

Technical Grading Programme

Novice - 1st MON



Fundamental Skills



1. Ushiro Ukemi



2. Osoto-otoshi



3. Kesa-gatame

Performance Skills



1. Osoto-otoshi into Kesa-gatame



2. Kesa-gatame escape by "trapping a leg"

Player's Choice

Demonstrate two of their favourite techniques (waza)

Terminology

Rei

Hajime

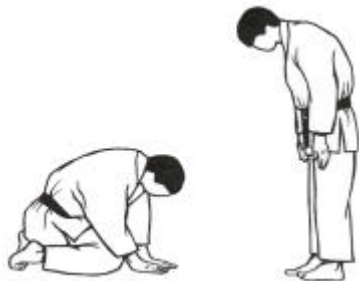
Matte

Technical Grading Programme

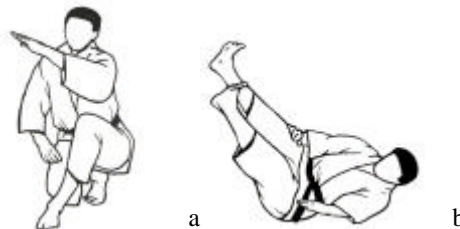
1st MON - 2nd MON



Fundamental Skills



1. Za-rei and Tachi-rei



2. Yoko Ukemi



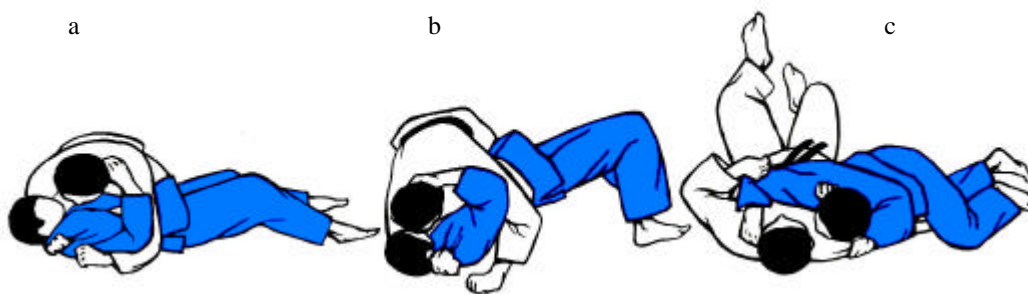
3. De-ashi-barai



4. Mune-gatame

Performance Skills

1. De-ashi-barai into Mune-gatame
2. Mune-gatame escape by "bridge and roll"



Player's Choice

Demonstrate two of their favourite techniques (waza)

Terminology

Osae-komi Toketa

Technical Grading Programme

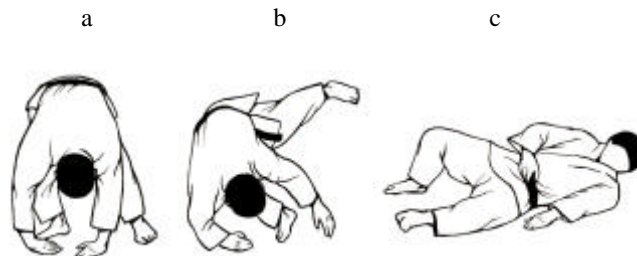
2nd MON - 3rd MON



Fundamental Skills



1. Correct wearing Judogi



2. Mae Mawari Ukemi



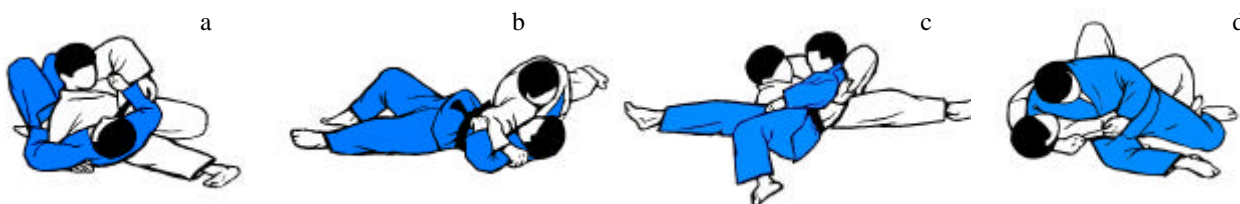
3. Uki-goshi



4. Kuzure-kesa-gatame

Performance Skills

1. Uki-goshi into Kuzure-kesa-gatame



2. Kuzure-kesa-gatame escape using "sit-and-push"

Player's Choice

Demonstrate two of their favourite techniques (waza)

