

THE JUDO ACADEMY

‘Technique Over Strength’



KYU & DAN GRADING PROGRAMME

Incorporating Fundamental Skills & Novice Programme, Kyu Grading
Syllabus, Dan Grading Programme & Syllabus

Foreword

‘To afford everyone the opportunity to demonstrate knowledge, skills and understanding of the plethora of techniques that judo has to offer and ensure that every member can achieve their goals as part of a sport for life’.

The Technical Grading System, TGS, is based on several key performance indicators that have been identified through extensive and analytical research over the past 20 years.

Two main areas of definitive importance are:

- 1. To increase the technical ability of players through knowledge and understanding of the application of the principles of judo.**
- 2. To allow and sustain a higher level of participation, retention and develop a system where players can progress in ‘Judo for Life’.**

The TGS is skills based, underpinned with knowledge, understanding and an appreciation of the application of techniques.

There is **NO** contest requirement, but a progressive ‘Randori’ programme is encouraged.

Video assessment and recording of learning can and should be used with this programme.

This TGS acknowledges several ideals that have been at the forefront of UK and European Judo models in the past years.

Long Term Player Development Model

NIJF/IJA/BJA/EJU Grading Syllabus

IJA Emerging Talent Programme

NI Talent Development Model

BJA ‘Throwing for Ippon’ / ‘Winning in Newaza’ Model

Neil Adams Technical Excellence Model

The Technical Grading System is also a tool for coaches and graders at each age category.

The separate programmes for theory, skills, activities, and syllabi should be followed and not skipped.

The skills and activities included are essential for the understanding the principles of judo for both Tachi Waza and Newaza.

The TGS will act as a progressive lesson plan and guide for coaches at all levels.

TGS is categorised primarily by age,

5-7 years Fundamental Skills Programme

Judo Suit, White Belt, License

Grading to include new belt

8 years + Mon grading syllabus/Fundamental Skills Programme

Judo Suit, White Belt, License

1st mon recorded on completion of Fundamental Skills programme

White/ Yellow Belt achieved on second grading 2nd mon

14 years + Kyu grading syllabus/Fundamental Skills Programme

Judo Suit, White Belt, License

6th Kyu recorded on completion of Fundamental Skills programme

Transferring from Mon to Kyu grades will be 'like for like' but 12th mon to 1st Kyu will require a grade confirmation by the club coach/grading officer.

18 years + Kyu grading syllabus/Fundamental Skills Programme

Dan grading syllabus

Technical Grades and Belt Colours

14 years + Senior Kyu Grades

White	6th Kyu
Yellow	5th kyu
Orange	4th Kyu
Green	3rd Kyu
Blue	2nd Kyu
Brown	1st kyu

18 years + Dan grades

Shodan	1st dan
Nidan	2nd dan
Sandan	3rd dan
Shidan	4th dan
Godan	5th dan
Rokudan	6th dan
Schichidan	7th dan
Hachidan	8th dan
Kudan	9th dan
Judan	10th dan

Introduction

‘The aim of the Technical syllabus is to afford everyone the opportunity to demonstrate knowledge, skills and understanding of the plethora of techniques that judo has to offer so that every member can be part of a sport for life.’

Promotion within the Technical Grading Syllabus is based on demonstration of techniques, showing knowledge of the application of techniques as well as the understanding of the principles associated with the techniques.

Pairing this with Japanese terminology and supplementary knowledge will be the basis that the TGS is built.

There is no contest requirement in the Technical Grading Syllabus. However, there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.

For grades up to and including 7th Mon/ 3rd Kyu (Green Belt), gradings should be completed within the candidate’s club and can be examined by the same coach that instructed the candidate.

For 8th mon/ 2nd Kyu and above, gradings may be completed within the club, but candidates may also grade at Inter-club, Area, Regional and National promotion examinations.

It is good practice that the examiner should be different from the coach.

With regular study and training, the judoka should be able to complete the syllabus by the age of 16 (the keen judoka may complete it as early as 15 years of age).

It is, however, vitally important that all judoka follow the progressive study of techniques detailed in this syllabus and attempt promotion to the next grade at regular intervals.

All judoka are encouraged to take increasing responsibility for their technical development as they progress through the grades and it may be necessary for them to undertake supplementary study and training in addition to that which is available at the judoka’s club.

Those that are using the Technical Grading Pathway are encouraged and indeed expected to supplement their learning by attending technical training courses such as, refereeing, officiating, coaching, revalidation, and continuous personal development opportunities. Records of attendance to be kept and submitted with grade application.

Important Notes

1. Candidates can only be graded one grade at a time.
2. Although there is no contest requirement in this promotion syllabus, judoka are encouraged to participate in competition of the appropriate level for their age and experience. There are many competitive opportunities which can be used to supplement the judoka's technical development.

Minimum Age

Judoka may, in consultation with their coach, choose to seek promotion under the Kyu Grade syllabus on reaching 14 years of age.

Anyone beginning judo at 14 years and above will automatically seek promotion under the kyu syllabus. However, they will have to be familiar and competent in the Fundamental Skills Programme. Their first grading will include these elements of the syllabus.

The grade recorded/belt colour will transfer from mon to kyu grade, although coaches and grading officers must be satisfied that this is appropriate for the individual and will carry out a '**confirmation of grade**' transition assessment.

Judoka aged 14+ years choosing to seek promotion or transfer under the Kyu Grade Syllabus are **NOT** required to take out senior membership of The Judo Academy, but they must have a senior membership to complete a Technical Dan grade.

Age 18 is the minimum age a judoka can be promoted to 1st Dan under The Judo Academy TGS, although when they have met the requirements for 1st Kyu, they can begin to build their portfolio for their 1st Dan.

Frequency

Grading should be carried out by the registered Club Grading Officer/ Coach and should be no more than two times per year. This time frame will reduce as the grade increases. There is no upper time limit.

