

British Judo Association Dan Grade Syllabus

Dan Grade Syllabus General Notes

- Promotion for Senior members, both men and women, to and within the Dan Grades up to the level of 5th Dan is based on skill in contest and on theoretical knowledge and ability to demonstrate specific techniques.
- Contests will be with members of the same sex and equal grade.
- From promotion from 1st Kyu to 1st Dan and above, candidates may enter a promotion examination only once in any calendar month.
- Candidates are referred to the Contest Rules, as they are required to be conversant with them.

A Few Other Points

- A. All demonstrations of throws should be given with the candidate and partner moving as in light randori, so that this approximates more to the contest situation.
- B. The printed syllabus includes a short glossary.
- C. For 1st Kyu to 1st Dan, and for promotion within the Dan grades, theory can be taken before or after the contest requirements; it can be at the same event as the contests, or can be a completely separate event. For the theory examination, a special exam form will be sent to the National Dan Grade Registrar (signed by the examiner(s)). If the candidate is successful, the examiner will make an entry in his/her points card "Completed theory requirements forDan", plus date venue and signatures. No minimum number of candidates is necessary - a theory exam can be held for one person if required - and a full contest area is not necessary. However, as this is a technical examination, for a theory exam for 1st Kyu to 1st Dan, there must be one full Senior Examiner, and for theory exam for promotion within Dan Grades, there must be two full Senior Examiners.
- D. Candidates for non-competitive promotion and for non-competitive recognition of grades from other associations should pass the appropriate section of the theory examination.
- E. Candidates for examination must wear clean judogi, and maintain a high standard of personal hygiene (clean feet, fingernails and toenails cut short, etc.). Hair must be secured back, if it is long enough to impede the opponent. No metallic or hard object may be worn. (Rings must be removed; it is not sufficient to cover them with adhesive tape).

BJA DAN GRADE SYLLABUS

Promotion into and within the Dan grades Theory Requirements

The theory part of the syllabus for promotion into and within the Dan Grades consists of the following sections:

1. **Single Techniques**
 - a. Tachiwaza
 - b. Newaza
2. **Renzokuwaza (Nagewaza)**
Combination techniques in which the second technique is a continuation of the first in the same or similar direction.
3. **Renrakuwaza (Nagewaza)**
Combination techniques in which the second technique uses the reaction of the opponent to throw in a completely different direction.
4. **Kaeshiwaza (Nagewaza)** Counter techniques.
5. **Renrakuwaza, Kaeshiwaza, Nigewaza (Newaza)**
Combination and counter techniques in newaza and techniques following escapes from osaekomiwaza.
6. **Nage-No-Kata/Katame-No-Kata**

Sections 1 to 5: each technique or pair of techniques is given a score of 10, 7, 5, 3 or nil. For section 6, a total score of 60 per set is available, which takes into account the overall presentation of the sets chosen, as well as the correctness of the individual techniques.

Section 1 :- Single Techniques

One from each section: mark of 10, 7, 5, 3 or nil for each technique. Possible total of 100.

(A) Tachi-waza

| First Set | Second Set | Third Set | Fourth Set | Fifth Set |
|-----------------|----------------|--------------|----------------------|--------------|
| Ogoshi | Ashi-guruma | Osoto-gari | De-ashi-barai | Kata-guruma |
| Uki-goshi | Oguruma | Kosoto-gari | Okuri-ashi-barai | Koshi-guruma |
| Tsuri-goshi | Harai-goshi | O-uchi-gari | Sasae-tsurikomi-ashi | Yama-arashi |
| Tsurikomi-goshi | Hane-goshi | Ko-uchi-gari | Harai-tsurikomi-ashi | Tani-otoshi |
| Tai-otoshi | Uchimata | O-uchi-gake | Hiza-guruma | Yoko-otoshi |
| Ippon-seoinage | Harai-makikomi | Ko-soto-gake | Uki-otoshi | Yoko-wakare |
| Morote-seoinage | Hane-makikomi | Osoto-guruma | Tomoe-nage | Yoko-gake |
| Seoi-otoshi | Soto-makikomi | Morote-gari | Sumi-gaeshi | Uki-waza |

(B) Ne-waza

| First Set | Second Set | Third Set | Fourth Set | Fifth Set |
|--------------------|--------------------------|-----------------|------------------|-------------|
| Hon-kesa-gatame | Hon-kami-shiho-gatame | Nami-juji-jime | Hadaka-jime | Ude-garami |
| Kuzure-kesa-gatame | Kuzure-kami-shiho-gatame | Gyaku-juji-jime | Okuri-eri-jime | Juji-gatame |
| Ushiro-kesa-gatame | Hon-yoko-shiho-gatame | Kata-juji-jime | Kata-ha-jime | Ude-gatame |
| Makura-kesa-gatame | Kuzure-yoko-shiho-gatame | Tsuki-komi-jime | Sode-guruma-jime | Hiza-gatame |
| Mune-gatame | Hon-tate-shiho-gatame | Ryo-te-jime | Koshi-jime | Waki-gatame |
| Kata-gatame | Kuzure-tate-shiho-gatame | | | |

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Section 2 :- Renzokuwaza (Nagewaza)

Mark of 10, 7, 5, 3 or nil for each technique.

