

Technical Grading Programme

Novice – 6th Kyu (White Belt)



Fundamental Skills



1. Ushiro Ukemi



2. Yoko Ukemi



3. Mae Mawari Ukemi



Tachi-waza



4. Osoto-otoshi



5. De-ashi-barai



6. Uki-goshi

Performance Skills



7. Kesa-gatame



8. Mune-gatame



9. Kuzure-kesa-gatame



10. "Leg trap" escape



11. "Bridge-roll" escape



12. "Sit-push" escape

13. Osoto-otoshi into Kesa-gatame

14. De-ashi-barai into Mune-gatame

15. Uki-goshi into Kuzure-kesa-gatame

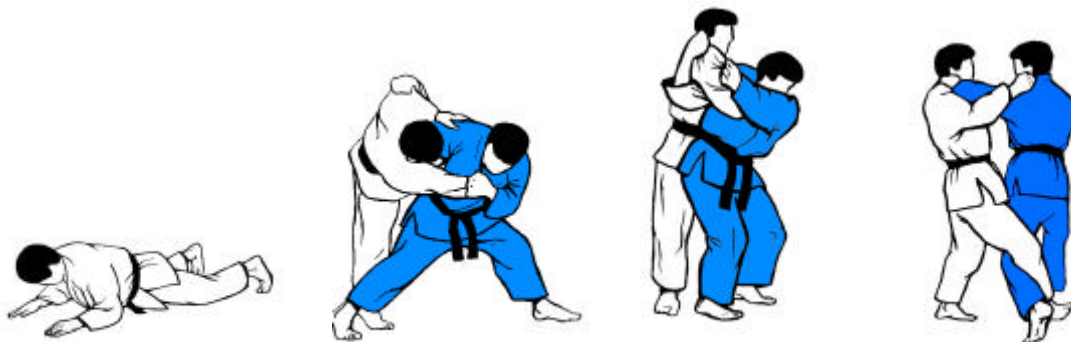
Personal Choice Demonstrate two tachi-waza and two osae-waza

Terminology Dojo, Judogi, Zori, Hajime, Matte, Osae-komi, Toketa, Rei, Randori

Technical Grading Programme 6th Kyu – 5th Kyu (Yellow Belt)



