

NB: AREA LEVEL ONLY: 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 | | | | | |
| B L U E T A B S | Throws | | | | |
| | (1 TAB) 13. O Soto Gari | 13. Major Outer Reap | | | |
| | (2 TABS) 14. Hiza Guruma | 14. Knee Wheel | | | |
| | (3 TABS) 15. Uchi Mata | 15. Inner Thigh Throw | | | |
| | Groundwork (plus escapes) | | | | |
| | (1 TAB) 29. Tate Shiho Gatame to and from 28. Kata Gatame | | | | |
| | (2 TABS) 31. Hadaka Jime and escape | 31. Naked Strangle | | | |
| | 32. Okuri Eri Jime and escape | 32. Sliding Collar Strangle | | | |
| | (3 TABS) 35. Ude Hishigi Juji Gatame | 35. Cross armlock | | | |
| | 35. Ude Hishigi Juji Gatame applied as Uke tries to avoid 31. Hadaka Jime | | | | |
| | 35. Ude Hishigi Juji Gatame applied as Uke tries to avoid 32. Okuri Eri Jime | | | | |
| | Kata | | | | |
| | (1 TAB) 1st technique of Nage No Kata | | | | |
| | 1st technique of Katame no Kata | | | | |
| | (2 TABS) 1st & 2nd techniques of Nage No Kata | | | | |
| | 1st & 2nd techniques of Katame no Kata | | | | |
| | (3 TABS) 1st set of Nage No Kata | | | | |
| 1st, 2nd & 3rd techniques of Katame no Kata | | | | | |
| Minimum of 1 win (by wazari or ippon only) against own grade and gender. Against own age group where possible. | | | | | |
| B R O W N T A B S | Throws | | | | |
| | (1 TAB) Demonstrate counters and combinations to and from 10. Harai Goshi | | | | |
| | (2 TABS) Demonstrate counters and combinations to and from 11. Hane Goshi | | | | |
| | (3 TABS) Demonstrate counters and combinations to and from 12. Ippon Seoi Nage | | | | |
| | Groundwork (plus escapes) | | | | |
| | (1 TAB) 36. Ude Garami | 36. Entangled Armlock | | | |
| | (2 TABS) 37. Waki Gatame | 37. Armlock with Armpit | | | |
| | (3 TABS) 22. Kuzure Kesa Gatame to 36. Ude Garami then to 37. Waki Gatame | | | | |
| | Theory | | | | |
| | (1 TAB) 1st set of Nage No Kata | | | | |
| | 1st set of Katame no Kata | | | | |
| | (2 TABS) 1st & 2nd sets of Nage No Kata | | | | |
| | 1st set of Katame no Kata | | | | |
| | (3 TABS) 1st & 2nd sets of Nage No Kata | | | | |
| | 1st & 2nd sets of Katame no Kata | | | | |
| | Minimum of 2 wins (by wazari or ippon only) against own grade and gender. Against own age group where possible. | | | | |

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