First Set

Seoi-nageto.....Seoi-otoshi
O-uchi-garito.....Ko-uchi-gari
Hiza-gurumato.....Harai-goshi

Second Set

Ogoshito.....Uki-goshi
O-uchi-garito.....Ko-soto-gake
O-soto-gaketo.....O-soto-gari

Third Set

Tai-otoshito.....Uchi mata
Ippon seoi-nageto.....Kata-guruma
Ko-soto-garito.....Tani-otoshi

Fourth Set

O-soto-garito.....Nidan-ko-soto-gari
Ippon seoi-nageto.....Uchi-maki-komi
Harai-goshito.....Soto-maki-komi

Section 3 :- Renrakuwaza (Nagewaza)

Mark of 10, 7, 5, 3 or nil for each technique.

First Set

Ko-uchi-garito.....Tai-otoshi
Hiza-gurumato.....O-soto-gari
Ko-uchi-garito.....Ippon-seoi-nage

Second Set

Uchi-matato.....Ko-uchi-gari
O-uchi-garito.....Tsurikomi-ashi
Sasae-tsurikomi-ashito.....De-ashi-barai

Third Set

Ashi-gurumato.....Tani-otoshi
Harai-goshito.....Osoto-gake
O-soto-gaketo.....Seoi-otoshi

Fourth Set

De-ashi-baraito.....Tomoe-nage
Ippon-seoi-nageto.....Ko-uchi-gake
O-soto-garito.....Yoko-wakare

Section 4 :- Kaeshiwaza (Nagewaza)

Mark of 10, 7, 5, 3 or nil for each technique.

First Set

Harai-goshi countered by Ushiro-goshi
Uchi-mata countered by Tai-otoshi
Ko-uchi-gari countered by Harai-tsurikomi-ashi

Second Set

O-uchi-gari countered by Ko-soto-gari
Ko-soto-gari countered by Uchi-mata
O-soto-gari countered by Osoto-gaeshi

Third Set

Hiza-guruma countered by O-uchi-gari
Okuri-ashi-barai countered by Tsubame-gaeshi
De-ashi-barai countered by Ko-uchi-gari

Fourth Set

Tsurikomi-goshi countered by Utsuri-goshi
Harai-goshi countered by Ura-nage
Ashi-guruma countered by Te-guruma

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Section 5 :- Renrakuwaza Kaeshiwaza, Nigewaza (Newaza)

Mark of 10, 7, 5, 3 or nil for each technique.

First Set

- Kuzure-kesa-gatameto.....
Ude-garami
- Escape from.... Kesa-gatameinto
.....Kuzure-kesa-gatame

Second Set

- Kesa-gatameto.....Hiza-gatame
- Escape from.... Yoko-shiho-gatameinto
.....San-gaku-gatame

Third Set

- Kuzure-kami-shiho-gatame
.....to.....Ushiro-kesa-gatame
- Kata-juji-jime countered by Hiza-gatame

Fourth Set

- Tate-shiho-gatameto.....Juji-gatame
- Escape from.... Yoko-shiho-gatameinto
.....Kata-te-kata-ashi-jime

Section 6 :- Nage-no-kata, Katame-no-kata

Mark of 10, 7, 5, 3 or nil for each technique.

Nage-no-kata

| First Set | Second Set | Third Set | Fourth Set | Fifth Set |
|--|---|--|--|---|
| (te-waza) Uki-otoshi Ippon-seoi-nage Kata-guruma | (koshi-waza) Uki-goshi Harai-goshi Tsuru-komi-goshi | (ashi-waza) Okuri-ashi-barai Sasae-tsuri-komi-ashi Uchi-mata | (ma-sutemi-waza) Tomoe-nage Ura-nage Sumi-gaeshi | (yoko-sutemi-waza) Yoko-gake Yoko-guruma Uki-waza |

Katame-no-kata

| First Set | Second Set | Third Set |
|--|---|---|
| (osae-waza) Kuzure Kesa-Gatame Kata-gatame Kami-shiho-gatame Yoko-shiho-gatame Kuzure-kami-shiho-gatame | (shime-waza) Kata-juji-jime Hadaka-jime Okuri-eri-jime Kata-ha-jime Gyaku-juji-jime | (kansetsu-waza) Ude-garami Juji-gatame Ude-gatame Hiza-gatame Ashi-garame |

Pass Marks

| From | To | Pass Mark |
|---------------------|---------------------|-----------|
| 1 st Kyu | 1 st Dan | 150 |
| 1 st Dan | 2 nd Dan | 225 |
| 2 nd Dan | 3 rd Dan | 400 |
| 3 rd Dan | 4 th Dan | 475 |
| 4 th Dan | 5 th Dan | 550 |

Note: Marking is out of the total for all sections, so that poor performance in one section can be compensated for by a very good performance in other sections.