Terminology

Dojo Judogi Zori

Technical Grading Programme

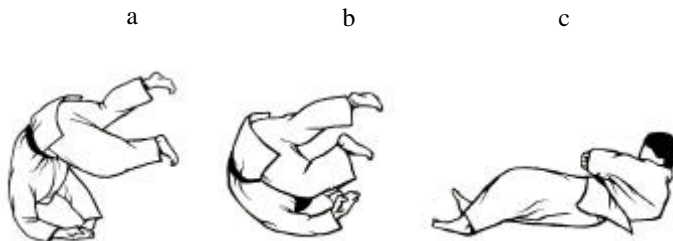
3rd MON - 4th MON



Fundamental Skills



1. Standard grip



2. Mae Mawari Ukemi



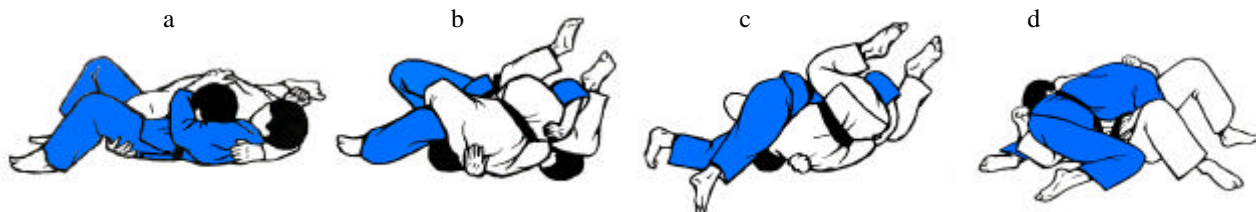
3. Tai-otoshi



4. Yoko-shiho-gatame

Performance Skills

1. Tai-otoshi into Yoko-shiho-gatame



2. Yoko-shiho-gatame escape "trap-bridge-roll"



3. Turnover into Yoko-shiho-gatame

Player's Choice

Demonstrate two tachi-waza and one osae-komi-waza

Terminology

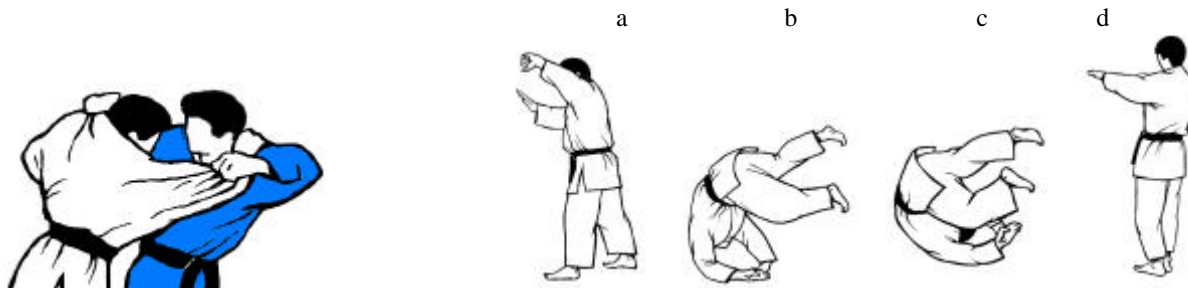
To know translation and meaning of all Japanese words used in this section