Technical Requirements

Participants are required to know the common English names and meaning of all Japanese terminology used for the grade. Examination of Japanese terminology should be appropriate to the age and grade of candidate.

Techniques must be demonstrated in an appropriate practical situation and it is intended that the exam process should become greater in depth as the candidate progresses through the grades and acquires greater knowledge and understanding of Judo.

All demonstrations will be presented in a formal manner, either static or on the move to the candidate's preferred side. All techniques will be demonstrated once only.

The examiner may ask for further demonstrations and will also test that the candidate understands the key principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force), Kime (control).

Techniques and applications must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip, and movement.

The examiner may decide to test the candidate on any items from any of the previous grades already passed.

Candidates are to be conversant with the contest rules and prohibited acts.

Male and female candidates may be examined together, as can candidates of different ages and physique.

Candidates achieving 12th Mon (Brown/Black belt) can convert to 1st Kyu after the age of 14. However, the candidates must display a significantly higher level of knowledge and understanding of Shime Waza, Kansetsu Waza and transition from Green belt on the Kyu Syllabus.

This should be confirmed by the club grading officer as a '**confirmation of grade**' assessment and in line with the kyu grading syllabus. The integrity of this assessment is left with the club grading officer/coach. It would be best practice to seek assistance from another coach.

Candidates for Technical 1st Dan must have 3 years at 1st Kyu before applying for Technical 1st Dan; although candidates may begin section by section technical theory assessments, finishing with a theory submission and video presentation of technical elements to the Grading Commission.

Participants must be a minimum age of 18 to gain a Technical 1st Dan, although they can begin completing the requirements when they have fulfilled the requirements for 1st Kyu and the club grading officer/coach deems fit.

The grading assessment can be carried out in many ways, examples listed below:

- Holding a formal grading session where the judoka is tested on all the grading requirements.
- Carrying out the assessment over a period of sessions until all grading requirements have been satisfied.
- Continuous assessment of the judoka during the period of instruction until the assessor coach is satisfied that the judoka has demonstrated all the grading requirements.

For Dan grades, Techniques, Randori and Kata can be recorded on video and sent to senior examiner as evidence of completion.

Assisted Grading

The purpose of the grading syllabus is to help coaches provide a safe, enjoyable, and stimulating learning environment, where players of all abilities feel confident and motivated to reach their potential.

The coach/examiner and judoka should work together and in the practical section where a Waza is not possible due to any restriction or limitation the judoka has, then the coach/examiner and the judoka should replace the Waza with a substitute Waza more appropriate but within the grading criteria e.g. If the exam states two throws and two hold-downs it may be more appropriate only to have four hold-downs.

For the verbal part of the exam, the judoka can by any appropriate means, pass on the information required to the examiner.

There is no pass or fail and the examination process can take minutes or quite a few days. When the examiner is satisfied that the candidate has completed the requirements for the grade, the promotion is then registered as per TGS. Where techniques are substituted to demonstrate their skill and knowledge, the intention is that the same standard is reached, by alternative equivalent means.

Recommended Randori Programme

Although there are no specified requirements, the candidate must understand and observe the simple regulations and terminology governing Randori, including the correct method for signalling submission.

5-7 years White Belt - Judoka should be proficient in light Randori/Nage-komi/Ukemi sufficient to support entry into white belt events, festivals, inter club events. Enters 1 white belt event or closed club competition - Level 1 (this can just be pairing of players for informal contest with a Level 2 coach refereeing).

White/Yellow and above - Judoka should be proficient as above to support their participation in mini-mon comps. Enters mini-mon competition for yellow belts or takes part in inter-club Randori or competition - Level 2.

Orange Belt - Judoka participates in regular club Randori. Enters low level area or equivalent competitions Level 2 or multi club Randori such as that in county squad training.

Green Belt - Judoka participates in above. Judoka enters area competitions or equivalent - Level 3. Judoka takes part in area or equivalent Randori/training.

Blue Belt - Judoka satisfies all above and enters a National or equivalent championship's - Level 4.

Brown Belt - Judoka should be competing and participating in a level of Randori that would prepare them to enter their first competitive Dan grading.

Fundamental Skills and Novice Programme

The authority to grade is via the club grading officer/coach.

It is the purpose of the TGS to allow a wider scope of development for every member, considering the differing levels of ability, stages and styles of learning and individual circumstances presented.

It is also the purpose of the TGS to achieve a higher level of technical understanding of the principles of each technique and its application in practice.

It is recommended the all new members begin their judo journey using the Fundamental Skills / Novice Programme. This includes minor, junior, and senior judoka. It is seen as a starting point for all judoka and includes the building blocks for understanding the importance of:

Ukemi, Waki Shime, Ebi

Posture and Balance, Shizentai and Jigotai

Tsuri Ashi, Ayumi Ashi and Tsugi Ashi

Kumikata

Tai Sabaki and Ashi Sabaki

Kuzushi, Tsukuri, Kake and Kime

Transition to Newaza

All new members will follow the Fundamental Skills Programme.

For senior members of 14 years and above, this will be incorporated as part of their first grade. The judoka must be familiar and competent with all the skills in these programmes.

On completion of the Fundamental Skills Programme, a senior judoka can be promoted to 5th Kyu, Yellow Belt.

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FUNDAMENTAL SKILLS & NOVICE PROGRAMME

‘Success is all about consistency around the Fundamentals’

Novice/White Belt (6th kyu) 14 years+

A formal grading that demonstrates understanding of the theory, skills, techniques, and activities that supplement the grade are necessary for everyone, regardless of age.

This can be achieved on becoming a member of The Judo Academy, attending regular technical judo sessions and not before 3 months has passed.

White belt is worn as a novice and is achieved by completing all elements of the Novice programme. The Novice programme for kyu grades is equivalent to the Fundamental Skills Programme for juniors.