Fundamental Skills and Tachi-waza



1. Mae Ukemi

2. Tai-otoshi

3. Ippon-seoi-nage

4. Ouchi-gari

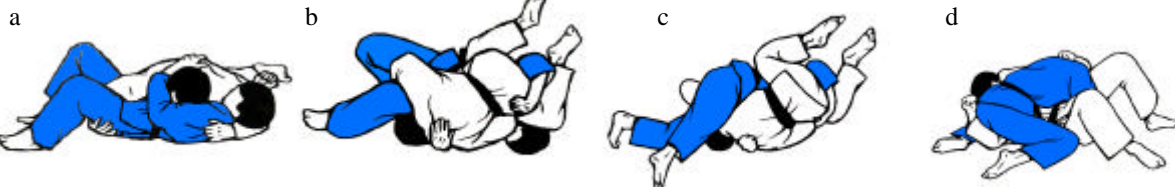
Performance Skills



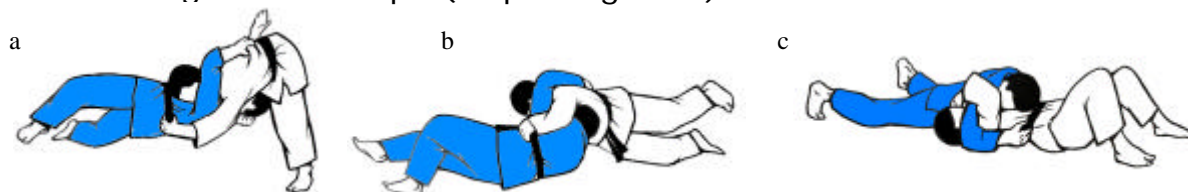
5. Yoko-shiho-gatame

6. Kami-shiho-gatame

7. Tate-shiho-gatame.



8. Yoko-shiho-gatame escape (trap-bridge-roll)



9. Kami-shiho-gatame escape (right-left twitch)



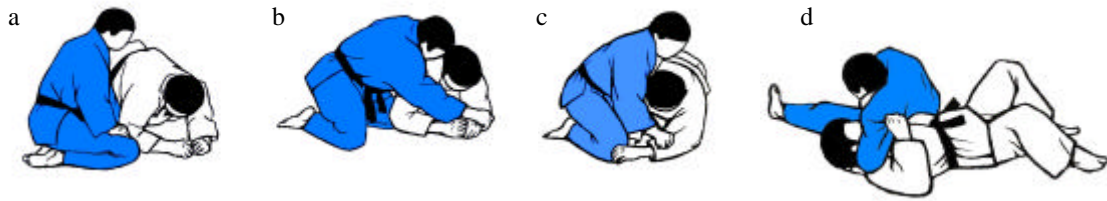
10. Tate-shiho-gatame escape ("clamping" roll)

Combinations

11. Tai-otoshi into Yoko-shiho-gatame
12. Ippon-seoi-nage into Kami-shiho-gatame
13. Ouchi-gari into Tate-shiho-gatame

Ne-waza

14. Turnover into Kesa-gatame



15. Turnover into Yoko-shiho-gatame



16. Turnover into Mune-gatame



Randori – light free practice with co-operation

Grips – standard grip and few alternatives

Terminology

1. Knowledge of Japanese terminology used for this grade
2. Give two examples of actions against contest rules

Personal Choice

Demonstrate two tachi-waza and two osae-waza from BJA Technical syllabus

Technical Grading Programme

5th Kyu - 4th Kyu (Orange Belt)



Tachi-waza



1. Tsurikomi-goshi



2. O-goshi



3. Seoi-otoshi



4. Morote-seoi-nage



5. O-soto-gari



6. Ko-uchi-gari

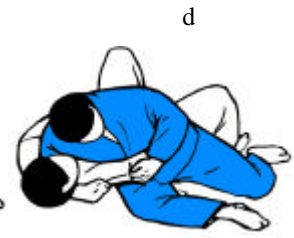
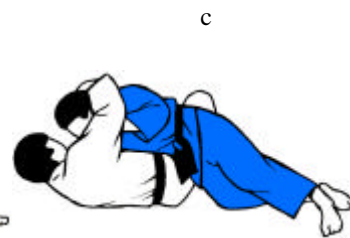
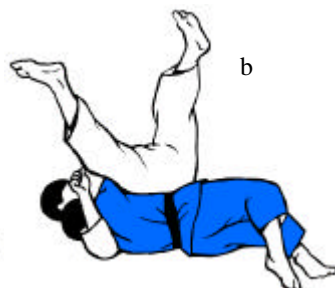


7. Ko-soto-gari

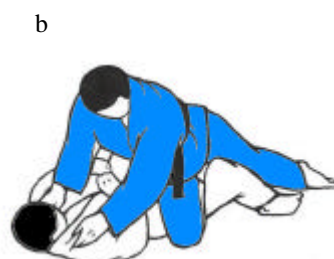


8. Ko-soto-gake

Ne-waza



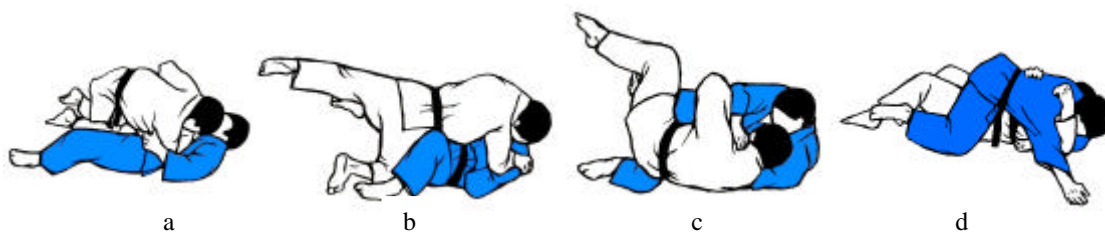
1. Kesa-gatame "bridge escape"



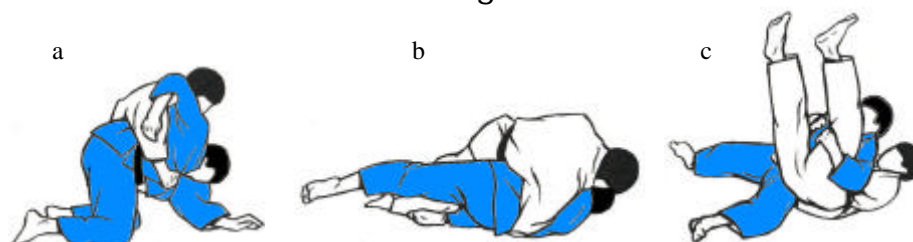
2. Escape into Kesa-gatame through Uke's legs



