate:**

Bow, take a basic sleeve/lapel grip and posture and demonstrate how to walk with a partner.	
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Take a breakfall when thrown by a partner.	
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Morote Seo 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 practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (not less than 10 years old)  
6th kyu white belt 1 yellow tab to 2 yellow tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Bow, take a basic sleeve/lapel grip, posture and demonstrate how to walk with a partner.	
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Take a breakfall when thrown by a partner.	
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Morote Seoi Otoshi.	
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Ko Uchi Gari.	
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Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi.	
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**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 practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (not less than 10 years old)  
6th kyu white belt 2 yellow tabs to 3 yellow tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari.	
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Tsuri Komi Goshi.	
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Tai Otoshi.	
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**Groundwork - Demonstrate:**

Turn over from press up position breakfall, move into Kesa Gatame, escape in 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 practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (normally not less than 10 years old)  
6th kyu white belt 3 yellow tabs to 5th kyu yellow belt**

Core Requirements.	
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**Standing - Demonstrate:**

O Uchi Gari.	
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Tsuri Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi.	
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Tsuri Komi Goshi, Uke avoids, Tori changes attack to O Uchi Gari.	
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**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.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (normally not less than 10 years old)  
5th kyu yellow belt to yellow belt 1 orange tab**

Core Requirements.	
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**Standing - Demonstrate:**

O Uchi Gari, Uke avoids, Tori changes attack to Tai Otoshi.	
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De Ashi Bari.	
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Sasae Tsuru Komi Ashi.	
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Ko Soto Gari.	
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De Ashi Barai, Uke avoids, Tori changes attack to Sasae Tsuru Komi Ashi.	
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**Groundwork - Demonstrate:**

Turn over from press up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach, rise into 'all fours' crouching position, turn over to Yoko Shiho Gatame, escape to Kuzure Kami Shiho Gatame & escape into Kami Shiho Gatame & escape.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (normally not less than 10 years old)  
5th kyu yellow belt 1 orange tab to yellow belt 2 orange tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Sasae Tsuru Komi Ashi, Uke avoids, Tori changes attack to Morote Seoi Nage.	
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**Groundwork - Demonstrate:**

Demonstrate two hold downs with escapes and combinations from: Tori on back with Uke between legs, rolls Uke over into hold-downs.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (normally not less than 10 years old)  
5th kyu yellow belt 2 orange tabs to yellow belt 3 orange tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Harai Goshi.	
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**Groundwork - Demonstrate:**

Tori attacks from between Uke's legs (Uke on their back) and moves around into linked hold-downs.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (normally not less than 11 years old)  
5th kyu yellow belt 3 orange tabs to 4th kyu orange belt**

Core Requirements.		
<b>Standing - Demonstrate:</b>		
Hane Goshi.		
<b>Groundwork - Demonstrate:</b>		
Mune Gatame and escapes.		
<b>Randori:</b>		
Minimum of 2 'throw for throw' style randori practices.		
Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:

**Junior Grading Syllabus (normally not less than 11 years old)  
4th kyu orange belt to orange belt 1 green tab**

Core Requirements.		
<b>Standing - Demonstrate:</b>		
Ippon Seoi Nage.		
<b>Groundwork - Demonstrate:</b>		
Kuzure Yoko Shiho Gatame and escapes.		
<b>Randori:</b>		
Minimum of 2 'throw for throw' style randori practices.		
Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:

**Junior Grading Syllabus (normally not less than 11 years old)  
4th kyu orange belt 1 green tab to orange belt 2 green tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from Tsuru Komi Goshi.	
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**Groundwork - Demonstrate:**

Kuzure Kesa Gatame to Mune Gatame to Kuzure Yoko Shiho Gatame.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (normally not less than 11 years old)  
4th kyu orange belt 2 green tabs to orange belt 3 green tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from Morote Seoi Nage.	
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Demonstrate a counter and one combination to and one from Tai Otoshi.	
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**Groundwork - Demonstrate:**

Kata Gatame and escapes.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (normally not less than 12 years old)**  
**4th kyu orange belt 3 green tabs to 3rd kyu green belt**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from O Uchi Gari	
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Demonstrate a counter and one combination to and one from Ko Uchi Gari	
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**Groundwork - Demonstrate:**

Tate Shiho Gatame and escapes.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Grades after 3rd kyu green belt must be assessed at Area level or higher.  
Contest is required for all grades after 3rd kyu green belt.**

**Junior Grading Syllabus (Where possible not less than 13 years old)  
3rd kyu green belt to green belt 1 blue tab**

Core Requirements.	
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**Standing - Demonstrate:**

Osoto Gari.	
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**Groundwork - Demonstrate:**