6th Kyu grade can be recorded after completion of the Novice Programme, normally after 3 months activity.

A beginner that is 14 years old or more may be graded to Yellow Belt, 5th kyu at the club graders discretion. This 'fast track' programme assumes that the candidate has completed the necessary elements of the Fundamental Skills Programme and has fulfilled the requirements for 6th kyu on the syllabus.

A higher level of technique is expected as the syllabus progresses.

Techniques may be demonstrated,

- 'on the move'
- 'with standard grip and/or alternative grip'
- 'with cooperative partner'
- 'as combination, counter-attack'
- 'with transition'
- as 'light randori'

Novice Programme

Theory

Rei, Hajime, Matte, Ippon, Judogi, Zori

Hygiene

How to tie your Belt

Respect

Fair Play

Shido

Yuko/Waza Ari

Tori/Uke

Osaekomi/Toketa

Dojo

Hansoku Make

Sono Mama/Yoshi

Skills

Tachi Rei & Za Rei

Ushiro Ukemi & Assisted Ukemi

Bunny Hops forward and Backward

Bear Crawl forward and Backward

Balance on one leg

Yoko Ukemi & Assisted Ukemi

Ushiro Ukemi with Back Roll

Monkey Crawl

Mae Yoko Ukemi, Arm roll

Mae Mawari Ukemi

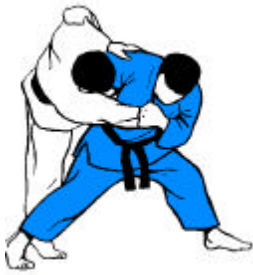
Double Lapelle Roll

Step, Turn, Across, 180

Roll and Sit through

Press Up, Squat, Plank

Techniques



Tai Otoshi (Body Drop)



Kesa Gatame (Scarf Hold)



Trapping the leg



De Ashi Barai



Mune Gatame



Bridge and Roll Escape



Uki Goshi



Kuzure Kesa Gatame



Sit & Push Escape

Demonstration

Tai Otoshi into Kesa Gatame with partner escaping by trapping the leg

To be carried out with uke moving forward towards tori

De Ashi Barai into Mune Gatame with partner escaping by Bridge and Roll

To be carried out using ankle touch method

Uki Goshi in to Kuzure Kesa Gatame with escape by Sit and Push

To be carried out with uke moving forward towards tori

Activities

Crouched Rollover Partners Back

T-Shape & travelling, Tsugi Ashi

Spin around Partners Back

Push/Pull with Partner

Bridge and Turn, stretch

Belt Pull

Forward/ Backward Shrimp

Side Steps - Mirror image

Mune Gatame, stay with partner

Ankle Touches, De Ashi Barai

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KYU GRADE SYLLABUS

‘The first thing you learn in judo is not how to throw; but how to fall and get back up’.

6th kyu to 5th Kyu/ Yellow Belt

Nage Waza (Throwing Techniques)



O Goshi



Ko Soto Gari



O Soto Gari



O Uchi Gari

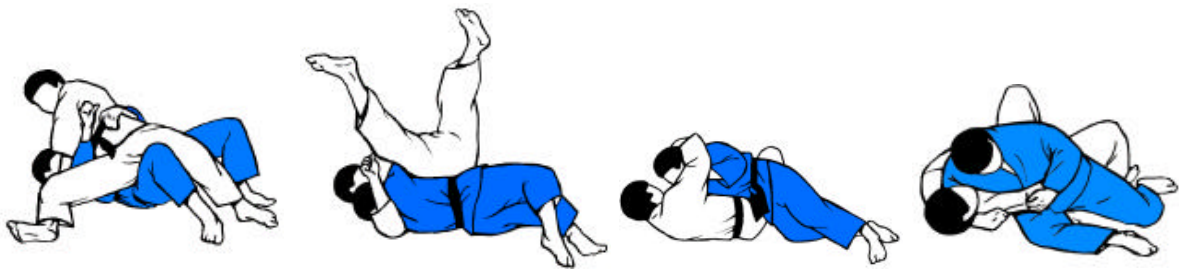


Ko Uchi Gari



Ippon Seoi Nage

Osaekomi Waza (Holding Techniques)



Bridge & Roll Escape from Kesa Gatame



Turnover in to Kesa Gatame



Turnover in to Mune Gatame

Demonstration

Combinations with Ko Uchi Gari and O Uchi Gari

Light Randori with cooperative partner

Introduction to Nage No Kata

1st set Uki Otoshi, Uki Goshi and Kata Garuma

5th kyu to 4th Kyu/ Orange Belt

Nage Waza (Throwing Techniques)



Morote Seoi Nage



Ko Soto Gake



Tsurikomi Goshi



Harai Goshi

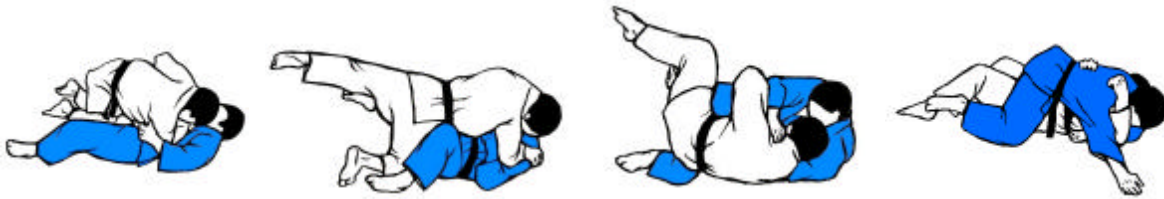
Osaekomi Waza (Holding Techniques)