3. Escape into Yoko-shiho-gatame



4. Turnover into Tate-shiho-gatame



5. Armroll with Uke at side of Tori



6. Armroll from the front of Uke

Performance Skills

Combinations of throws

1. O-uchi-gari into Ko-uchi-gari
2. Ko-uchi-gari into O-soto-gari/gake
3. Ko-uchi-gari into Morote-seoi-nage
4. Ippon-seoi-nage into Ko-uchi-gari

Counters

5. O-uchi-gari countered by Tsurikomi-goshi
6. Tai-otoshi countered by Ko-soto-gari/gake

Randori – light free practice with co-operation

Personal Choice – demonstrate one ne-waza and two tachi-waza as combination, counter and transition onto newaza

Terminology

Knowledge of terms: Shido, Hiki-waki, Uke, Tori, Hantei, Hansoku Make, Waza-ari-awasete-ippon

Demonstrate referee's signals: Matte Osaekomi Toketa Adjusting judogi

Demonstrate procedure for coming onto and leaving a mat

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

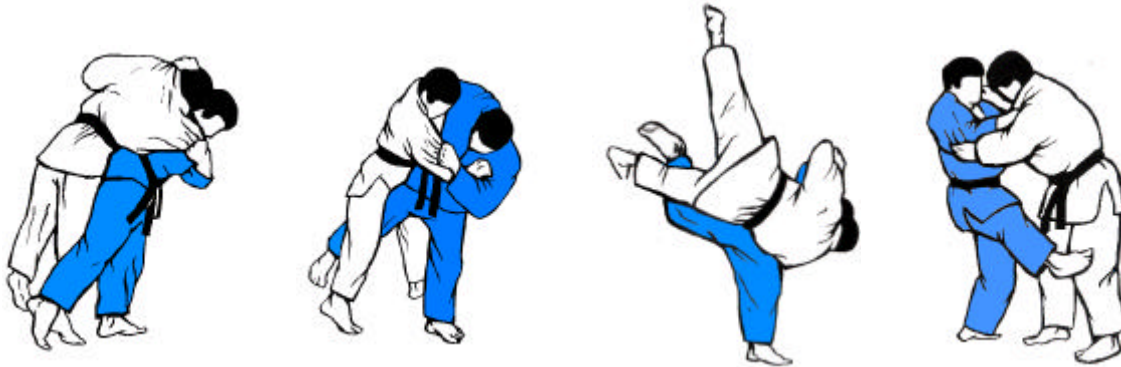
Give two examples of actions (not grips) against rules

Technical Grading Programme

4th - 3th Kyu (Green Belt)



Tachi-waza



1. Harai-goshi

2. Uchi-mata

3. Hane-goshi

4. Hiza-guruma



5. Sasae-tsurikomi-ashi



6. Okuri-ashi-barai



7. Morote-eri-seoi-nage

Ne-waza:

Introduction to Kansetsu-waza (armlocks)



