

BJC Junior Grading Syllabus (10-15 years of age)

Grading Officer _____

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|---|--|--|------------------------|---------------|
| Signed: | Name | Name | Name | Name |
| Date: | Club | Club | Club | Club |
| Comments: | Age / D.o.B | Age / D.o.B | Age / D.o.B | Age / D.o.B |
| | Present grade | Present grade | Present grade | Present grade |
| FOR ALL GRADES: Pre-requisite for grading (all Judoka must be able to demonstrate these to a good standard appropriate for their new grade) | New grade | New grade | New grade | New grade |
| Minimum Attendance Confirmed | | | | |
| Kneeling and Standing Bows and Overall Etiquette | | | | |
| Posture (Migi/Hidari Shizentai, Jigotai), grip (Kumi-Kata - basic sleeve/lapel) and how to walk with a partner (Aruki-Kata - using Tsugi Ashi & Tsuru Ashi) | | | | |
| How and When to Submit | | | | |
| Ushiro Ukemi | Back Breakfall | | | |
| Hidari/Migi Yoko Ukemi | Left/Right Side Breakfalls | | | |
| Mae Ukemi | Front Breakfall | | | |
| Hidari/Migi Zempo Kaiten Ukemi | Left/Right Rolling Breakfalls | | | |
| O R A N G E | Throws | | | |
| | (1 TAB) 6. O Uchi Gari, Uke avoids, Tori changes attack to 5. Tai Otoshi | | | |
| | 7. De Ashi Barai | 7. Advancing Foot Sweep | | |
| | 8. Tsuru Komi Ashi | 8. Drawing Ankle Throw | | |
| | 9. Ko Soto Gari | 9. Minor Inner Reaping | | |
| | 7. De Ashi Barai, Uke avoids, Tori changes attack to 8. Tsuru Komi Ashi | | | |
| | (2 TABS) 8. Tsuru Komi Ashi, Uke avoids, Tori changes attack to Morote Sei Nage | | | |
| | (3 TABS) 10. Harai Goshi | | 10. Sweeping Hip Throw | |
| | Groundwork (plus escapes) | | | |
| | (1 TAB) Turn-over from press-up position, breakfall, move into 21. Kesa Gatame, escape and link to 22. Kuzure Kesa Gatame, escape onto stomach and rise onto 'all 4s', turn-over into 23. Yoko Shiho Gatame (Side Four Quarters Hold), escape into 24. Kuzure Kami Shiho Gatame, escape into 25. Kami Shiho Gatame, and escape | | | |
| | (2 TABS) Tori on back, Uke between legs - Tori rolls Uke over into 2 different hold-downs with escapes and combinations | | | |
| | (3 TABS) Tori attacks from between Uke's legs (Uke on their back), and demonstrates moving around into linked hold-downs | | | |
| | Theory | | | |
| | Ippon | 10 points - Win | | |
| | Wazari | 7 points | | |
| Yuko | 5 points | | | |
| Sore Made | That is all | | | |
| Sono Mama | Freeze | | | |
| Yoshi | Continue | | | |
| Gain permission before leaving the mat | | | | |
| Zori (slippers) are left neatly at mat side & tie belt correctly | | | | |
| Must sit cross legged or kneel on the mat | | | | |
| When a higher grade enters the class, stop and Rei | | | | |
| Hands & Feet to be clean and nails short, Judogi to be kept clean | | | | |
| BJC stands for British Judo Council, its President is Robin Otani | | | | |
| Minimum of 2 'throw for throw' style randori practices | | | | |
| T A B S | Throws | | | |
| | 11. Hane Goshi | 11. Spring Hip Throw | | |
| | Groundwork (plus escapes) | | | |
| | 26. Mune Gatame and escapes (x 2) | | 26. Chest Hold | |
| | Theory | | | |
| | Uchi Komi | Turning-in and out practice (literally In-Out) | | |
| | Randori | Free practice | | |
| | Hantei | Corner judge vote | | |
| | Only elbow joint is allowed to be locked | | | |
| | Inform Sensei immediately of any injuries | | | |
| Judo was developed by Jigoro Kano | | | | |
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Key
 - assess throughout grading - examine separately only if weak for grade
Examiner's Additional Comments (continue on back of sheet if necessary)