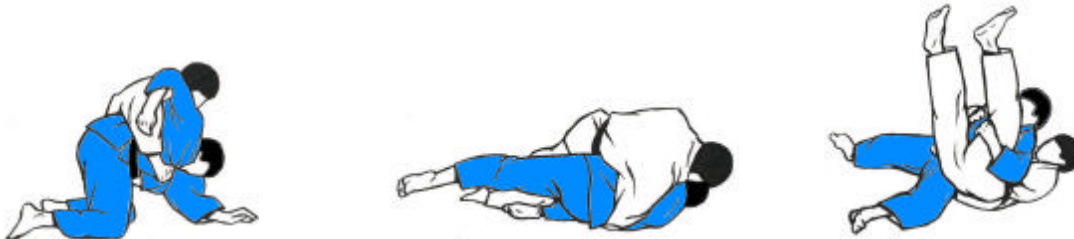
Getting past legs to Kesa Gatame



Getting past legs to Yoko Shiho Gatame



Turnover to Tate Shiho Gatame



Arm Roll to Ushiro Kesa Gatame

Introduction to Kansetsu Waza (Arm Locks)



Ju Ji Gatame



Ude Gatame



Waki Gatame



Ude Garami

Demonstration

O Uchi Gari countered by Tsuru Komi Goshi

Ko Uchi Gari to Morote Seoi Nage

Harai Goshi to O Soto Gari

All turnovers above

2nd set O Goshi, Harai Goshi, Tsuru Komi Goshi

4th kyu to 3rd Kyu/ Green Belt

Nage Waza (Throwing Techniques)



Hiza Garuma



Sasae Tsurikomi Ashi



Okuri Ashi Barai



Uchi Mata



Hane Goshi

Introduction to Shime Waza (Choking techniques)



Hadaka Jime



San Gaku Jime

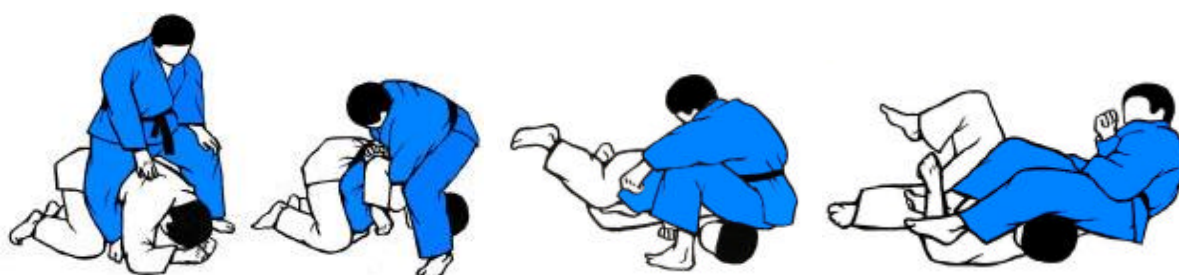


Kata Ha Jime



Hadaka Jime from prone position

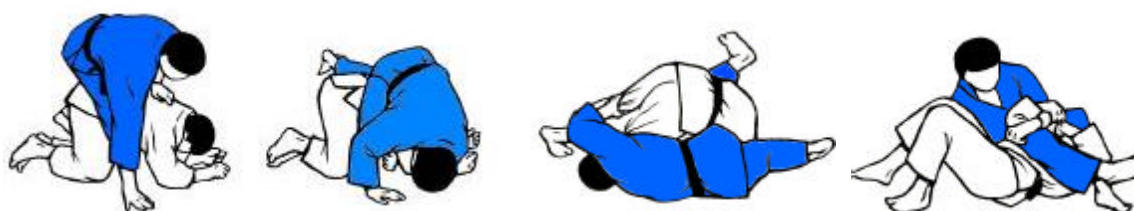
Kansetsu Waza (Arm Locks)



Sit Back entry to Ju Ji Gatame



Rollover entry to Ju Ji Gatame



Over the shoulder entry to Ju Ji Gatame



Entry from guard to Ju Ji Gatame

Demonstration

O Uchi Gari to Uchi Mata

Hiza Garuma to Hane Goshi

Sasae Tsuru Komi Ashi to Okuri Ashi Barai

All turnovers above

3rd set Okuri Ashi Barai, Sasae Tsuru Komi Ashi and Uchi Mata

3rd kyu to 2nd Kyu/ Blue Belt

Nage Waza (Throwing Techniques)



Sode Tsurikomi Goshi



Ushiro Goshi



Ura Nage



Tomoe Nage



Koshi Garuma



Tani Otoshi

Shime Waza (Choking techniques)