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CONDITIONS UNDER WHICH MEN AND WOMEN CAN SCORE POINTS:

Group One Tournaments:

Only medalists will score points, which will be as follows:

Bronze Medal - 20 points

Silver Medal - 35 points

Gold Medal - 50 points

Group Two Tournaments:

In this class of contest, points 7 or 10 scored by waza-ari or ippon against equal and superior BJA grades will accumulate. Points score against lower grades do not apply to the candidate's point's record.

In any contest terminated by sogo-gachi (compound win) the winner gains seven points towards promotion (i.e. points for the waza-ari will count but not points for the penalty).

Similarly, if the contest is terminated by hansoku-make (disqualification) or by kiken-gachi (win by withdrawal), then if the winner has already scored waza-ari he/she will be awarded seven points towards promotion. Naturally for any contest terminated by fusen-gachi (win by default), no points are awarded.

In a contest where both competitors have gained waza-ari the winner does not get any points towards promotion, because the contest will be won by either one, three of five points, none of which count towards promotion. The two waza-ari have, in effect, cancelled each other out.

Points accumulated towards promotion that are gained in groups 1 and 2 will be recorded in the competitor's points scoring card by the National Points Recording Officer or appointed deputy working from the official results of the competition. The Promotion Points Recorder will be supplied with the official results of all tournaments whether in Group 1 or 2.

It should be noted that all contests in each group are official BJA contests or where the player has entered a contest under the aegis of the BJA. Other contests will not contribute to the candidate's points record.

All points scoring events in Group 2 must have BJA referees officiating.

NOTES RE APPROVED 3-STAR TOURNAMENTS

For tournaments to be point scoring, they must have a minimum 3-star rating under BJA National Tournament Licensing Scheme.

The Tournament Director must apply for the event to be point scoring when applying for this Tournament Licence. If approved, this will be indicated on the Tournament Licence displayed at the event.

Points scoring at such events will be entered in the Competitors' points scoring cards by a responsible official and a duplicate of the results of the event from the preliminary rounds to the finals will be sent to the National Dan Grade Registrar within 30 days of the event.

Conditions and Administration:

Section A - In recording points, these are derived in the following way:

Ippon merits **10 points**

Waza-ari merits **7 points**

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Promotion Examination Conditions

Candidates may enter Promotion Examinations once per calendar month. The candidate will compete against opponents who hold the same grade; he/she will never compete against higher or lower grades. Any results gained in Promotion Examinations will be converted into the points system and recorded and certified in the candidate's points card by a Senior Examiner officiating. In addition, the Senior Examiners will complete the examination sheet with all details, this being the official record for the Promotion Panel. For line-ups, each contest must be equal maximum time duration.

Individual Contests and Line-Up Contests

Each Promotion Examination is divided into two parts, individual contests and line-up contests. Every examination will commence with the individual contests. The candidates will be required to compete in a minimum to two, maximum of three individual contests only in this part. If his/her results merit it, he/she will then be required to go on to part 2, a line-up.

The line-up will consist of three opponents only, and if the results are satisfactory he/she will be certified as having successfully completed Section A regardless of the number of previously amassed points (if any). It still remains for the candidates to satisfy the age limitation.

The candidate who fails to gain sufficient results in the individual contest part of the Promotion Examination to go on to the line-up contests part will have any successes converted into the points system and recorded in his/her points card in the manner laid down. These points will accumulate, with others, to carry him/her forward to eventual promotion, providing he/she satisfies the other conditions. The successes gained do not apply only to the individual contests, thus if he/she is selected as a member of the line-up opposing a more successful and he/she gains a result, this will be converted into points.

The candidate who is selected to take a line-up and who fails to compete it will have any results achieved converted in to the points system.

Results Requirements Chart:

Over 30 years of age - Female

Over 35 years of age - Men

Individual Contest Part: Wins totalling **17 points**

Line-up Part **Win, Win, Win**

Section A Completed

Note: To be successful in a line-up a candidate must have three wins, the minimum results being one ippon and two waza-aris which when converted in to points amount to 24 points. Any combination of results, which fail to show three, wins or adds up to less than 24 points will mean that the candidate is unsuccessful. A hike-wake will terminate the line -up.

