

Nokémono Judokwai kyu grade syllabus check sheet

Judoka's name

Quick guide key

Uke	<i>Defender</i>
Tori	<i>Attacker</i>
Sensei	<i>Instructor</i>
Tatami	<i>Mat</i>
Sore Made	<i>End</i>
Sona Mama	<i>Freeze</i>
Yoshi	<i>Continue (unfreeze)</i>
Hidari	<i>Left</i>
Migi	<i>Right</i>
Kaeshi-waza	<i>Counter techniques</i>
Kumi-kata	<i>Engagement position or gripping skills</i>
Nage-komi	<i>Repetitive throwing</i>
Ne-waza	<i>Groundwork techniques</i>
Osaekomi-waza	<i>Holding techniques</i>
Renraku-waza	<i>Combination techniques in the opposite direction</i>
Renzoku-waza	<i>Combination techniques in the same or similar direction</i>
Tachi-waza	<i>Standing techniques</i>
Shime-waza	<i>Choking techniques</i>
Kansetsu-waza	<i>Joint locking techniques</i>
Te-waza	<i>Hand techniques</i>
Koshi-waza	<i>Hip techniques</i>
Ashi-waza	<i>Foot techniques</i>
Ma sutemi-waza	<i>Rear sacrifice techniques</i>
Atemi-waza	<i>Striking techniques</i>



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FUNDAMENTAL SKILLS

Ukemi:

Ushiro Ukemi *Rear breakfall*

Yoko Ukemi *Side breakfall*

Mae Mawari Ukemi *Forward rolling breakfall*

Tachi-waza:

Osoto-otoshi *Major outer drop*

De-ashi-barai *Advancing foot sweep*

Uki-goshi *Floating hip*

Osae-komi-waza:

Kesa-gatame *Scarf hold*

Mune-gatame *Chest hold*

Kuzure-kesa-gatame *Broken scarf hold*

PERFORMANCE SKILLS

Combination Techniques:

Osoto-otoshi *Major outer drop* into Kesa-gatame *Scarf hold*

De-ashi-barai *Advancing foot sweep* into Mune-gatame *Chest hold*

Uki-goshi *Floating hip* into Kuzure-kesa-gatame *Broken scarf hold*

Ne-waza:

Escape from Kesa-gatame by trapping Uke's leg

Escape from Mune-gatame using a 'bridge and roll' action

Escape from Kuzure-kesa-gatame using 'sit up and push'

PERSONAL CHOICE

Candidates are required to select and demonstrate two tachi-waza and two osae-komi-waza from the BJA Technical Grading Syllabus

Tachi-waza 1

Tachi-waza 2

Osae-komi-waza 1

Osae-komi-waza 2



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TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

Know the common English translations and meaning of all Japanese terminology used in this section

Translate the following Japanese words into their common English names and where appropriate explain their meaning:

Dojo *Judo practice hall*

Hajime *Begin*

Rei *Bow*

Judogi *Judo uniform*

Matte *Stop*

Toketa *Hold broken*

Zori *Judo footwear*

Osae-komi *Hold down*

Randori *Free practice*

Demonstrate the correct tying of the obi *Belt*
(Watch our video online if you need help)

Demonstrate the correct wearing of the judogi

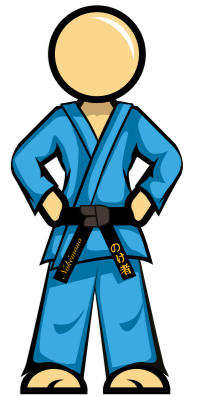
Demonstrate the correct bowing procedures
Tachi-rei *Standing bow* and

Za-rei *Kneeling bow*

Answer the following questions:

Who invented modern judo? *Jigoro Kano*

In which country was judo devised? *Japan*



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NOTES

1. For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

FUNDAMENTAL SKILLS

Ukemi:
Mae Ukemi *Forward breakfall*

Tachi-waza:
Tai-otoshi *Hand throw body drop*

Ippon-seoi-nage *One handed shoulder*

O-uchi-gari *Major inner reaping*

Osae-komi-waza:
Yoko-shiho-gatame *Side four quarters hold*

Tate-shiho-gatame *Lengthwise four quarters hold*

Kami-shiho-gatame *Upper four quarters hold*

PERFORMANCE SKILLS

Combination Techniques:
O-uchi-gari *Major inner reaping* into
Tate-shiho-gatame *Lengthwise four quarters hold*