Ju Ji Jime



Gyaku Ju Ji Jime



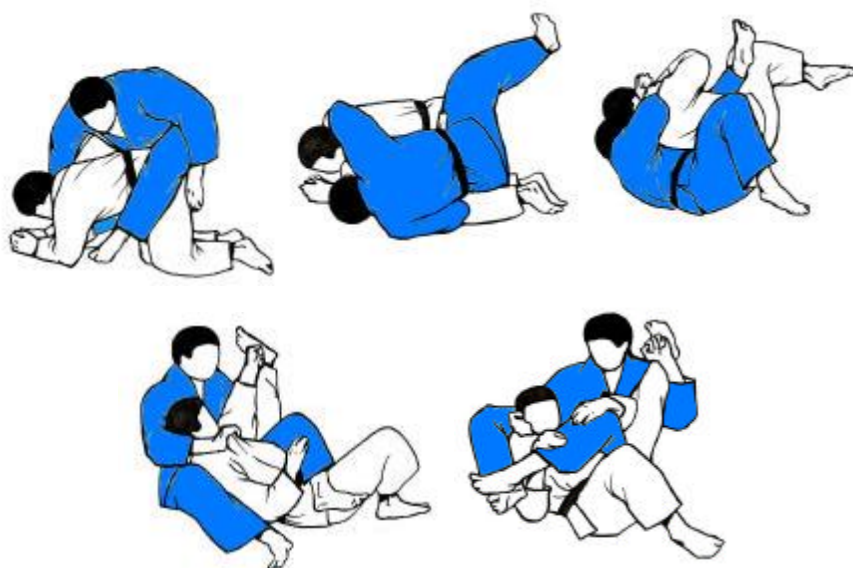
Nami Ju Ji Jime



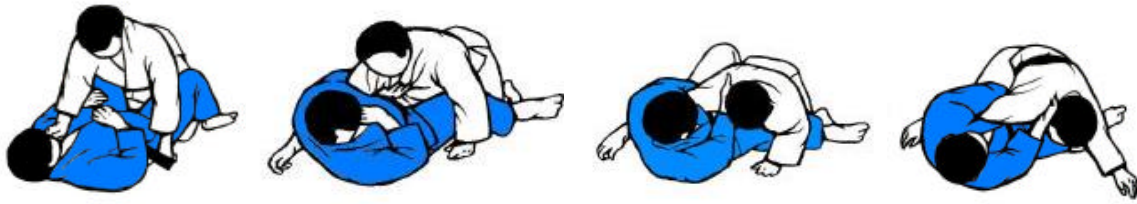
Okuri eri Jime as uke makes drop seoi attack



Koshi Jime as uke make drop seoi attack



Kate Te Jime from All 4's



Nami Ju Ji Jime from guard

Demonstration

Sode Tsurikomi Goshi with alternative grips, right and left

Counterattack with Ushiro Goshi and Ura Nage

Combination with feint to Tani Otoshi

Avoid and Counter drop seoi nage to with transition to Sime Waza

Demonstrate six techniques from Senior Grading Syllabus individually and then as series of combinations in both directions

Light free practice with co-operation 4 minutes using multiple techniques to the front and rear, show transition to Newaza and execution of turnovers to hold, armlock and choke, commensurate with the grade.

2nd kyu to 1st Kyu/ Brown Belt

Nage Waza (Throwing Techniques)



Sumi Gaeshi



Uki Otoshi



Yoko Tomoe Nage



Yoko Garuma



Kata Garuma



Seoi Otoshi



Morote Eri Seoi Nage



Ko-uchi-gake-makikomi

Demonstration

Tomoe nage, Yoko Tomoe Nage set up and combinations

Ju Ji Jime from guard, both sides

Demonstrate Ju Ji Gatame transition from 2 positions

Demonstrate San Gaku turnover from 2 positions

Demonstrate six techniques from Senior Grading Syllabus individually and then as series of combinations in both directions

Light free practice with co-operation 4 minutes using multiple techniques to the front and rear, show transition to Newaza and execution of turnovers to hold, armlock and choke, commensurate with the grade.

Completion

On completion of the Kyu grading syllabus and no sooner than 17 years, candidates may begin study of the dan grading syllabus.

The Dan syllabus has added levels of competitive techniques both in Tachi Waza and Newaza, a full set of Nage No Kata and a comprehensive list of Gokyo techniques, including Renzoku Waza, Renraku Waza, Kaeshi Waza and Shiai Waza.

The coach and club grading officer must take reasonable steps to ensure that players have allocated enough time and are technically proficient in the techniques to preserve the integrity of the grade allocated and that the candidates are ready for transfer to 1st Dan.

That is, a higher level of technical demonstration showing appreciation of the main principles of throwing, kuzushi, tsukuri, kake and kime and a smooth and appropriate transition to Newaza.

It is fully expected that a transition period of learning be undertaken before attempting technical dan grade.

It would be pertinent for the club grader to take the Dan grade syllabus section by section over a period of 2 years from completion of Kyu syllabus.

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Dan Grade Programme

Technical Dan Grades and Belt Colours

18 years + Dan grades

Shodan	1st dan
Nidan	2nd dan
Sandan	3rd dan
Shidan	4th dan
Godan	5th dan
Rokudan	6th dan
Schichidan	7th dan
Hachidan	8th dan
Kudan	9th dan
Judan	10th dan

Minimum Age

The minimum age a judoka may attempt Technical Dan Grade Promotion is 18 years of age.

Players are encouraged to seek advice from their coach on whether they should seek promotion under the Dan Grade Syllabus.

Time in Grade

The 'Time in Grade Rule' is as follows:

1 st Kyu	→	1 st Dan is minimum 3 years
1 st Dan	→	2 nd Dan is minimum 3 years
2 nd Dan	→	3 rd Dan is minimum 3 years
3 rd Dan	→	4 th Dan is minimum 4 years
4 th Dan	→	5 th Dan is minimum 5 years

Grades above 5th Dan require a written application for consideration by the grading commission and IJA Executive Committee.

As per EJU regulations, applicants must have completed at least **25 years** as a dan grade.

The grading assessment can be carried out in many ways, examples listed below:

- Holding a formal grading session where the judoka is tested on all the grading requirements.
- Carrying out the assessment over a period of sessions until all grading requirements have been satisfied.
- Continuous assessment of the judoka during the period of instruction until the assessor coach is satisfied that the judoka has demonstrated all the grading requirements.

For Dan grades, Techniques, Randori and Kata can be recorded on video and sent to senior examiner as evidence of completion.

For Kata, local or provincial Kata certificates will be accepted as evidence of completion for Nage No Kata and Katame No Kata.

Age 18 is the minimum age a judoka can be promoted to 1st Dan under The Judo Academy TGS, although when they have met the requirements for 1st Kyu, they can begin to build their portfolio for their 1st Dan.

Technical Requirements

Participants are required to know the common English names and meaning of all Japanese terminology used for the grade. Examination of Japanese terminology should be appropriate to the age and grade of candidate.

Techniques must be demonstrated in an appropriate practical situation and it is intended that the exam process should become greater in depth as the candidate progresses through the grades and acquires greater knowledge and understanding of Judo.

All demonstrations will be presented in a formal manner, either static or on the move to the candidate's preferred side. All techniques will be demonstrated once only.