Tate Shiho Gatame to and from Kata Gatame.	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 1 win in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.	
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**Kata:**

1st technique of Nage no Kata.	
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1st technique of Katame no Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (Where possible not less than 13 years old)**  
**3rd kyu green belt 1 blue tab to green belt 2 blue tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Hiza Guruma.	
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**Groundwork - Demonstrate:**

Hadaka Jime and escape.	
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Okuri Eri Jime and escape.	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 1 win in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.
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**Kata:**

1st and 2nd technique of Nage no Kata.	
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1st and 2nd technique of Katame no Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (Where possible not less than 13 years old)**  
**3rd kyu green belt 2 blue tabs to green belt 3 blue tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Uchi Mata.	
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**Groundwork - Demonstrate:**

Ude Hishigi Juji Gatame.	
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Ude Hishigi Juji Gatame applied as Uke tries to escape from Hadaka Jime.	
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Ude Hishigi Juji Gatame applied as Uke tries to escape from Okuri Eri Jime.	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 1 win in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.	
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**Kata:**

1st set of Nage no Kata.	
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1st, 2nd and 3rd technique of Katame no Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (Where possible not less than 13 years old)**  
**3rd kyu green belt 3 blue tabs to green belt 1 brown tab**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from Harai Goshi.	
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**Groundwork - Demonstrate:**

Ude Garami.	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 2 wins in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.
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**Kata:**

1st set of Nage no Kata.	
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1st set of Katame no Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (Where possible not less than 13 years old)**  
**3rd kyu green belt 1 brown tab to green belt 2 brown tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from Hane Goshi.	
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**Groundwork - Demonstrate as Uke and Tori:**

Waki Gatame.	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 2 wins in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.	
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**Kata:**

1st and 2nd set of Nage no Kata.	
1st set of Katame no Kata.	

Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (Where possible not less than 13 years old)**  
**3rd kyu green belt 2 brown tabs to green belt 3 brown tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from Ippon Seoi Nage.	
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**Groundwork - Demonstrate:**

Kuzure Kesa Gatame to Ude Garami to Waki Gatame.	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 2 wins in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.	
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**Kata:**

1st and 2nd set of Nage no Kata.	
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1st and 2nd set of Katame no Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (Where possible not less than 13 years old)**  
**3rd kyu green belt 3 brown tabs to green belt 1 black tab**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from O Soto Gari.	
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**Groundwork - Demonstrate:**

Juji Jime and escape.	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 3 wins in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.	
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**Kata:**

1st and 2nd and 3rd set of Nage no Kata.	
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1st and 2nd set of Katame no Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (Where possible not less than 13 years old)**  
**3rd kyu green belt 1 black tab to green belt 2 black tabs**

Core Requirements	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from Hiza Garuma.	
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Demonstrate a counter and one combination to and one from Uchi Mata.	
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**Groundwork - Demonstrate as Uke and Tori:**

Tori on back with Uke between Tori's legs, Tori attacks leading to a hold down.	
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Tori on back with Uke between Tori's legs, Tori attacks leading to an armlock.	
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Tori on back with Uke between Tori's legs, Tori attacks leading to a strangle.	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 3 wins in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.	
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**Kata:**

1st and 2nd, 3rd and 4th set of Nage no Kata.	
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1st and 2nd set of Katame no Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Junior Grading Syllabus (Where possible not less than 13 years old)**  
**3rd kyu green belt 2 black tabs to green belt 3 black tabs**

Core Requirements.	
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**Standing - Demonstrate:**

De Ashi Barai, Uke avoids, Tori changes attack to any forward throw.	
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**Groundwork - Demonstrate:**

Sangaku Jime (1)	
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Sangaku Jime (2)	
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**Contest: Win by Wazari or Ippon only**

Contest if possible. Minimum 3 wins in contest against own grade and gender.	
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Candidates should be given opportunity to compete in pools of 4 or more or if this is not possible a line up should be taken, if necessary substituting for each unavailable grade two of the grade below.	
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**Kata:**

Nage no Kata complete.	
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1st and 2nd set of Katame no Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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# SENIOR GRADING REQUIREMENTS

(For 16 year olds and over)

## Notes:

- All Seniors start judo wearing a white belt.

## Guidelines for Junior cross-over grades at 16 years old to Senior.

Junior Yellow belt goes to Senior yellow belt (same tabs in red - optional to display).  
Junior Orange belt goes to Senior Orange belt (same tabs in red - optional to display).  
Junior Green belt any tabs goes to Senior Green belt.

**Senior Grading Syllabus (for 16 year olds and over)  
6th kyu white belt beginner to white belt 1 red tab**

Core Requirements.	
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**Standing - Demonstrate:**

Bow, take a basic sleeve/lapel grip, posture and demonstrate how to walk with a partner.	
Take a breakfall when thrown by a partner.	
Morote Seoi Nage.	