1. Ude-gatame



a



b



c

2. Waki-gatame



a



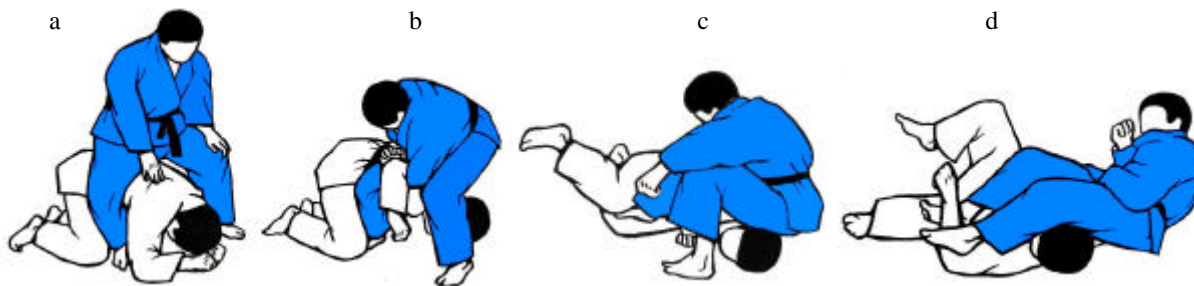
b

3. Hiza-gatame

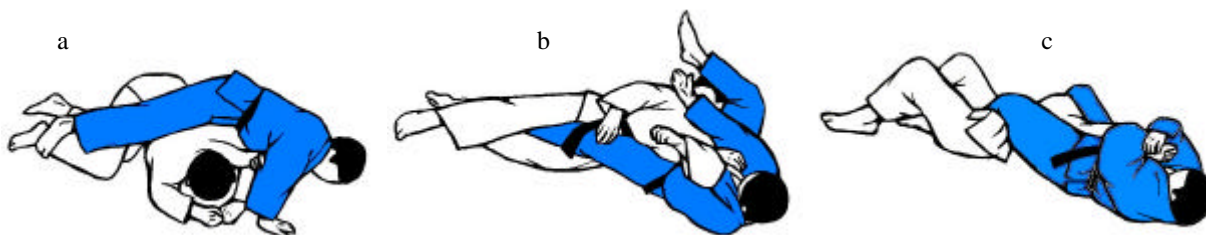


4. Juji-gatame

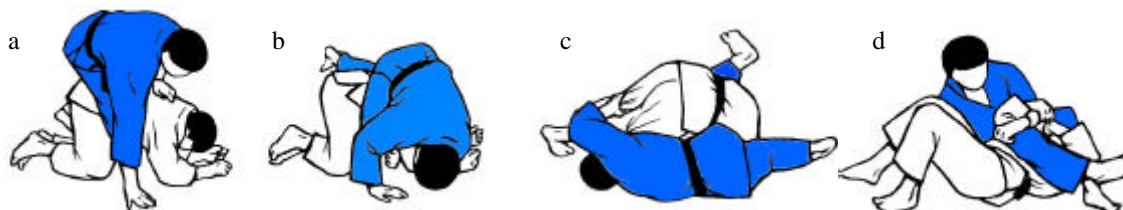
Performance Skills: Kan-setsu-waza entries



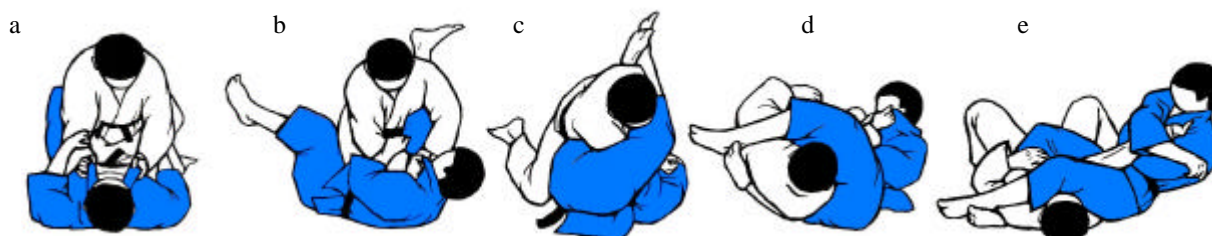
1. Juji-gatame "sit back" entry



2. Juji-gatame "roll over" entry



3. Juji-gatame "over the shoulder entry"



4. Juji-gatame entry from beneath

Randori – light free practice with co-operation 4 minutes

Personal choice of combinations of techniques

Demonstrate four techniques from BJA Technical Grading Syllabus individually and then as series of two combinations. Demonstration must include - two combinations, two counters and two transitions in ne-waza, or a combination of both.

Terminology

To know the common English translations and meaning of all Japanese terminology used in this section.

Technical Grading Programme

3rd - 2nd Kyu (Blue Belt)



Tachi-waza



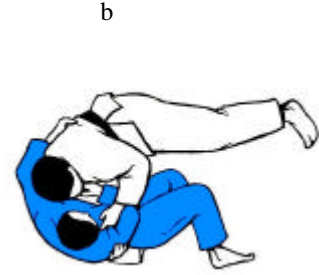
1. Koshi-guruma



2. Tani-otoshi



3. Yoko-guruma



4. Tomoe-nage



5. Kata-uchi-ashi-dori



6. Soto-kibisu-gaeshi



7. Kata-guruma



8. Morote-gari



9. Soto-ashi-dori-ouchi-gari



10. Uchi-kibisu-gaeshi

Ne-waza

Kansetsu-waza:

Shime-waza (strangles)