The examiner may ask for further demonstrations and will also test that the candidate understands the key principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri (positioning), Kake (application of force), Kime (control).

Techniques and applications must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip, and movement.

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This should be confirmed by the club grading officer as a **'confirmation of grade'** assessment and in line with the kyu grading syllabus. The integrity of this assessment is left with the club grading officer/coach. It would be best practice to seek assistance from another coach.

Candidates for Technical 1st Dan must have 3 years at 1st Kyu before applying for Technical 1st Dan; although candidates may begin section by section technical theory assessments, finishing with a theory submission and video presentation of technical elements to the Grading Commission.

Participants must be a minimum age of 18 to gain a Technical 1st Dan, although they can begin completing the requirements when they have fulfilled the requirements for 1st Kyu and the club grading officer/coach deems fit.

Assisted Grading

The purpose of the grading syllabus is to help coaches provide a safe, enjoyable, and stimulating learning environment, where players of all abilities feel confident and motivated to reach their potential.

The coach/examiner and judoka should work together and in the practical section where a Waza is not possible due to any restriction or limitation the judoka has, then the coach/examiner and the judoka should replace the Waza with a substitute Waza more appropriate but within the grading criteria e.g. If the exam states two throws and two hold-downs it may be more appropriate only to have four hold-downs.

For the verbal part of the exam, the judoka can by any appropriate means, pass on the information required to the examiner.

There is no pass or fail and the examination process can take minutes or quite a few days. When the examiner is satisfied that the candidate has completed the requirements for the grade, the promotion is then registered as per TGS. Where techniques are substituted to demonstrate their skill and knowledge, the intention is that the same standard is reached, by alternative equivalent means.

Technical Dan Grade Guidelines

As the Technical Dan grade is a qualification based on knowledge and understanding, there are many ways the exam may be carried out depending on any physical restrictions the candidate may have.

These guidelines are a means of preparing both the candidate and the assessor for the performance of the exam. The list of requirements is not exhaustive or exclusive.

The candidate is expected to have a greater depth of knowledge as they progress through the grades and will be examined on a progressively greater number of elements in each section to a progressively higher standard.

Completion of each section is recorded on the exam sheet that is sent to the Grading Commission, and in the Technical Dan Grade Record Card that the candidate keeps in their Record Book.

When all required sections in the card are complete and all other grading criteria has been achieved, this is submitted to the grading Commission together with a fee of 40 Euro and applicants' record book.

SECTION 1

Candidate is expected to have knowledge of many of the key points of the Waza including,

The Waza in its traditional form,

Kuzushi and an alternative Kuzushi,

Tsukuri and an alternative Tsukuri,

Renzoku with the selected Waza as 1st attack,

Renzoku with the selected Waza as final throw,

Renraku with the selected Waza as 1st attack,

Renraku with the selected Waza as final throw,

Kaeshi using the selected Waza as a counter and as to how the Waza may be countered, most suitable grip and an alternative grip.

Any other information such as Uchikomi drills.

SECTION 2

Candidate is expected to have knowledge of many of the key points of the Waza including,

Standard performance of the selected Waza

Performance version,

Method of escape,

Uchikomi drill,

Combinations either with Waza as 1st or 2nd Waza.

Methods of transition from Tachi-waza

SECTIONs 3, 4, 5 & 6

Candidate should understand the reasoning for linking the Waza together such as- Body contact, maintaining contact as Uke resists and reacts,

Feint to make an action to set up Uke or to provoke a reaction,

Time phase using multiple attacks causing Uke to change posture or grip,

Te-waza where a hand movement cause Uke to react and move into a weaker posture.

SECTIONs 7, 8 & 9

Candidates are to be able to demonstrate knowledge by performing 1 complete Kata for 1st Dan, 2 Kata for 2nd Dan and 3 Kata for 3rd Dan. Alternatively candidate can use 2 judoka that they have coached, to demonstrate techniques so that she/he may discuss with the assessor major points and principles of the Kata demonstrated.

SECTION 10

Candidate should have a thorough knowledge of the Waza, its development and influencing factors such as grip, movement, and stance.

Guide to Kata for Grading Purposes

Nage No Kata and Katame No Kata must have examination certificates or record assessment sheet, **NOT** attendance certificates.

CPD Kata Course attendance certificates are acceptable for Kime No, Goshin Jitsu, Koshiki No and Ju No Kata. (Must be registered courses with qualified kata examiners.

Judoka of 5th Dan and above can add the certificates to their portfolio for promotion, as proof of Kata knowledge.

Competitive Dan Grade promotion

The attendance certificate does not exempt competitive Dan grades from the Kata part of the Competitive Skills Examination, which was previously called 'Theory'.

However, holders of a level 1 Kata certificate and above are exempt from that part of the assessment.

Technical Dan Grade promotion

The attendance certificate does not exempt Technical Dan grades from the Kata part of the Technical Dan grade examination. However, holders of a level 1 and above Nage-No-Kata certificate are exempt from the Technical Dan Grade examination, section 7.

Similarly, holders of a level 1 and above Katame-No-Kata certificate are exempt from the Technical Dan grade Examination, section 8.

Section 9 Go No Sen Kata, must be by Technical Dan Grade examination or can be substituted by attendance certificates in Kime No, Goshin Jitsu, Koshiki No or Ju No Kata

Note. Judoka preparing for a Technical Dan Grade examination may request an assessment to take place during a recognized IJA Kata course to establish if their Kata is of a sufficient standard for promotion.

This request should be made to the course presenter in advance of the course to enable there to be a qualified assessor present (**Senior Examiner of the same grade or higher, or a Kata examiner of any grade**).

If successful, the assessor will record a pass in the candidate's Technical Dan Grade record card and register the results at IJA head office using the correct documentation.

