

AVON AREA BJC - Primary 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 Ushiro Ukemi - Back Breakfall Mae Ukemi - Front Breakfall Yoko Ukemi - Side Breakfalls Zenpo Kaiten Ukemi - Rolling Breakfalls	Posture, Grip & Movement (to be assessed throughout grading) 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)
---	--	---

Primary Red Tabs (Starting at Age Under 7 Years Old)		
	Throws	Groundwork (plus 1 escape from each hold (min))
	(1) & (2) Tai Otoshi – Body Drop (3) Morote Seoi Nage – 2 Arm Shoulder Throw	(1) Kesa Gatame – Scarf Hold (2) & (3) Kuzure Kesa Gatame – Broken Scarf Hold
	<ul style="list-style-type: none"> • Kuzushi Kata - Breaking Balance • Sensei - Teacher • Hajime – Begin / Matte - Stop • Bow as appropriate • Demonstrate how & when to submit 	
	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) (NB: To be assessed throughout grading and examined separately only if weak for grade)	
	Randori at examiners discretion	

Primary Orange Tabs (Starting at Age 7 to 9 Years)		
	Throws	Groundwork (plus 1 escape from each hold (min))
	(1) Tai Otoshi – Body Drop (2) Morote Seoi Nage - Two Arm Shoulder Throw (3) Tsuru Komi Goshi - Lifting Hip Throw	(1) Kesa Gatame - Scarf Hold (2) Kuzure Kesa Gatame (3) Yoko Shiho Gatame - Side 4 Quarters
	<ul style="list-style-type: none"> • Kuzushi Kata - Breaking Balance • Hajime – Begin / Matte - Stop • Sensei - Teacher • Bow as appropriate • Demonstrate how & when to submit • Dojo - Judo Hall • Ritsu Rei - Standing Bow • Tori - Attacker 	
	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 examiners discretion	

AVON AREA BJC - Primary Grading Syllabus – April 2008

Primary Green Tabs		
Throws	Groundwork <i>(plus 1 escape from each Hold Down)</i>	Theory
(1) De Ashi Bari – Advancing Foot Sweep (2) Ko Uchi Gari – Minor Inner Reap as an entry technique into Morote Seoi Nage - Throw OR Morote Seoi Otoshi (3) Ouchi Gari - Major Inner Reap as an entry technique into Tai Otoshi OR Tsuri Komi Goshi	(1) Kuzure Kami Shiho Gatame – Broken Upper 4 Quarters Hold (2) Kami Shiho Gatame – Upper 4 Quarters Hold <i>(This completes the FPJ1 Groundwork Hold-down & Escapes sequence)</i> (3) Kuzure Yoko Shiho Gatame – Broken Side 4 Quarters Hold	<ul style="list-style-type: none"> Judo - The Gentle Way Shizontai & Jigotai - Posture Left and Right Hands & Feet are not allowed on partners face Uke - Defender Teacher is addressed as Sensei with Respect
NB: Posture, Grip & Movement to be assessed throughout grading & examined separately only if weak for grade		
Randori at examiners discretion		

Primary Blue Tabs		
Throws	Groundwork <i>(plus 1 escape from each Hold Down)</i>	Theory
(1) Sasae Tsuri Komi Ashi – Advancing Propping Drawing Ankle Throw as an entry technique into Morote Seoi Nage OR Morote Seoi Otoshi (2) Tsuri Komi Goshi OR Morote Seoi Nage into O Uchi Gari (3) Tai Otoshi OR Morote Seoi Toshi into Ko Uchi Gari	(1) Mune Gatame - Chest Hold (2) Kata Gatame – Shoulder Hold (3) Tate Shiho Gatame – Body 4 Quarters Hold (4) Move from Kuzure Kesa Gatame to Mune Gatame to Kami Shiho Gatame and back again	<ul style="list-style-type: none"> Osae Komi - Start of Hold Down being timed Toketa - Hold Down Broken
NB: Posture, Grip & Movement to be assessed throughout grading & examined separately only if weak for grade		
Randori at examiners discretion		

Primary Brown Tabs		
Throws	Groundwork <i>(plus 1 escape from each Hold Down)</i>	Theory
(1) O Soto Gari – Major Outer Reap (2) Hiza Guruma – Knee Wheel (3) Uchi Mata – Inner Thigh Throw	(1) Ushiro Kesa Gatame (2) Kata Juji Jime - Half Cross Strangle (3) Ude Garami – Entangled Arm lock	<ul style="list-style-type: none"> Hands & feet are to be clean and nails short. Zori are left neatly at mat side Koka - 3 points Yuko - 5 points Waza ari - 7 points Ippon - Win 10 points
NB: Posture, Grip & Movement to be assessed throughout grading & examined separately only if weak for grade		1 Tab - 1 Counter 1 Combination 1 Turnover 2 Tabs - 2 Counters 2 Combinations 2 Turnovers 3 Tabs - 3 Counters 3 Combinations 3 Turnovers
Randori & Two contest – the results having no demerital effects on the grading		