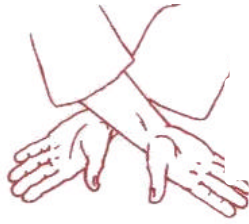
1. Ude-garami



2. Okuri-eri-jime



3. Juji-jime

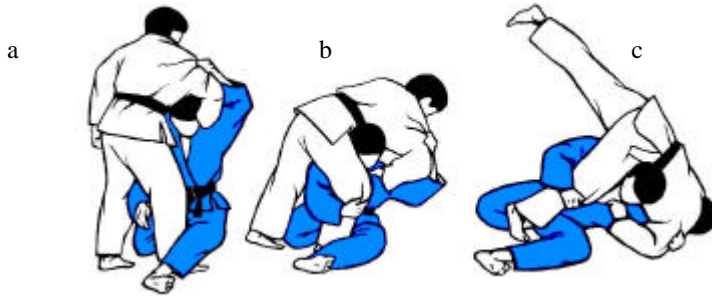


3.a. Gyaku-ji-jime

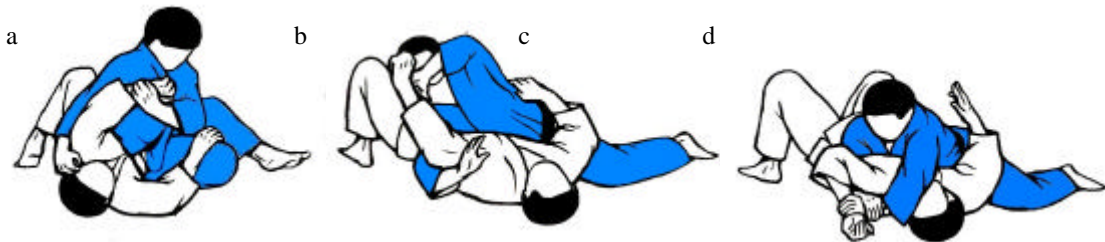


3.b. Nami-ji-jime

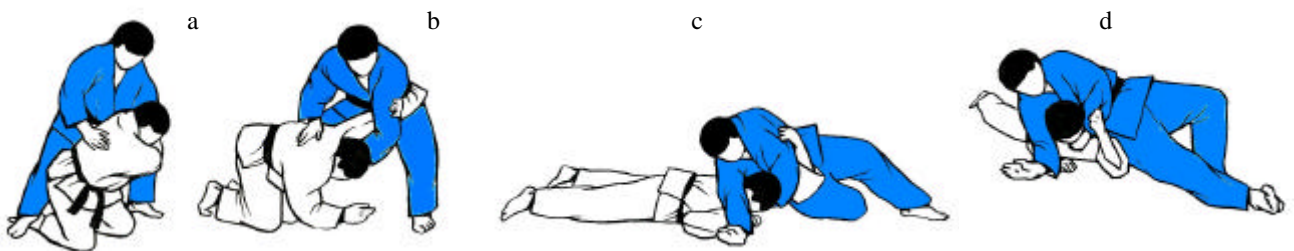
Performance Skills



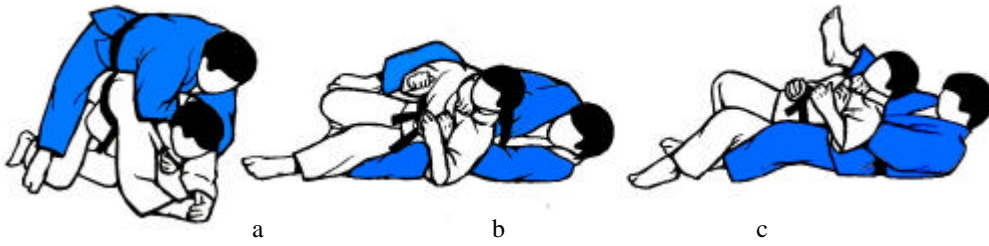
1. Knowledge of selected performance techniques – Yoko-kata-guruma-otoshi



