

Nokémono Judokwai

Guide to your gradings



Age 5-7 Sho Grades

Sho 1		<p>Novice up to and including 6th Mon ages 5-7</p> <p>Candidates may be promoted one Mon every three calendar months.</p> <p>If there is any part of your grading that you are unsure of please ask on of the Nokémono coaches.</p>
Sho 2		
Sho 3		
Sho 4		
Sho 5		
Sho 6		
Sho 7		
Sho 8		
Sho 9		
Sho 10		

When you become 8 years old your Sho grade will convert to a Mon grade at your next grading, below is the conversion chart

Transfer of Sho Awards to Mon Grade

Sho			Mon	
Sho 1			Novice	
Sho 2			Novice	
Sho 3			1st Mon	
Sho 4			1st Mon	
Sho 5			2nd Mon	
Sho 6			2nd Mon	
Sho 7			2nd Mon	
Sho 8			3rd Mon	
Sho 9			3rd Mon	



Age 8-17 Mon Grades

1st Mon



Novice up to and including 6th Mon — ages 8-17

2nd Mon



Candidates may be promoted one Mon every calendar month.

3rd Mon



This allowance for ages 8-17 is because it is known and accepted that at this age range, young people have a greater capacity for learning and therefore more able to undertake examination at shorter intervals.

4th Mon



5th Mon



Fast tracking

6th Mon



Judoka taking up the sport at the of 12 years of age and above who have no record of grade may be 'Fast tracked' in their first year of BJA membership, a maximum of three Mon grades in any of their gradings i.e. Novice to 3rd Mon and 3rd Mon to 6th Mon, or novice to 2nd Mon, 2nd Mon to 4th Mon, 4th Mon to 6th Mon or any combination of jumps up to 6th Mon.

7th Mon



8th Mon



Any judoka that have no record of grade for reasons such as lost record book, achieved grade prior to BJA computer records, returning to judo after long absence etc, may be assessed by the ADofE in order to re-join the grading scheme at the appropriate grade commensurate with prior technical knowledge. The ADofE may appoint an authorised official to carry out this responsibility.

9th Mon



10th Mon



11th Mon



Judoka aged 12 and above that have successfully completed a formal beginner's course such as "sportivate" or club introductory course, can in their first grading be promoted up to a maximum of 6th Mon. This must be a formal course approved by the National Promotions and Gradings Manager (NPGM) with a minimum of 12 hours instruction. Judoka under age of 12 on the same courses can be promoted to a maximum of 3rd Mon. Completion of the course must be specified on the Grade Registration Form.

12th Mon



13th Mon



13th Mon



14th Mon



15th Mon



16th Mon



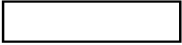






17th Mon













18th Mon



Age 16+ Kyu Grades

Novice Kyu		Novice up to and Including 5th Kyu Candidates may be promoted one Kyu grade per calendar month.
6th Kyu		
5th Kyu		From 5th Kyu and above
4th Kyu		Candidates may be promoted one Kyu grade every three calendar months. There is no limit to the number of attempts to gain promotion.
3rd Kyu		At Nokémono any senior promotion from 5th Kyu and above you will also need to attend an external competition. Please discuss this with one of the Nokémono coaches.
2nd Kyu		
1st Kyu		

Age 16+ Dan Grades

		Japanese	Awarded by
1st Dan		Shodan	British Judo Association
2nd Dan		Nidan	British Judo Association
3rd Dan		Sandan	British Judo Association
4th Dan		Shidan (Yondan)	British Judo Association
5th Dan		Godan	British Judo Association
6th Dan		Rokudan	British Judo Association (BOD)
7th Dan		Shichidan	European Judo Union
8th Dan		Hachidan	International Judo Federation
9th Dan		Kudan	International Judo Federation
10th Dan		Judan	International Judo Federation

You may choose to seek promotion under the Kyu Grade syllabus on reaching 14 years of age. we encouraged you to seek advice from one of our coaches on whether you 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.

The Judo Code

For each grade up to and including 6th Mon, knowledge of the judo code as detailed in the record book is required. Examiners are required to ensure that candidates have the knowledge and understanding of the Judo Code appropriate to their chronological age and experience in the sport.

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

Grading day schedule		Juniors	Seniors
10.00am - 11.00am	Red belts	1st Mon - 3rd Mon	6th Kyu
11.00am - 12.00pm	Yellow belts	4rd Mon - 6th Mon	5th Kyu
12.00pm - 1.00pm	Orange belts	7th Mon - 9th Mon	4th Kyu
1.00pm - 2.00pm	Green belts	10th Mon - 12th Mon	3rd Kyu
2.00pm - 3.00pm	Blue belts	13th Mon - 15th Mon	2nd Kyu
3.00pm - 4.00pm	Brown belts	16th Mon - 18th Mon	1st Kyu