Ippon-seoi-nage *One handed shoulder* into
Kami-shiho-gatame *Upper four quarters hold*

Tai-otoshi *Hand throw body drop* into
Yoko-shiho-gatame *Side four quarters hold*

Ne-waza:
Escape from Kami-shiho-gatame using 'action and re-action'

Escape from Tate-shiho-gatame using 'clamp and roll' action

Escape from Yoko-shiho-gatame using 'trap, bridge and roll'

Turnover into Kesa-gatame (Uke in "all fours" position)

Turnover into Mune-gatame (Uke in "all fours" position)

Turnover into Yoko-shiho-gatame (Uke in prone position)

Kumi-kata:
Right and left standard grips

Alternatives to standard grips e.g. right versus left grips,
double lapel and high collar grips

Randori:
Demonstration of Nage-komi *Repetitive throwing*
in light Randori *Free practice* with a co-operative partner



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PERSONAL CHOICE

Candidates are required to select and demonstrate two tachi-waza and two osae-komi-waza from the BJA Technical Grading Syllabus

Tachi-waza 1	<input type="checkbox"/>
Tachi-waza 2	<input type="checkbox"/>
Osae-komi-waza 1	<input type="checkbox"/>
Osae-komi-waza 2	<input type="checkbox"/>

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section

Give two examples of actions against the contest rules



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NOTES

- Nage-komi is introduced for this grade. It is to be demonstrated in the form of light randori which be of approximately two minutes duration with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety and, if possible, to both right and left sides.
- Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
- For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.

FUNDAMENTAL SKILLS

Tachi-waza:

Tsuri-komi-goshi *Drawing hip*

O-goshi *Major hip*

Seoi-otoshi *Shoulder drop*

Morote-seoi-nage *Two handed shoulder*

Osoto-gari *Major outer reaping*

Ko-uchi-gari *Minor inner reaping*

Ko-soto-gake *Minor outer hook*

Ko-soto-gari *Minor outer reaping*

PERFORMANCE SKILLS

Combination Techniques:

O-uchi-gari *Major inner reaping* into Ko-uchi-gari *Minor inner reaping*

Ko-uchi-gari *Minor inner reaping* into

Osoto-gari *Major outer reaping* or Osoto-gake *Major outer hook*

Ko-uchi-gari *Minor inner reaping* into

Morote-seoi-nage *Two handed shoulder*

Ippon-seoi-nage *One handed shoulder* into

Ko-uchi-gari *Minor inner reaping*

Any technique as combinations with

Seoi-otoshi *Shoulder drop*

Ko-uchi-gari *Minor inner reaping*

Counter Techniques:

O-uchi-gari *Major inner reaping* countered by

Tsuri-komi-goshi *Drawing hip*

Tai-otoshi *Hand throw body drop* countered by

Ko-soto-gari *Minor outer reaping* or gake *Minor outer hook*

Ne-waza:

Escape from Kesa-gatame using 'bridge and roll'

Escape into Kesa-gatame from between Uke's legs'

Escape into Yoko-shiho-gatame from between Uke's legs

Arm roll from behind Uke

Arm roll from in front of Uke

Turn over from underneath Uke into Tate-shiho-gatame



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Randori:

Demonstration of attacking and defending in light Randori *Free practice* with a co-operative partner

PERSONAL CHOICE

Candidates are required to select and demonstrate three waza (two tachi-waza and one ne-waza) from the BJA Technical Grading Syllabus and demonstrate them as a combination, a counter and as a transition into ne-waza

Tachi-waza 1

Tachi-waza 2

Ne-waza 1

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the examiner the reasons for their choice of technique, grip etc

Translate the following Japanese words into their common English names and where appropriate explain their meaning:

Shido *Light penalty* (minor infringement)

Hiki-wake Referee's decision as a *Draw* at the end of a contest

Uke The defensive or *Defending Judoka*

Tori The offensive or *Attacking Judoka*

Hansoku-make *Disqualification*

Waza-ari-awasete-ippou *Complete point from two waza-aris*

Demonstrate the Referee's signals for:

Matte *Stop*

Osae-komi *Hold is on*

Toketa *Hold is broken*

Adjusting the judogi

Demonstrate the proper procedures for coming onto and leaving the mat during a contest

Give two examples of actions (not grips) against the contest rules

Give two examples of grips against the contest rules for negative or safety reasons



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NOTES

1. Randori is introduced for this grade. It is to be demonstrated in the form of light randori of approximately three minutes duration. The examiner will expect to see a variety of waza and kumi-kata and, if possible, throws to both right and left sides.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

FUNDAMENTAL SKILLS

Tachi-waza:

Harai-goshi *Sweeping hip*

Uchi-mata *Inner thigh*

Hiza-guruma *Knee wheel*

Sasae-tsuru-komi-ashi *Propping drawing ankle*

Hane-goshi *Spring hip*

Okuri-ashi-barai *Double foot sweep*

Morote-eri-seoi-nage *Two handed lapel shoulder*

Kansetsu-waza:

Ude-gatame *Arm lock*

Waki-Gatame *Armpit lock*

Hiza-gatami *Knee lock*

Juji-gatame *Cross armlock*

PERFORMANCE SKILLS

Kansetsu-waza:

Juji-gatame sit back entry

Juji-gatame roll over entry

Juji-gatame over the shoulder entry

Juji-gatame entry from beneath

Randori:

Demonstration of attacking, defence, avoidance and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori *Free practice* with a co-operative partner



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PERSONAL CHOICE

Candidates are required to select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of combinations and counters

Combination 1

Technique 1

Technique 2

Combination 2

Technique 1

Technique 2

Counter 1

Technique 1

Technique 2

Counter 2

Technique 1

Technique 2

Transition 1

Technique 1

Technique 2

Transition 2

Technique 1

Technique 2

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the examiner the reasons for their choice of technique, grip etc

NOTES

- During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
- For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

NOTES continued



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3. Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. Judoka should always apply kansetsu-waza with care and control especially in a randori situation and when training with less experienced judoka. **From this grade onwards, candidates under the age of 16 and therefore hold a junior licence - must not apply Kansetsu waza to the point of submission and is taught so the judoka has an understanding and awareness of the application.**

FUNDAMENTAL SKILLS

Tachi-waza:

Soto-maki-komi *Outside winding*

Tani-otoshi *Valley drop*

Yoko-guruma *Side wheel*

Tomoe-nage *Circle throw*

Yoko-tomoe-nage *Side circle throw*

Uki-waza *Floating throw*

Shime-waza:

Okuri-eri-jime *Sliding collar strangle*

Nami-juji-jime *Normal cross strangle*

Gyaku-juji-jime *Reverse cross strangle*

Kansetsu-waza:

Ude-garami *Entangled armlock*

PERFORMANCE SKILLS

Combination Techniques:

Ude-garami from Kuzure-kesa-gatame *Broken scarf hold*

Knowledge of selected Kaeshi-waza *Counter techniques*

Ne-waza:

Koshi-jime *Hip strangle* – Uke attempts Seoi-otoshi *Shoulder drop* (dropping attack)

Kata-te-jime *Strangle with one hand* - Uke in "all fours" position

Nami-juji-jime – Uke underneath (between Tori's legs)

Gyaku-juji-jime – Uke on top (between Tori's legs)

Okuri-eri-jime – Uke attacks with Seoi-otoshi (dropping attack)

Kumi-kata:

Introduction to performance Kumi-kata (gripping) skills

Randori:

Demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori *Free practice* with a co-operative partner



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PERSONAL CHOICE

Candidates are required to:

Select and demonstrate four techniques from the BJA Technical Grading

Syllabus and demonstrate them individually and then as a series combinations and counters

Combination 1

Technique 1

Technique 2

Combination 2

Technique 1

Technique 2

Counter 1

Technique 1

Technique 2

Counter 2

Technique 1

Technique 2

Transition 1

Technique 1

Technique 2

Transition 2

Technique 1

Technique 2

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the examiner the reasons for their choice of technique, grip etc

NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.