Honorary Grades

The Judo Academy executive committee (EC) has the right to offer all honorary dan grades to anyone outside the membership of the IJA, or a present, past, or new member coming from another association or body. The EC will seek the opinion of the standing technical committee where technical input is relevant.

THE JUDO ACADEMY

‘Technique Over Strength’



Dan Grade Syllabus

TECHNICAL AND COMPETITIVE DAN GRADE EXAMINATION FORM



NAME				MEMBERSHIP NO.	
SECTION 1 - Nage Waza					
Nage Waza					
Set 1		Set 4		Set 1	
O Goshi		De Ashi Barai		Hon Kesa Gatame	
Uki Goshi		Okuri Ashi Barai		kuzure Kesa Gatame	
Tsuri Goshi		Sasae Tsuri komi Ashi		Ushiro Kesa Gatame	
Tsuri Komi Goshi		Harai Tsuri Komi Ashi		Makura Kesa gatame	
Tai Otoshi		Hiza Garuma		Mune Gatame	
Ippon Seoi Nage		Uki Otoshi		Kata Gatame	
Morote Seoi Nage		Tomoe Nage			
Seoi Otoshi		Sumi Gaeshi			
Set 2		Set 5		Set 2	
Ashi Garuma		Kata Garuma		Hon Kami Shiho gatame	
O Garuma		Koshi Garuma		Kuzure Kami Shiho Gatame	
Harai Goshi		Yama Arashi		Hon Yoko Shiho Gatame	
Hane Goshi		Tani Otoshi		Kuzure Yoko Shiho Gatame	
Uchi Mata		Yoko Wakare		Hon Tate Shiho Gatame	
Hara Makikomi		Yoko Gake		Kuzure Tate Shiho Gatame	
Hane Makikomi		Uki Waza			
Soto Makikomi					
Set 3		Marks Awarded Section 1		Set 3	
O Soto Gari				Nami Ju Ji Jime	
Ko Soto Gari		Assessor		Gyaku Ju Ji Jime	
O Uchi Gari		Date		kata Ju Ji Jime	
Ko Uchi Gari				Tsuki Komi Jime	
O Uchi Gake				Ryote Jime	
Ko Soto Gake					
O Soto Garuma					
Sode Tsuri Komi Goshi					
				Marks Awarded Section 2	
				Assessor	
				Date	

TECHNICAL AND COMPETITIVE DAN GRADE EXAMINATION FORM



SECTION 3 - Renzoku Waza		SECTION 4 - Renraku Waza		SECTION 5 - Kaeshi Waza		SECTION 6 - Newaza Transition	
Nage Waza		Nage Waza		Nage Waza		Newaza	
Set 1		Set 1		Set 1		Set 1	
Seoi Nage to Seoi Otoshi		Ko Uchi Gari to Tai Otoshi		Harai Goshi c/b Ushiro Goshi		Kuzure Kesa Gatame to Ude Garami	
O Uchi Gari to Ko Uchi Gari		Hiza Garuma to O Soto Gari		Uchi Mata c/b Tai Otoshi		Escape Kesa Gatame to any Hold	
Hiza Garuma to Ashi Garuma		Ko Uchi Gari to Ippon Seoi Nage					
Set 2		Set 2		Set 2		Set 2	
O Goshi to Uki Goshi		Uchi Mata to Ko Uchi Gari		O Uchi Gari c/b Ko Soto Gake		Kesa Gatame to Hiza Gatame	
O Uchi Gari to Ko Soto Gake		O Uchi Gari to Tsuru Komi Ashi		Ko Soto Gari c/b Uchi Mata		Escape Yoko Shiho Gatame to San Gaku	
O Soto Gake to O Soto Gari		Sasae Tsuru Komi Ashi to Ashi Barai		O Soto Gari c/b O Soto Gaeshi			
Set 3		Set 3		Set 3		Set 3	
Tai Otoshi to Seoi Nage		Ashi Garuma to Tai Otoshi		Hiza Garuma c/b O Uchi Gari		Ushiro Kami Shiho to Ushiro Kesa	
Tai Otoshi to Uchi Mata		Harai Goshi to O Soto Gake		De Ashi Barai c/b Tsubame Gaeshi		Kata Ju Ji Jime c/b Hiza Gatame	
Tai Otoshi to Harai Goshi		O Soto Gake o Seoi otoshi					
Set 4		Set 4		Set 4		Set 4	
O Soto Gari to Ko Soto Gari		O Goshi to O Uchi Gake		Harai Goshi c/b Utsuri Goshi		Tate Shiho Gatame to Ju Ji Gatame	
Harai Goshi to Soto Makikomi		Ko Uchi Gari to Yoko Tomoe Nage		Koshi Garuma c/b Ura nage		Drop Seoi c/b Koshi Jime	
Uchi Mata to Tai Otoshi		Ippon Seoi Nage to Ko Uchi Gake		Uchi Mata c/b Uchi Mata Sukashi			
Set 5		Set 5		Set 5		Set 5	
Ko Uchi Gari to O Uchi Gari		Ippon Seoi Nage to Okuri Ashi Barai		Tai Otoshi c/b Ko Soto Gake		Drop Seoi c/b San Gaku Gatame	
Ko Uchi Gake to Ko Uchi Gari		O Uchi Gari to Uchi Mata		Tani Otoshi c/b O Uchi Gari		O Uchi Gari c/b Ju Ji Gatame	
Ko Soto Gari to Ko Soto Gake		Ko soto Gari to Tai Otoshi		Seoi Nage c/b Yoko Garuma			

Marks Awarded Section 3		Marks Awarded Section 4		Marks Awarded Section 5		Marks Awarded Section 6	
Assessor		Assessor		Assessor		Assessor	
Date		Date		Date		Date	