Technical Grading Programme

4th MON - 5th MON



Fundamental Skills



1. Alternative grip (option)

2. Mae Mawari Ukemi



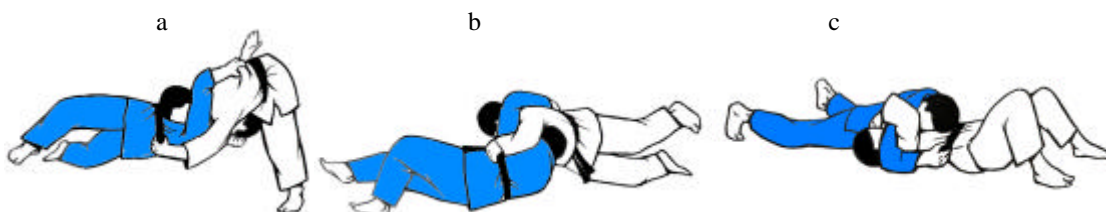
3. Ippon-seoi-nage



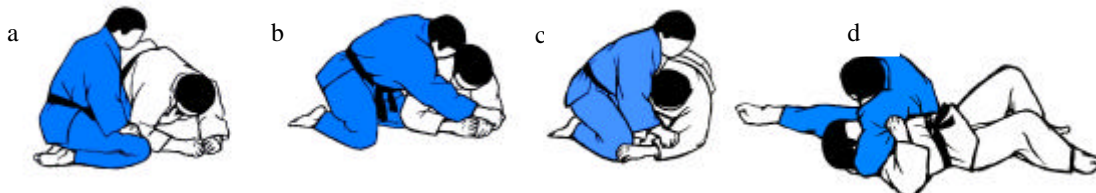
4. Kami-shiho-gatame

Performance Skills

1. Ippon-seoi-nage into Kami-shiho-gatame



2. Kami-shiho-gatame escape using action-reaction



3. Turnover into Kesa-gatame: Uke on all fours

Player's Choice

Demonstrate two of their favourite techniques (waza)

Terminology

To know the common English translation and meaning of terminology used in this section

Technical Grading Programme

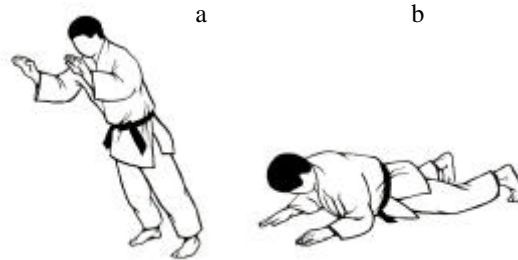
5th MON - 6th MON



Fundamental Skills



1. Any alternative to standard grip



2. Mae Ukemi



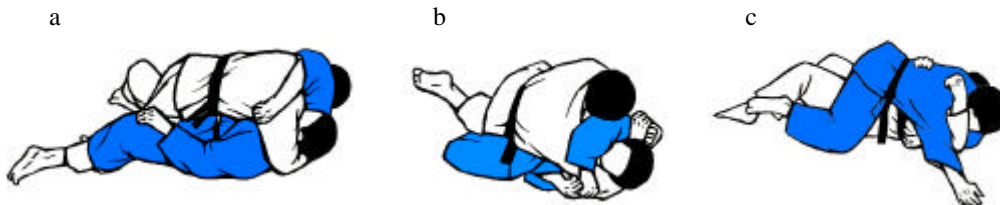
3. Ouchi-gari



4. Tate-shiho-gatame

Performance Skills

1. Ouchi-gari into Tate-shiho-gatame



2. Tate-shiho-gatame escape using "clamping action"



3. Turnover into Mune-gatame: Uke on all fours

4. Demonstrate a light Randori (as Nage-komi on the move)

Player's Choice

Demonstrate two favourite techniques

Terminology

Knowledge of translation and meaning of terminology used in this section
Give two examples of actions against the rules

