

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

Grading Officer _____

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			
Throws				
(1 TAB) 12. Ippon Seoi Nage	12. One Handed Shoulder Throw			
(2 TABS) Demonstrate counters and combinations to and from 4. Tsuru Komi Goshi				
(3 TABS) Demonstrate counters and combinations to and from 1. Morote Seoi Nage				
Demonstrate counters and combinations to and from 5. Tai Otoshi				
Groundwork (plus escapes)				
(1 TAB) 27. Kuzure Yoko Shiho Gatame and escapes (x2)	27. Broken Side Four Quarters Hold			
(2 TABS) 22. Kuzure Kesa Gatame to 26. Mune Gatame to 27. Kuzure Yoko Shiho Gatame				
(3 TABS) 28. Kata Gatame and escapes (x2) 28. Shoulder Hold				
Theory				
Obi	Belt			
Maitta	I submit			
Kuzushi - Breaking of balance	Tsukuri - to create, to float			
Kake - Body contact	Nage - completion of throw			
Shizontai - relaxed natural posture	Jigotai - defensive posture			
Judo originated in Japan				
Treat other Judoka with courtesy and respect				
That the BJC was founded by Kenshiro Abbe				
Only practice in registered clubs with an instructor				
Minimum of 2 'throw for throw' style randori practices				
Throws				
Demonstrate counters and combinations to and from 6. O Uchi Gari				
Demonstrate counters and combinations to and from 3. Ko Uchi Gari				
Groundwork (plus escapes)				
29. Tate Shiho Gatame and escapes	29. Body Four Quarters Hold			
Theory				
Tai Sabaki	Turning in or avoiding an attack			
Kata	Form			
Kamiza - A place of honour (may have a picture of the founder)				
Kyu Shin Do is the philosophy of Kenshiro Abbe				
Minimum of 2 'throw for throw' style randori practices				

Key
 - assess throughout grading - examine separately only if weak for grade
Examiner's Additional Comments (continue on back of sheet if necessary)