2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

NOTES Continued



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3. Shime-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. Judoka should always apply Shime-waza with care and control especially in a randori situation and when training with less experienced judoka.

FUNDAMENTAL SKILLS

Tachi-waza:

Sode-tsuru-komi-goshi *Sleeve lift pull hip*

Kata-garuma *Shoulder wheel*

Ryo-hiza-seoi-otoshi *Two knee shoulder drop*

Sumi-gaeshi *Corner throw*

Yoko-gake *Side hook*

Ko-uchi-gake-maki-komi *Minor inner hook thigh winding*

Ushiro-goshi *Rear hip*

Ura-nage *Rear throw*

Uki-otoshi *Floating drop*

Koshi-garuma *Hip wheel*

Shime-waza:

Kata-ha-jime *Single collar strangle*

Hadaka-jime *Naked strangle*

Kata-te-ashi-koshi-jime *Single hand leg hip strangle*

San-gaku-jime *Triangular strangle*

PERFORMANCE SKILLS

Knowledge of performance forms of selected techniques

Tachi-waza:

Demonstrate any two variations of Sumi-gaeshi *Corner throw*

Ne-waza:

San-gaku-gatame *Triangular hold down* – complex entry

San-gaku-jime *Triangular strangle* – complex entry

San-gaku-osae-gatame

Triangular strangle and hold down – turnover and hold

Hadaka-jime *Naked Strangle* – Uke prone position

Kata-ha-jime *Single collar strangle* – Uke “all fours” position

Randori:

Demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori *Free practice* with a co-operative partner



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PERSONAL CHOICE 1

Candidates are required to select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

Combination 1

Technique 1

Technique 2

Combination 2

Technique 1

Technique 2

Counter 1

Technique 1

Technique 2

Counter 2

Technique 1

Technique 2

Transition 1

Technique 1

Technique 2

Transition 2

Technique 1

Technique 2

PERSONAL CHOICE 2

Kata

Demonstrate any one set of the Nage-no-kata or any one set of the Katame-no-kata

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

Know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the examiner the reasons for their choice of technique, grip etc.

Give three example of any of the penalties in the competition rules.

NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.



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NOTES continued

2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into ne-waza. Combinations and counters can be either tachi-waza or ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

3. Kata demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

TIME REQUIREMENTS/FREQUENCY OF PROMOTIONS

Novice Up To and Including 5th Kyu

Candidates may be promoted one Kyu grade per calendar month.

From 5th Kyu and Above

Candidates may be promoted one Kyu grade every three calendar months.

There is no limit to the number of attempts to gain promotion.

Dan Grades

Judoka may choose to seek promotion under the Kyu Grade syllabus on reaching 14 years of age. Judoka are encouraged to seek advice from their coach on whether they should seek promotion under the Kyu Grade Syllabus.

Junior judoka of 1st Kyu aged 14 can collect promotion points towards their Dan grade in point scoring competitions, but are not able to enter Dan gradings until the age of 15. Age 15 is also the minimum age they can register for promotion to 1st Dan as specified in the Dan Grade Syllabus.

Judo Code

Jigoro Kano, the founder of modern judo, wrote a moral code that judoka should follow both on and off the mat. Kano said judo was a teaching for life itself, believing "the ultimate objective is that the discipline of judo is to be utilised as a means to self-perfection, and henceforth to make a positive contribution to society."

What is the Judo moral code?

Courtesy	Be polite to other people
Courage	Face difficulty without fear
Fair play	Be a good sport, play by the rules
Honour	Fairness in beliefs and actions
Modesty	Be without vanity or boastfulness
Respect	Regard for others
Self Respect	Control over yourself and your actions
Friendship	Be a good friend, be helpful and kind
Hygiene	Cleanliness on the mat



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