Technical Grading Programme

6th MON - 7th MON



Fundamental Skills



1. Tsurikomi-goshi



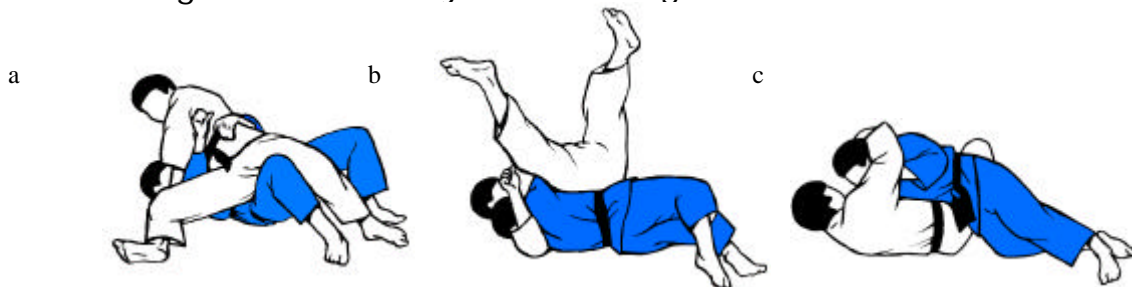
2. O-goshi



3. Ko-uchi-gari

Performance Skills

1. O-uchi-gari into Ko-uchi-gari
2. Ko-uchi-gari into O-soto-gari
3. O-uchi-gari countered by Tsurikomi-goshi



4. Kesa-gatame "bridge-and-roll" escape



5. Escape into Kesa-gatame from between Uke's legs

Randori: free practice with cooperative partner

Player's Choice: Demonstrate two tachiwaza and one osae-waza from BJA Technical Grading syllabus

Terminology: Uke, Tori, Waza-ari-awasete-ippon and common English translation and meaning of Japanese terminology used in this section

Demonstrate: procedure of coming onto and leaving the mat

Contest Rules: give two examples of actions against the rules

Technical Grading Programme

7th MON - 8th MON



Fundamental Skills



1. Ko-soto-gari



2. Ko-soto-gake



3. Morote-seoi-nage

Performance Skills

1. Attacking and defending in free practice (Randori)



2. Ko-uchi-gari into Morote-seoi-nage

3. Tai-otoshi countered by Ko-soto-gake



a



b



c

4. Escape into Yoko-shiho-gatame past Uke's legs



a



b



c



d

5. Turnover into Tate-shiho-gatame from beneath

Player's Choice: Demonstrate three favourite techniques

Demonstrate: Shido, Hansoku-make, Matte, Osae-komi, Toketa, Adjusting kit.

Contest Rules: Two actions against rules

Technical Grading Programme

8th MON - 9th MON



Fundamental Skills



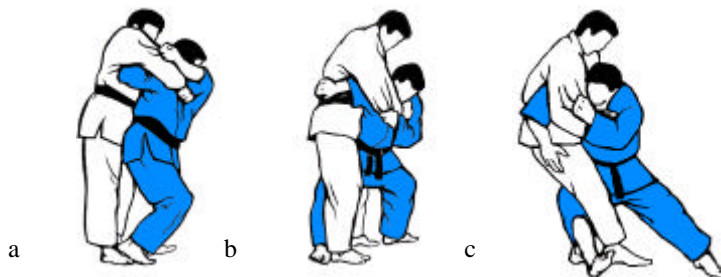
1. Seoi-otoshi



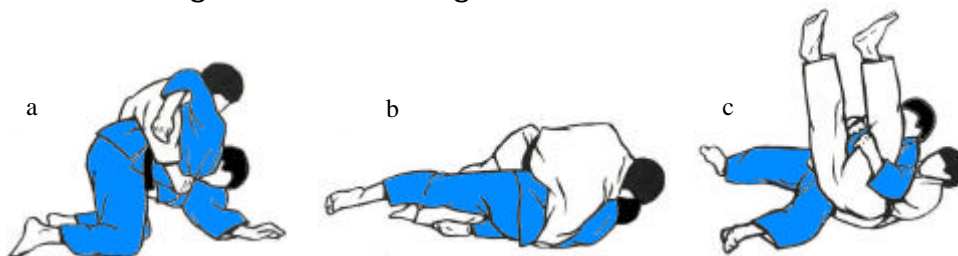
2. O-soto-gari

Performance Skills

1. Attacking and defending in free practice (Randori)
2. Selected combinations with Ko-Uchi-gake and Seoi-otoshi



3. Ippon-seoi-nage into Ko-uchi-gake



4. Armroll – Uke at side of Tori



5. Armroll – Uke in front of Tori

Player's Choice: demonstrate three favourite techniques

Terminology: Hikiwake, Hantei

Contest Rules: two examples of grips against the rules

Technical Grading Programme

9th MON - 10th MON



Fundamental Skills



1. Harai-goshi



2. Uchi-mata



3. Ude-gatame



a



b



c

4. Waki-gatame

Performance Skills

1. Free practice – Randori



a



b



c

2. Defence with hip block and principles of Renraku-waza

3. Selected Renraku-waza combinations (example: Harai-goshi into O-soto-gari)

4. Any combination with Ko-uchi-gake

Player's Choice: demonstrate four favourite techniques

Terminology: to know common English translation of Japanese terminology used in this section