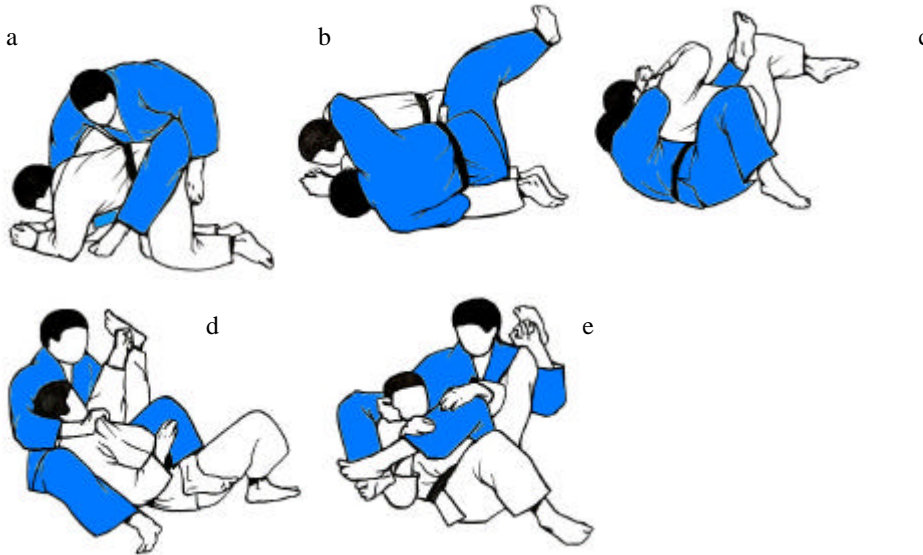
2. Ude-garami from Kuzure-kesa-gatame



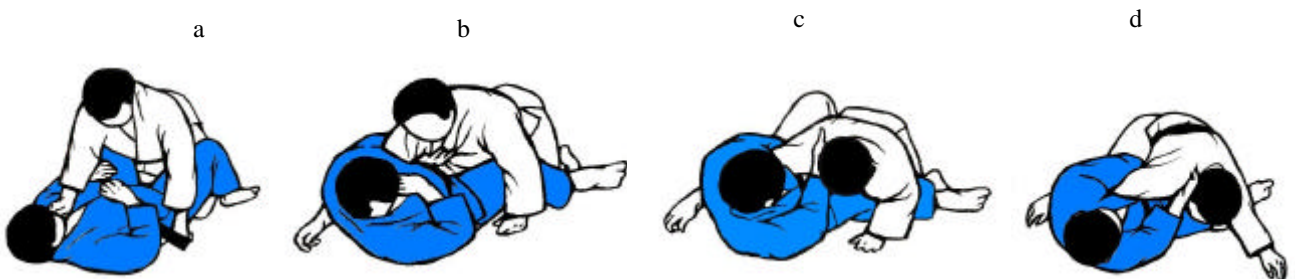
3. Koshi-jime as Uke makes Seoi-otoshi (or any dropping attack)



4. Okuri-eri-jime as Uke makes Seoi-otoshi (or any dropping attack)



5. Kata-te-jime (Uke on all fours)



6. Nami-juji-jime and Gyaku-juji-jime (Uke on top between Tori's legs – options)

Kumi-kata (gripping skills)

Knowledge of performance gripping skills



against right handed opponents



against left handed opponents

Randori – light free practice with co-operation 4 minutes

Personal choice 1

Demonstrate four techniques from BJA Technical Grading Syllabus individually and then as series of combinations;

Personal choice 2

Demonstrate two sets of any of the following Katas:
Nage-no-kata, Katame-no-kata, Go-no-sen-kata.

Terminology

To know the common English translations and meaning of all Japanese terminology used in this section.

Technical Grading Programme

2nd - 1st Kyu (Brown Belt)