Results Requirements Chart:

Under 30 years of age – Female

Under 35 years of age - male

Individual Contest Part 2 Wins by **Ippon**

Line-up Part **Win, Win, Win**

Section A Completed

Note: To be successful in a line-up a candidate must have three wins by Ippon.

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Minimum Number of Candidates for a Promotion Examination

In order for candidates to attempt the examination there must be a minimum of six candidates of the same grade present. Three, four or five candidates may, if they wish, have a maximum of three individual contests for the purposes of scoring promotion points.

Promotion Examinations - Frequency

Men and women are permitted to enter one promotion examination per calendar month.

Section A

When sufficient points are amassed the candidate should send his/her record book and points card to the Dan Grade Registrar. If the candidate is successful at a promotion examination, i.e. completion of line-up, the Senior Examiner concerned will retain the record book and points card of the successful candidate(s) to send with the examination form to the form to the National Dan Grade Registrar.

When a candidate enters the contest part of a Promotion Examination he/she will be expected to continue with contests as required by the examiners, regardless of whether he/she has reached the total number of points required to complete Section A.

Section B

To satisfy the section, the candidate must have proof of contest activity, contained within his/her points scoring card, where every Promotion Examination or Tournament will be recorded.

Where more than two years have elapsed without any record of activity in the candidate's points scoring card he/she will have failed to satisfy Section B, but may enter an examination to obtain evidence of contest activity. The candidate shall then re-appear at a subsequent examination where, having presented to the examiners written evidence of other job activity for the period of seniority claimed (e.g.. competitions other than those officially listed, refereeing or teaching). The written evidence shall be forwarded with the candidate's Record Book, etc., to the Promotion Panel before final ratification of grade.

Section C

Examiners may ask for proof of age and date of birth must be entered in points card and record book.

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DAN GRADE SECTION

Men Under 35 Years of Age / Women Under 30 years of Age

SECTION A & B POINTS AMASSED AND TIME REQUIREMENTS SECTION C
Points Time Age Requirements

1st Kyu to 1st Dan

Not less than 100 points Minimum of 6 months as active 1st Kyu Minimum age of 15 years

1st Dan to 2nd Dan

Not less than 200 points Minimum of 1 year as active 1st Dan Minimum age of 17 years

Not less than 150 points Minimum of 2 years as active 1st Dan

Not less than 100 points Minimum of 3 years as active 1st Dan

2nd Dan to 3rd Dan

Not less than 200 points Minimum of 1 year as active 2nd Dan Minimum age of 19 years

Not less than 150 points Minimum of 3 years as active 2nd Dan

Not less than 100 points Minimum of 5 years as active 2nd Dan

3rd Dan to 4th Dan

Not less than 200 points Minimum of 1 years as active 3rd Dan Minimum age of 22 years

Not less than 150 points Minimum of 3 years as active 3rd Dan

Not less than 100 points Minimum of 5 years as active 3rd Dan

4th Dan to 5th Dan

Not less than 200 points Minimum of 1 years as active 4th Dan Minimum age of 26 years

Not less than 150 points Minimum of 3 years as active 4th Dan

Not less than 100 points Minimum of 5 years as active 4th Dan

5th Dan to 6th Dan and above

Special consideration by the Board of Directors

DAN GRADE SECTION

Men Over 35 Years of Age / Women Over 30 years of Age

NOTE: Candidates over 35/30 years of age may elect to be considered under the 'Under 35/30 Years of Age' section

SECTION A & B POINTS AMASSED AND TIME REQUIREMENTS SECTION C Points Time Age Requirements

1st Kyu to 1st Dan

Not less than 100 points Minimum of 6 months as active 1st Kyu

Not less than 75 points Minimum of 1 year as active 1st Kyu

Not less than 50 points Minimum of 18 months as active 1st Kyu

1st Dan to 2nd Dan

Not less than 100 points Minimum of 1 year as active 1st Dan

Not less than 75 points Minimum of 3 years as active 1st Dan

Not less than 50 points Minimum of 5 years as active 1st Dan

2nd Dan to 3rd Dan

Not less than 100 points Minimum of 1 years as active 2nd Dan

Not less than 75 points Minimum of 3 years as active 2nd Dan

Not less than 50 points Minimum of 5 years as active 2nd Dan

3rd Dan to 4th Dan

Not less than 100 points Minimum of 1 years active 3rd Dan

Not less than 75 points Minimum of 3 years as active 3rd Dan

Not less than 50 points Minimum of 5 years as active 3rd Dan

4th Dan to 5th Dan

Not less than 100 points Minimum of 1 years as active 4th Dan

Not less than 75 points Minimum of 3 years as active 4th Dan

Not less than 50 points Minimum of 5 years as active 4th Dan

5th to 6th Dan and above

Special consideration by the Board of Directors.

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