Technical Grading Programme

10th MON - 11th MON



Fundamental Skills



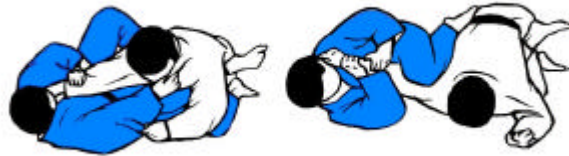
1. Hiza-guruma



2. Sasae-tsuri-komi-ashi



3. Juji-gatame



4. Hiza-gatame

Performance Skills

1. Free practice – Randori
2. Knowledge of selected Renraku-waza combinations

a



b



c



d

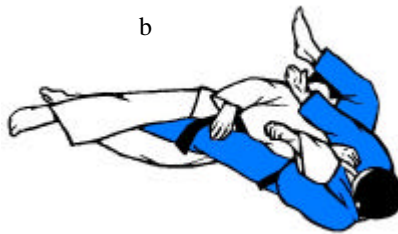


3. Juji-gatame "sit back entry"

a



b



c



4. Juji-gatame "roll over entry"

Player's Choice: demonstrate four favourite techniques

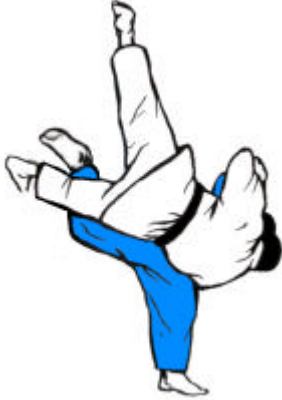
Terminology: to know common English translation and meaning of Japanese terminology used in this section

Technical Grading Programme

11th MON - 12th MON



Fundamental Skills



1. Hane-goshi



2. Okuri-ashi-barai



3. Morote-eri-seoi-nage

Performance Skills

1. Free practice – Randori
2. Knowledge of selected Renraku and Renzoku-waza combinations



a



b



c



d

3. Juji-gatame "over the shoulder roll entry"



a



b



c



d



e

4. Juji-gatame "entry from beneath"

Player's Choice: demonstrate four favourite techniques

Terminology: to know the common English translation and meaning of Japanese terminology used in this section

Technical Grading Programme

12th MON - 13th MON



Fundamental Skills



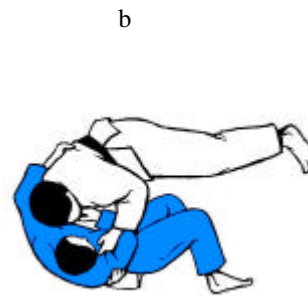
1. Koshi-guruma



2. Tani-otoshi



3. Yoko-guruma



4. Ude-garami

Performance Skills

1. Free practice – Randori
2. Knowledge of selected Kaeshi-waza combinations



3. Ude-garami from Kuzure-kesa-gatame



4. Kumi-Kata skills against right handed opponents

Player's Choice: demonstrate four favourite techniques

Terminology: to know the common English translation and meaning of Japanese terminology used in this section

Technical Grading Programme

13th MON - 14th MON



Fundamental Skills



1. Tomoe-nage 2. Kata-uchi-ashi-dori 3. Soto-kibisu-gaeshi 4. Okuri-eri-jime



Basic position for Juji-jime

5. Nami-juji-jime

6. Gyaku-juji-jime

Performance Skills

1. Attacking and defending skills in free practice – Randori



2. Nami and Gyaku-juji-jime - example



3. Okuri-eri-jime vs Uke's dropping attack



4. Kumikata skills against left handed opponents

5. **Player's Choice:** demonstrate four favourite techniques as series of combinations - either ne-waza, tachi-waza or combination of both.