Tachi-waza



1. Sode-tsurikomi-goshi



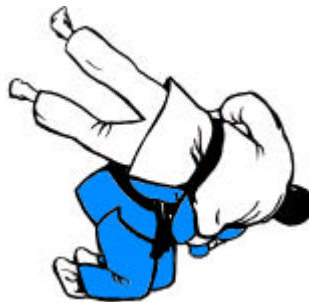
2. Uki-otoshi



3. Ushiro-goshi



4. Ura-nage



5. Ryo-hiza-seoi-otoshi



6. Sumi-gaeshi



7. Yoko-gake



8. Te-guruma



9. Soto-makikomi



10. Ko-uchi-gake-makikomi



11. Kata-hiza-te-ouchi-gake-ashi-dori



12. Yoko-tomoe-nage

Ne-waza



Shime-waza (strangles) – basic forms



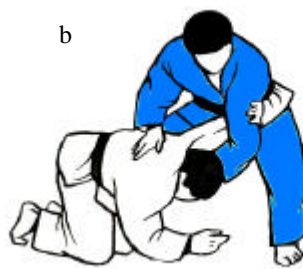
1. Hadaka-jime



2. Kata-ha-jime

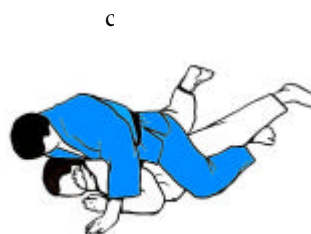
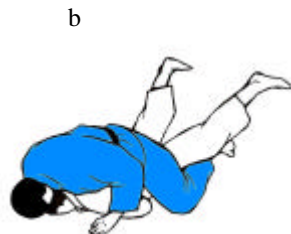


3. San-gaku-jime

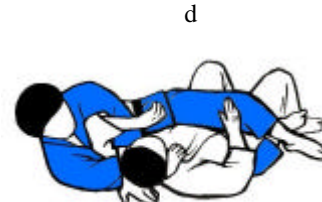
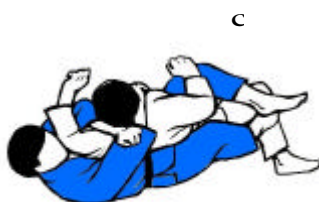


4. Kata-te-ashi-koshi-jime

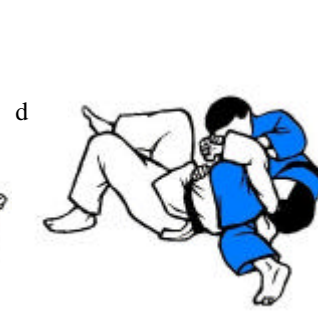
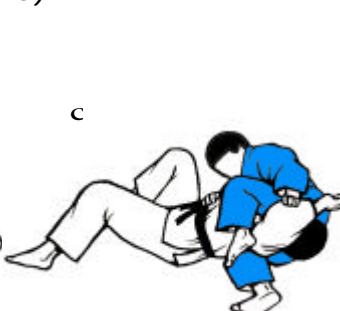
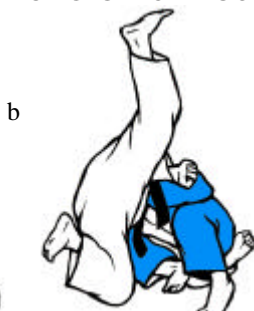
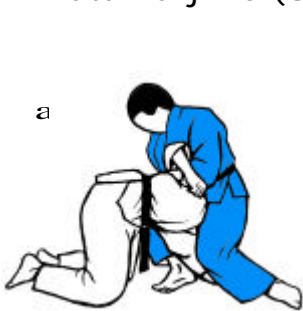
Performance Skills



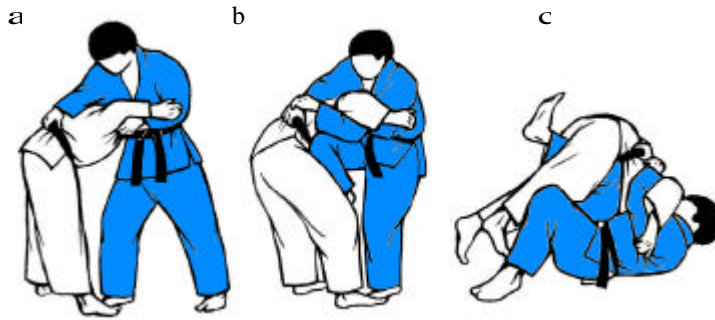
1. Hadaka-jime (Uke is prone)



2. Kata-ha-jime (Uke is on all fours)



3. Complex entry into San-gaku-gatame, San-gaku-jime and San-gaku-osae-gatame (not all variations illustrated)



4. Demonstrate a selection of performance forms of throws including two performance variations of Sumi-gaeshi (for example, Hikikomi-gaeshi)

Randori – light free practice with co-operation 4 minutes

Personal choice 1

Demonstrate four techniques from BJA Technical Grading Syllabus individually and then as series of combinations and counters;

Personal choice 2

Demonstrate any three sets of Nage-No-Kata, or the complete Katame-No-Kata, or the complete Go-No-Sen-Kata

Contest Rules

Give three examples of any of the penalties in Article 27

Terminology

To know the common English translations and meaning of all Japanese terminology used in this section.