



Dan Grade Theory Examination Form

Name of Candidate:		Licence No:	
		Current grade:	
Venue of Examination:		Exam Date:	
Name of Examiner:		BJA Licence No:	
SECTION 1- Gokyo		SECTION 2 – Renzoku-waza	
SECTION 4 – Kaeshi-waza			
Nage-waza:	Ne-waza:	Nage-waza:	Nage-waza:
1st SET	1st SET	1st SET	1st SET
O-goshi	Hon-kesa-gatame	Seoi-nage to Seoi-otoshi	Harai-goshi countered by Ushiro-goshi
Uki-goshi	Kuzure-kesa-gatame	O-uchi-gari to Ko-uchi-gari	Uchi-mata countered by Tai-otoshi
Tsuri-goshi	Ushiro-kesa-gatame	Hiza-guruma to Harai-goshi	Ko-uchi-gari c/w Harai-tsuri-komi-ashi
Tsuri-komi-goshi	Makura-kesa-gatame	2nd SET	2nd SET
Tai-otoshi	Mune-gatame	O-goshi to Uki-goshi	O-uchi-gari countered by Ko-soto-gari
Ippon-seoi-nage	Kata-gatame	O-uchi-gari to Ko-soto-gake	Ko-soto-gari countered by Uchi-mata
Morote-seoi-nage		O-soto-gake to O-soto-gari	O-soto-gari countered by O-soto-gaeshi
Seoi-otoshi		3rd SET	3rd SET
2nd SET	2nd SET	Tai-otoshi to Uchi-mata	Hiza-guruma countered by O-uchi-gari
Ashi-guruma	Hon-kami-shiho-gatame	Ippon-seoi-nage to Kata-guruma	Okuri-ashi-barai countered by Tsubame-gaeshi
O-guruma	Kuzure-kami-shiho-gatame	Ko-soto-gari to Tani-otoshi	De-ashi-barai countered by Ko-uchi-gari
Harai-goshi	Hon-yoko-shiho-gatame	4th SET	4th SET
Hane-goshi	Kuzure-yoko-shiho-gatame	O-soto-gari to Nidan-ko-soto-gari	Tsuri-komi-goshi countered by Utsuri-goshi
Uchi-mata	Hon-tate-shiho-gatame	Ippon-seoi-nage to Uchi-maki-komi	Harai-goshi countered by Ura-nage
Harai-maki-komi	Kuzure-tate-shiho-gatame	Harai-goshi to Soto-maki-komi	Ashi-guruma countered by Te-guruma
Hane-maki-komi		MARKS AWARDED FOR SECTION 2:	MARKS AWARDED FOR SECTION 4:
Soto-maki-komi			
3rd SET	3rd SET	SECTION 3 – Renraku-waza	SECTION 5 – Renraku / Kaeshi / Niqe-waza
O-soto-gari	Nami-juji-jime	Nage-waza:	Ne-waza:
Ko-soto-gari	Gyaku-juji-jime	1st SET	1st SET
O-uchi-gari	Kata-juji-jime	Ko-uchi-gari to Tai-otoshi	Kuzure-kesa-gatame to Ude-garami
Ko-uchi-gari	Tsuki-komi-jime	Hiza-guruma to O-soto-gari	Escape Kesa-gatame to Kuzure-kesa-gatame
O-uchi-gake	Ryo-te-jime	Ko-uchi-gari to Ippon-seoi-nage	
Ko-soto-gake		2nd SET	2nd SET
O-soto-guruma		Uchi-mata to Ko-uchi-gari	Kesa-gatame to Hiza-gatame
Morote-gari		O-uchi-gari to Tsuru-komi-ashi	Escape Yoko-shiho-gatame to Sangaku-gatame
4th SET	4th SET	Sasae-tsuri-komi-ashi to De-ashi-barai	
De-ashi-barai	Hadaka-jime	3rd SET	3rd SET
Okuri-ashi-barai	Okuri-eri-jime	Ashi-guruma to Tani-otoshi	Kuzure-kami-shiho-gatame to Ushiro-kesa-gatame
Sasae-tsuri-komi-ashi	Kata-ha-jime	Harai-goshi to O-soto-gake	Kata-juji-jime countered by Hiza-gatame
Harai-tsuri-komi-ashi	Sode-guruma-jime	O-soto-gake to Seoi-otoshi	
Hiza-guruma	Koshi-jime	4th SET	4th SET
Uki-otoshi		De-ashi-barai to Tomoe-nage	Tate-shiho-gatame to Juji-gatame
Tomoe-nage		Ippon-seoi-nage to Ko-uchi-gake	Escape Yoko-shiho-gatame to Kata-te-kata-ashi-jime
Sumi-gaeshi		O-soto-gari to Yoko-wakare	
5th SET	5th SET	MARKS AWARDED FOR SECTION 3:	MARKS AWARDED FOR SECTION 5:
Kata-guruma	Ude-garami		
Koshi-guruma	Juji-gatame	PASS MARKS	MARKING SUMMARY
Yama-arashi	Ude-gatame	For promotion to 1st Dan	150 MARKS AWARDED FOR SECTION 1:
Tani-otoshi	Hiza-gatame	For promotion to 2nd Dan	225 MARKS AWARDED FOR SECTION 2:
Yoko-otoshi	Waki-gatame	For promotion to 3rd Dan	400 MARKS AWARDED FOR SECTION 3:
Yoko-wakare		For promotion to 4th Dan	475 MARKS AWARDED FOR SECTION 4:
Yoko-gake		For promotion to 5th Dan	550 MARKS AWARDED FOR SECTION 5:
Uki-waza			MARKS AWARDED FOR SECTION 6:
MARKS AWARDED FOR SECTION 1:		TOTAL MARKS AWARDED:	
Notes for the Examiner: Marking will range from 0 to 10 points for each technique			
Examiners name and signature _____		Memb No: _____	Date: _____

