

AVON AREA BJC - Junior Grading Syllabus – April 2008

IMPORTANT: Pre-requisite for gradings: - ALL JUDOKA must be able to demonstrate their breakfalls and an understanding of the Theory items to a good standard appropriate to their new grade.	Breakfalls	Posture, Grip & Movement (to be assessed throughout grading)
	Ushiro Ukemi - Back Breakfall Mae Ukemi - Front Breakfall Yoko Ukemi - Side Breakfalls Zenpo Kaiten Ukemi - Rolling Breakfalls	1. Demonstrate good posture (attacking and defensive) 2. Demonstrate standing techniques using a basic sleeve/lapel grip 3. Demonstrate moving together with a partner on the mat using Aruki Kata (Tsugi-Ashi and Tsuru-Ashi)

Junior White Belt with 1-3 Yellow Tabs		
Throws	Groundwork <i>(plus 1 escape from each hold (min))</i>	Theory
(1) Tai Otoshi – Body Drop (2) Morote Seoi Nage – Two Arm Shoulder Throw (3) Tsuru Komi Goshi - Lifting Hip Throw	(1) Turn over from all 4s into hold-down (2) Kesa Gatame – Scarf Hold (3) Kuzure Kesa Gatame – Broken Scarf Hold	<ul style="list-style-type: none"> • Bow as appropriate • Hajime – Begin / Matte - Stop • Ritsu Rei (Standing Bow) / Za Rei - Kneeling Bow • Sensei - Teacher / Tori – Attacker / Uke – Defender • Kumi Kata - Kata of Gripping • Judo - The Gentle Way / Dojo - Judo Hall • Behave sensibly in the Dojo • Demonstrate how & when to submit • Kumi Kata - Kata of Gripping • Aruki Kata - Kata of Walking • Hands & Feet are not allowed on partners face • Teacher is addressed as Sensei with respect • Jewellery is removed for safety
1. Demonstrate difference between good and bad posture, attacking and defensive posture (Shizentai & Jigotai) 2. Demonstrate taking a basic sleeve/lapel grip (Kumi Kata) 3. Demonstrate moving together with a partner on the mat (Aruki Kata – Tsugi-Ashi and Tsuru-ashi) (NB: To be assessed throughout grading and examined separately only if weak for grade)		
Randori at examiner's discretion		

Junior Yellow Belt		
Throws	Groundwork <i>(to be demonstrated both as Tori and as Uke)</i>	Theory
1. Tai Otoshi – Body Drop 2. Morote Seoi Nage – Two Arm Shoulder Throw 3. Tsuru Komi Goshi - Lifting Hip Throw	Turn over from all 4s (Uke to demonstrate side-breakfall) into Kesa Gatame, escape from Kesa Gatame into Kuzure Kesa Gatame, escape from Kuzure Kesa Gatame	<ul style="list-style-type: none"> • Osae Komi - Start of Hold Down being timed • Toketa - Hold Down Broken • Judogi - Judo Suit • Line up correctly on the mat • Kuzushi Kata - Breaking Balance
1. Demonstrate difference between good and bad posture, attacking and defensive posture (Shizentai) and Jigotai 2. Demonstrate taking a basic sleeve/lapel grip (Kumi Kata) 3. Demonstrate moving together with a partner on the mat (Aruki Kata – Tsugi-Ashi and Tsuru-ashi) (NB: To be assessed throughout grading and examined separately only if weak for grade)		
Randori at examiner's discretion		

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	Ushiro Ukemi - Back Breakfall Mae Ukemi - Front Breakfall Yoko Ukemi - Side Breakfalls Zempo Kaiten Ukemi - Rolling Breakfalls	1. Demonstrate good posture (attacking and defensive) 2. Demonstrate standing techniques using a basic sleeve/lapel grip 3. Demonstrate moving together with a partner on the mat using Aruki Kata (Tsugi-Ashi and Tsuru-Ashi)

