

# Nokémono Judokwai

## Guide to your gradings



All gradings are conducted at Muscliff Park Youth Centre,  
Shillingstone Drive, Bournemouth BH9 3LR

Grading day schedule		Juniors	Seniors
10.00am - 10.45am	Red belts	1st Mon - 3rd Mon	6th Kyu
10.45am - 11.30pm	Yellow belts	4rd Mon - 6th Mon	5th Kyu
11.30pm - 12.15pm	Orange belts	7th Mon - 9th Mon	4th Kyu
12.15pm - 1.00pm	Green belts	10th Mon - 12th Mon	3rd Kyu
12.15pm - 1.00pm	Blue belts	13th Mon - 15th Mon	2nd Kyu
To be advised	Brown belts	16th Mon - 18th Mon	1st Kyu

### Age 8-17 Mon Grades

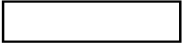






1st Mon		7th Mon		13th Mon	
2nd Mon		8th Mon		14th Mon	
3rd Mon		9th Mon		15th Mon	
4th Mon		10th Mon		16th Mon	
5th Mon		11th Mon		17th Mon	
6th Mon		12th Mon		18th Mon	

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

Candidates may be promoted one Mon every calendar month.

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.

## Age 16+ Kyu Grades

<b>Novice Kyu</b>		Novice up to and Including 5th Kyu Candidates may be promoted one Kyu grade per calendar month.
<b>6th Kyu</b>		
<b>5th Kyu</b>		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.
<b>4th Kyu</b>		
<b>3rd Kyu</b>		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.
<b>2nd Kyu</b>		
<b>1st Kyu</b>		

## 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?

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