**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 practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)  
6th kyu white belt 1 red tab to 2 red tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Bow, take a basic sleeve/lapel grip, posture and demonstrate how to walk with a partner.	
Take a breakfall when thrown by a partner.	
Morote Seoi Otoshi.	
Ko Uchi Gari.	
Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi	

**Groundwork - Demonstrate:**

Kuzure Kesa Katame, escape onto stomach and rise into 'all fours' crouching position.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)  
6th kyu white belt 2 red tabs to 3 red tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari.	
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Tsuri Komi Goshi.	
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Tai Otoshi.	
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**Groundwork - Demonstrate:**

Turnover from press up position breakfall, move into Kesa Gatame, escape into 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 practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)  
6th kyu white belt 3 red tabs to 5th kyu yellow belt**

Core Requirements.	
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**Standing - Demonstrate:**

O Uchi Gari.	
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Tsuri Gomi Goshi. Uke avoids, Tori changes attack to Tai Otoshi.	
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Tsuri Gomi Goshi. Uke avoids, Tori changes attack to O Uchi Gari.	
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**Groundwork - Demonstrate:**

Turnover from press up position breakfall, move into Kesa Gatame, escape into Kuzure Kesa Gatame, escape onto stomach and rise into 'all fours' crouching position, turn over into Yoko Shiho Gatame and escape.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)**  
**5th kyu yellow belt to yellow belt 1 red tab**

Core Requirements.	
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**Standing - Demonstrate:**

O Uchi Gari, Uke avoids, Tori changes attack to Tai Otoshi.	
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De Ashi Bari.	
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Sasae Tsuru Komi Ashi.	
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Ko Soto Gari.	
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De Ashi Bari, Uke avoids, Tori changes attack to Sasae Tsuru Komi Ashi.	
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**Groundwork - Demonstrate:**

Turnover from press up position breakfall, move into Kesa Gatame, escape into 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 & escape into Kami Shiho Gatame & escape.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)**  
**5th kyu yellow belt 1 red tab to yellow belt 2 red tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Sasae Tsuru Komi Ashi, Uke avoids, Tori changes attack to Morote Seoi Nage.	
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**Groundwork - Demonstrate:**

Demonstrate two hold downs with escapes and combinations from: Tori on back with Uke between legs, rolls Uke over into hold-downs.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)**  
**5th kyu yellow belt 2 red tabs to yellow belt 3 red tabs**

Core Requirements.	
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**Standing - Demonstrate:**

Harai Goshi.	
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**Groundwork - Demonstrate:**

Tori attacks from between Uke's legs (Uke on their back) and moves around into linked hold downs.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)**  
**5th kyu yellow belt 3 red tabs to 4th kyu orange belt**

Core Requirements.	
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**Standing - Demonstrate:**

Hane Goshi.	
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**Groundwork - Demonstrate:**

Mune Gatame and escapes.	
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**Randori:**

Minimum of 2 'throw for throw' style randori practices.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)  
4th kyu orange belt to orange belt 1 red tab**

Core Requirements.		
<b>Standing - Demonstrate:</b>		
Ippon Seoi Nage.		
<b>Groundwork - Demonstrate:</b>		
Kuzure Yoko Shiho Gatame and escapes.		
<b>Randori:</b>		
Minimum of 2 'throw for throw' style randori practices.		
Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:

**Senior Grading Syllabus (for 16 year olds and over)  
4th kyu orange belt 1 red tab to orange belt 2 red tabs**

Core Requirements.		
<b>Standing - Demonstrate:</b>		
Demonstrate a counter and one combination to and one from Tsuru Komi Goshi.		
<b>Groundwork - Demonstrate:</b>		
Kuzure Kesa Gatame to Mune Gatame to Kuzure Yoko Shiho Gatame.		
<b>Randori:</b>		
Minimum of 2 'throw for throw' style randori practices.		
Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:

**Senior Grading Syllabus (for 16 year olds and over)**  
**4th kyu orange belt 2 red tabs to orange belt 3 red tabs**

Core Requirements.		
<b>Standing - Demonstrate:</b>		
Demonstrate a counter and one combination to and one from Morote Seoi Nage.		
Demonstrate a counter and one combination to and one from Tai Otoshi.		
<b>Groundwork - Demonstrate:</b>		
Kata Gatame and escapes.		
<b>Randori:</b>		
Minimum of 2 'throw for throw' style randori practices.		
Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:

**Senior Grading Syllabus (for 16 year olds and over)**  
**4th kyu orange belt 3 red tabs to 3rd kyu green belt**

Core Requirements.		
<b>Standing - Demonstrate:</b>		
Demonstrate a counter and one combination to and one from O Uchi Gari.		
Demonstrate a counter and one combination to and one from Ko Uchi Gari.		
<b>Groundwork - Demonstrate:</b>		
Tate Shiho Gatame and escapes.		
<b>Randori:</b>		
Minimum of 2 'throw for throw' style randori practices.		
Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:

# Grades after 3rd kyu green belt must be assessed at Area level or higher.

## Contest is required for all grades after 3rd kyu green belt.

### Senior Grading Syllabus (for 16 year olds and over) 3rd kyu green belt to 2nd kyu blue belt

Core Requirements.	
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**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.	

Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)**  
**2nd kyu blue belt to 1st kyu brown belt**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from Harai Goshi.	
Demonstrate a counter and one combination to and one from Hane Goshi.	
Demonstrate a counter and one combination to and one 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.	
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**Kata:**

1st and 2nd set of Nage-No-Kata.	
1st and 2nd set of Katame-No-Kata.	

Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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**Senior Grading Syllabus (for 16 year olds and over)**  
**1st kyu brown belt to 1st dan black belt**  
**THIS GRADE CAN BE RECOMMENDED ONLY**

Core Requirements.	
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**Standing - Demonstrate:**

Demonstrate a counter and one combination to and one from O Soto Gari.	
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Demonstrate a counter and one combination to and one from Hiza Guruma.	
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Demonstrate a counter and one combination to and one from Uchi Mata.	
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De Ashi Barai, Uke avoids, Tori changes attack to any forward throw.	
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**Groundwork - Demonstrate:**

Juji Jime and escape.	
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Tori on back with Uke between Tori's legs, Tori attacks leading to a hold-down.	
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Tori on back with Uke between Tori's legs, Tori attacks leading to an armlock.	
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Tori on back with Uke between Tori's legs, Tori attacks leading to a strangle.	
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Sangaku Jime - Any version.	
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Sangaku Jime - Any different version.	
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**Contest: Win by Wazari or Ippon only**

Minimum 3 wins against own grade & gender. Against own age group where possible.	
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**Kata:**

Complete Nage-No-Kata.	
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1st and 2nd set of Katame-No-Kata.	
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Attendance record checked and confirmed ready to grade	Instructor's name & signature:	Date:
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## **BJC Dan Grading Requirements**

### **Contest Grading 1st Dan to 5th Dan**

All dan grades must be recommended to the President for promotion.

All dan grading will be in accordance with the latest issues of:

1. BJC Working Instruction W.I. 01 (Issue 3.3 - at May 2013)
2. Kata requirements (130404 Senior Kata V01.2 - at May 2013)

### **The contest requirements:**

- a. To successfully apply Ippon or Wazari judo techniques against, three contestants of one's own grade or the permitted substitutions for any unavailable grades.
  - i. Either in a pool of four or more, where the contestants must be of equal; grade, 'contest age' and gender.
  - ii. Or against a line up of three or more contestants of equal; grades, 'contest age' and gender.
- b. There are two categories of Contest Age;
  - iii. The 'Active - contest age' for male and female is considered as 16 to 34 years old.
  - iv. The 'Veteran - contest age' for male and female is considered as 35 years or more.
- c. Judo contest is only allowed within one's own gender.

### **Substitution of unavailable grades:**

- d. The following substitutions are permitted, as equivalent grades, at the discretion of the Assessor, who will observe these conditions:
- e. Substitution value for each unavailable grade is two of the next grade below and if applicable, any unavailable substituted grades, will be further substituted by two of the next grade below that.

- f. In a Line-up: Substitution will not normally extend more than two grades below the contestant's grade.
- g. In a Pool: Substitution will not normally exceed more than one grade below contestant's grade.
- h. For 1<sup>st</sup> and 2<sup>nd</sup> Dan examination - there must be at least one other equal in; grade, contest age and gender.
- i. For 3<sup>rd</sup> and 4<sup>th</sup> dan examination - there must be at least two others equal in; grade, contest age and gender.
- j. For 5<sup>th</sup> dan examination - there must be at least three others equal in; grade and gender but not necessarily in contest age.

**NOTES:**

- k. The Assessor may also consider, on the grading day, to use the new grade values of any successful contest grades deemed worthy of promotion, but not necessarily promoted at that time.

**Grading 6th Dan and above**

- l. Members are considered for 6<sup>th</sup> dan and above entirely at the discretion of the President.
- m. There is not an option for BJC contest promotion to 6<sup>th</sup> Dan and above.
- n. Normally a minimum period of 10 years will apply but this may be extended to 20 years or more depending on the member's age, considered loyalty, contribution to the BJC and other factors, as so assessed and determined by the President.
- o. The President may delegate these promotion responsibilities to his chosen representative.