Junior Yellow Belt with 1-3 Orange Tabs		
Throws	Groundwork <i>(plus 1 escape from each hold (min))</i>	Theory
(1) De Ashi Barai – Advancing Foot Sweep (2) Ko Uchi Gari – Minor Inner Reap as an entry technique into Morote Seoi Nage OR Morote Seoi Toshi (3) Ouchi Gari – Major Inner Reap as an entry technique into Tai Otoshi OR Tsuru Komi Goshi	(1) Yoko Shiho Gatame – Side 4 Quarters Hold (2) Kuzure Kami Shiho Gatame – Broken Upper 4 Quarters Hold (3) Kami Shiho Gatame – Upper 4 Quarters Hold (NB: This completes the FPJ1 Hold-down & Escapes sequence) (2) Escape when between opponent's legs and link into hold-downs (X 3 linking hold-downs min) (3) Turn-over from all 4s (X 2 min)	<ul style="list-style-type: none"> • Koka - 3 points / Yuko - 5 points / Waza ari - 7 points • Ippon - Win 10 points • Gain permission before leaving the mat • Zori - Judo Slippers / Zori are left neatly at mat side • Hands & feet are to be clean and nails short • Judogi must be kept clean / Show how to tie belt correctly • Must sit cross legged or kneel on the mat • Sore Made - That is all • Sono Mama – Freeze / Yoshi - Continue • BJC stands for British Judo Council • The BJC President is Robin Otani • When a higher Grade enters the class stop and Rei
NB: Posture, Grip & Movement to be assessed throughout grading & examined separately only if weak for grade		
2 contests (min) the results to have no demerital effects on the grading		

Junior Orange Belt		
Throws	Groundwork <i>(plus 1 escape from each hold (min))</i>	Theory
1. Sasae Tsuru Komi Ashi – Advancing Propping Drawing Ankle Throw as an entry technique into Tai Otoshi OR Tsuru Komi Goshi 2. Tsuru Komi Goshi OR Morote Seoi Nage into O Uchi Gari	(1) Kuzure Yoko Shiho Gatame – Broken Side 4 Quarters Hold (2) Mune Gatame – Chest Hold	<ul style="list-style-type: none"> • Uchi Komi - Turning in and out practice • 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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2 contests (min) the results to have no demerital effects on the grading		

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Junior Orange Belt with 1-3 Green Tabs		
Throws <i>(on the move, with counters + combinations)</i>	Groundwork <i>(plus 1 escape from each hold (min))</i>	Theory
(1) Koshi Guruma – Hip Wheel (2) Uki Goshi – Floating Hip (3) One of the following: <ul style="list-style-type: none"> • Tai Otoshi • Tsuru Komi Goshi • Morote Seoi Nage To be demonstrated as advanced forms: i.e. on the move and with counters & combinations into & from candidate's choice of one of these throws	(1) Kata Gatame – Shoulder Hold (2) Tate Shiho Gatame – Body 4 Quarters Hold (3) Ushiro Kesa Gatame – Reverse Scarf Hold	<ul style="list-style-type: none"> • Obi – Belt / Maitta - I submit • Kuzushi - Breaking Balance / Tsukuri - To create, float • Kake – Body contact / Nage – Completing the throw • Shizontai - Relaxed Posture /Jigotai - Defensive Posture • Judo originated in Japan • The BJC was founded by Kenshiro Abbe • Treat other Judoka with courtesy and respect & only practice in registered clubs with an instructor
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2 contests (min) the results to have no demerital effects on the grading		