6. **Terminology:** to know the common English translation and meaning of Japanese terminology used in this section

Technical Grading Programme

14th MON - 15th MON



Fundamental Skills



1. Kata-guruma



2. Morote-gari



3. Uki-waza



4. Soto-ashi-dori-ouchi-gari

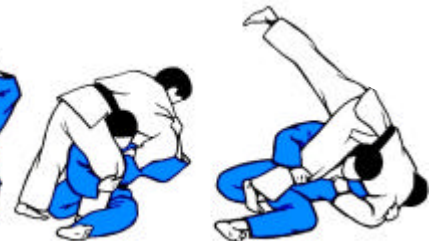


5. Uchi-kibisu-gaeshi



6. Performance version

Yoko-kata-guruma-otoshi

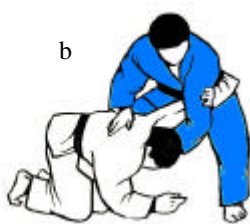


Performance Skills

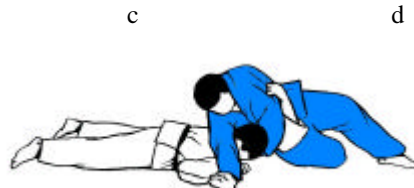
1. Free practice – Randori



a



b



c

d



2. Koshi-jime against dropping attack



a



b



c



d



e

3. Kata-te-jime

Player's Choice:

demonstrate two favourite combinations

Terminology:

to know common English translation and meaning of Japanese terminology used in this section

Technical Grading Programme

15th MON - 16th MON



Fundamental Skills



1. Ura-nage



2. Uki-otoshi



3. Yoko-tomoe-nage



4. Kata-hiza-te-ouchi-gake-ashi-dori



5. Soto-makikomi



6. Kata-ha-jime

Performance Skills

1. Free practice – Randori



2. Knowledge of performance versions of selected techniques (examples)



3. Kata-ha-jime against failed attack

Player's Choice: demonstrate four of their favourite techniques as combinations

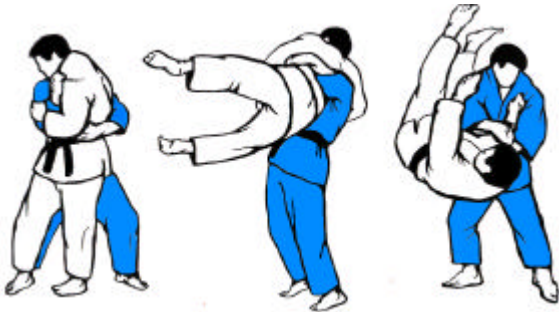
Terminology: to know common translation of Japanese terminology used in this section

Technical Grading Programme

16th MON - 17th MON



Fundamental Skills



1. Ushiro-goshi



2. Sumi-gaeshi



3. Ryo-hiza-seoi-otoshi



4. Yoko-gake



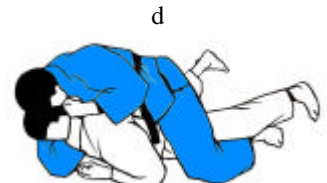
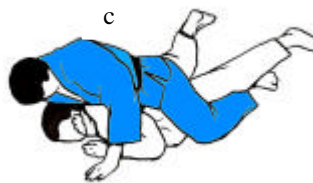
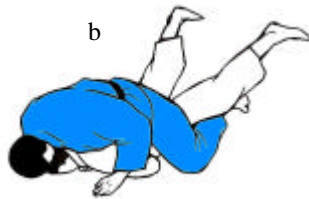
5. Hadaka-jime



6. Kata-te-ashi-koshi-jime

Performance Skills

1. Free practice – Randori
2. Knowledge of performance versions of selected techniques (examples)



3. Hadaka-jime against Uke in prone position

Player's Choice: demonstrate three of their favourite combinations

Terminology: to know common English translation and meaning of Japanese terminology used in this section

Technical Grading Programme

17th MON - 18th MON



Fundamental Skills



1. Sode-tsurikomi-goshi



2. Te-guruma



3. Ko-uchi-gake-mata-maki-komi



4. San-gaku-jime

Performance Skills

1. Attacking and defending skills in the free practice – Randori



2. Demonstrate two performance variations of Sumi-gaeshi (option: Hikikomi-gaeshi)



3. Complex entry into San-gaku-gatame, San-gaku-jime and San-gaku-osae-gatame (not all variations illustrated)

Player's choice: demonstrate four of their favourite techniques as combinations, or attain BJA Junior Referee Award, or Senior Club Kata Award

Terminology: to know common English translation and meaning of Japanese terminology used in this section