TECHNICAL AND COMPETITIVE DAN GRADE EXAMINATION FORM



SECTION 7 -Nage No Kata						
Te Waza						
Set 1						
Uki Otoshi Right		Uki Otoshi Left		Marks Awarded		
Kata Seoi Nage Right		Kata Seoi Nage Left		Marks Awarded		
Kata Garuma Right		Kata Garuma Left		Marks Awarded		Set 1 Total Marks
Koshi Waza						
Set 2						
Uki Goshi Right		Uki Goshi Left		Marks Awarded		
Harai Goshi Right		Harai Goshi Left		Marks Awarded		
Tsuri Komi Goshi Right		Tsuri Komi Goshi Left		Marks Awarded		Set 2 Total Marks
Ashi Waza						
Set 3						
Okuri Ashi Barai Right		Okuri Ashi Barai Left		Marks Awarded		
Sasae Tsuri Komi Ashi Right		Sasae Tsuri Komi Ashi Left		Marks Awarded		
Uchi Mata Right		Uchi Mata Left		Marks Awarded		Set 3 Total Marks
Ma Sutemi Waza						
Set 4						
Tomoe Nage Right		Tomoe Nage Left		Marks Awarded		
Ura Nage Right		Ura Nage Left		Marks Awarded		
Sumi Gaeshi Right		Sumi Gaeshi Left		Marks Awarded		Set 4 Total Marks
Yoko Sutemi Waza						
Set 5						
Yoko Gake Right		Yoko Gake Left		Marks Awarded		Set 5 Total Marks
Yoko Garuma Right		Yoko Garuma Left		Marks Awarded		
Uki Waza Right		Uki Waza Left		Marks Awarded		Marks Awarded Section 7

TECHNICAL AND COMPETITIVE DAN GRADE EXAMINATION FORM



SECTION 8 -Katame No Kata					
Set 1 - Katame Waza	Set 2 - Shime Waza	Set 3 - Kansetsu Waza			
Kuzure Kesa Gatame	Kata Ju Ji Jime	Ude Garami			Set 1 Total Marks
kata Gatame	Hadaka Jime	Ju Ji Gatame			Set 2 Total Marks
Kami Shiho Gatame	Okuri Eri Jime	Ude Gatame			Set 3 Total Marks
Yoko Shiho Gatame	Kata Ha Jime	Hiza Gatame			
Kuzure Kami Shiho Gatame	Gyaku Ju Ji Jime	Ashi Garami			Marks Awarded Section 8

SECTION 9 -Gonosen No Kata					
Set 1 - Ashi Waza	Set 2 - Koshi Waza				
O Soto Gari to O Soto Gari	Kube Nage to Ushiro Goshi				
Hiza Garuma to Hiza Garuma	Koshi Garuma to Uki Goshi				
O Uchi Gari to De Ashi Barai	Hane Goshi to Sasae Tsuri Komi				Set 1 Total Marks
De Ashi Barai to De Ashi Barai	Harai Goshi to Utsuri Goshi				Set 2 Total Marks
Ko Soto Gake to Tai Otoshi	Uchi Mata to Sukui Nage				
Ko Uchi Gari to Sasae Tsuri	Kata Seoi to Sumi Gaeshi				Marks Awarded Section 9

SECTION 10 -Kokusai Shiai Waza					
Set 1	Set 2	Set 3	Set 4		
Ryo Hiza Seoi Otoshi	Ryo Ashi Tomoe Nage	Ko Uchi Gake Makikomi	Ushiro Hiza Ura Nage		
Kata Hiza Tai Otoshi	Yoko Tomoe Nage	kata Sode Tsuri Komi Goshi	Morotoe Eri Seoi Nage		
Yoko kata Garuma Otoshi	Ashi Hara Gatame	kata Eri Sode Tsuri Komi Goshi	Morotoe Kata Sode Tai Otoshi		

Set 5	Set 1 Total Marks	Set 2 Total Marks	Set 3 Total Marks	Set 4 Total Marks	Set 5 Total Marks
Kata Sode Seoi Otoshi					
Kata Hiza O Uchi Gake					
Kata Te Ashi Koshi Jime					Marks Awarded Section 10

TECHNICAL AND COMPETITIVE DAN GRADE EXAMINATION FORM



Overview			
1st Dan		2 techniques from each set in Section 1 and 2	20 techniques
420 out of 600		1 techniques from each set in Section 3, 4, 5, and 6	20 techniques
		Any 1 set from each kata in Section 7, 8, 9, and 10	4 sets
2nd Dan		2 techniques from each set in Section 1 and 2	20 techniques
700 out of 1000		2 techniques from each set in Section 3, 4, 5, and 6	40 techniques
		Any 2 sets from each kata in Section 7, 8, 9, and 10	8 sets
3rd Dan		3 techniques from each set in Section 1 and 2	30 techniques
870 out of 1240		2 techniques from each set in Section 3, 4, 5, and 6	40 techniques
		Any 3 sets from each kata in Section 7, 8, and 10 / 2 sets from Section 9	12 sets
4th Dan		4 techniques from each set in Section 1 and 2	40 techniques
1000 out of 1480		2 techniques from each set in Section 3, 4, 5, and 6	40 techniques
		Any 4 sets of kata in Section 7 and 10 / 3 from Section 8 / 2 from Section 9	13 sets
5th Dan		5 techniques from each set in Section 1 and 2	50 techniques
1200 out of 1720		5 techniques from each set in Section 3, 4, 5, and 6	50 techniques
		All kata's in Section 7, 8, 9, and 10	15 sets
Marking Scheme			

Each technique scores either 0, 5, 7 or 10.

Technique based on elements of Kuzushi, Tsukuri, Kake and Kime with correct grip, speed, control and landing.

0 is when the technique is incorrect, or not safe.

5 is when the technique is correct, but two elements are not present.

7 is when the technique is correct, but one of the elements are not present.

10 is when the technique has all the elements to score ippon and is demonstrated technically well.

Pass Mark is 70% at each Dan Grade

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