Junior Green Belt		
Throws <i>(to be shown on the move, with counters and combinations)</i>	Groundwork <i>(plus 1 escape from each submission (min))</i>	Theory
(1) Okuri Ashi Barai – Side Foot Sweep (2) Ko Soto Gari – Minor Outer Reap Throw Demonstrate other counters in standing (X 2 min) Demonstrate other combinations in standing (X2 min)	(1) Kata Juji Jime - Half Cross Strangle (2) Ude Hisigi Juji Gatame – Cross Arm lock (3) Both submissions to be demonstrated: (a) from a formal position (i.e. as in Katame no Kata) AND (b) as a defence with opponent between your legs	<ul style="list-style-type: none"> • Tai Sabaki - Turning in or avoiding an attack • Kyu Shin Do is the philosophy of Kenshiro Abbe • Kata – Form • Kamiza: a place of honour & may have a picture of the founder
NB: Posture, Grip & Movement to be assessed throughout grading & examined separately only if weak for grade		
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Junior Green Belt - Blue Tabs			
Throws (on the move, + counters & combinations)	Groundwork (plus 1 escape from each submission)	Theory	
(1) Ippon Seoi Nage – One Arm Shoulder Throw (2) Morote Seoi Otoshi – Two Arm Body Drop (3) Harai Goshi – Sweeping Hip Throw	(1) Nami Juji Jime - Normal Cross Strangle (2) Gyaku Juji Jime - Reverse Cross Strangle (3) Hadaka Jime – Naked Strangle (4) Demonstrate each from formal position AND as attack with opponent on all 4s	Demonstrate up to 6 Other Techniques (to be chosen from those listed in the grading syllabus above)	
		1 Tab	- 1st Technique Nage No Kata (Left & Right)
		2 Tabs	- 1st & 2nd Techniques Nage No Kata (Both Sides)
NB: Posture, Grip & Movement to be assessed throughout grading & examined separately only if weak for grade		3 Tabs	- 1st Set Nage No Kata
Minimum 1 Contest Win (Ippon or Wazari scores only) Against Own Grade			

Junior Green Belt - Brown Tabs			
Throws (on the move, + counters & combinations)	Groundwork (plus 1 escape from each submission)	Theory	
(1) O Soto Gari – Major Outer Reap Throw (2) Hiza Guruma – Knee Wheel (3) Uchi Mata – Inner Thigh Throw	(1) Ude Garami – Entangled Armlock (2) Waki Gatame – Armlock with Armpit (3) Sangaku Jime – Triangulation Strangle (4) Demonstrate how each might be applied effectively in contest	Demonstrate up to 6 Other Techniques (to be chosen from those listed in the grading syllabus above)	
		1 Tab	- 1st Set - Nage No Kata - 1st Set - Katame No Kata
		2 Tabs	- 1st & 2nd Sets - Nage No Kata - 1st Set - Katame No Kata
NB: Posture, Grip & Movement to be assessed throughout grading & examined separately only if weak for grade		3 Tabs	- 1st, 2nd & 3rd Sets - Nage No Kata - 1st Set - Katame No Kata
Minimum 2 Contest Wins (Ippon or Wazari scores only) Against Own Grade			

Junior Green Belt - Black Tabs			
Throws (on the move, + counters & combinations)	Groundwork (plus 1 escape from each submission)	Theory	
(1) Hane Goshi – Spring Hip Throw (2) Tomeo Nage – Stomach Throw (3) Counters to: Tani Otoshi, Morote Gari and Drop Seoi Nage	(1) Okuri Eri Jime - Sliding Collar Strangle (2) Kata Ha Jime - Single Wing Choke (3) Sangaku Gatame – Triangulation Armlock (4) Demonstrate how each might be applied effectively in contest	Demonstrate up to 6 Other Techniques (to be chosen from those listed in the grading syllabus above)	
		1 Tab	- 1st, 2nd, 3rd & 4th Sets - Nage No Kata - 1st Set - Katame No Kata
		2 Tabs	- 1st, 2nd, 3rd & 4th Sets - Nage No Kata - 1st & 2nd Sets - Katame No Kata
NB: Posture, Grip & Movement to be assessed throughout grading & examined separately only if weak for grade		3 Tabs	- Nage No Kata (Complete) - Katame No Kata (Complete)
Minimum 3 Contest Wins (Ippon or Wazari scores only) Against Own Grade			