SECTION 6a – Nage-no-Kata							
1st SET	Uki-otoshi		Ippon-seoi-nage		Kata-guruma		TOTAL
2nd SET	Uki-goshi		Harai-goshi		Tsuri-komi-goshi		TOTAL
3rd SET	Okuri-ashi-barai		Sasae-tsuri-komi-ashi		Uchimata		TOTAL
4th SET	Tomoe-nage		Ura-nage		Sumi-gaeshi		TOTAL
5th SET	Yoko-gake		Yoko-guruma		Uki-waza		TOTAL
Notes for the Examiner: Marking will range from 0 to 10 points for each technique, which must be demonstrated both right and left handed and the combined score for each technique recorded above.							

SECTION 6b – Katame-No-Kata							
1st SET		2nd SET			3rd SET		
Kuzure-kesa-gatame		Kata-juji-jime		Ude-garami			
Kata-gatame		Hadaka-jime		Juji-gatame			
Kami-shiho-gatame		Okuri-eri-jime		Ude-gatame			
Yoko-shiho-gatame		Kata-ha-jime		Hiza-gatame			
Kuzure-kami-shiho-gatame		Gyaku-juji-jime		Ashi-garami			
Presentation		Presentation		Presentation			
TOTAL		TOTAL			TOTAL		
Notes for the Examiner: Marking will range from 0 to 10 points for each technique and an additional mark out of ten is required for presentation.							

OVERVIEW – Points requirements					
	1st DAN	2nd DAN	3rd DAN	4th DAN	5th DAN
Section 1 – Single Techniques	One from each set Examiners Choice	One from each set Examiners Choice	One from each set Examiners Choice	One from each set Examiners Choice	One from each set Examiners Choice
	100	100	100	100	100
Section 2 – Renzoku-waza	One set Candidates Choice	Two sets Candidates Choice	Three sets Candidates Choice	All Four sets	All Four sets
	30	60	90	120	120
Section 3 – Renraku-waza	One set Candidates Choice	Two sets Candidates Choice	Three sets Candidates Choice	All Four sets	All Four sets
	30	60	90	120	120
Section 4 - Kaeshiwaza	One set Candidates Choice	Two sets Candidates Choice	Three sets Candidates Choice	All Four sets	All Four sets
	30	60	90	120	120
Section 5 – Renraku/Kaeshi/Nige-waza	One set Candidates Choice	Two sets Candidates Choice	Three sets Candidates Choice	All Four sets	All Four sets
	20	40	60	80	80
Section 6 - Kata	None required	None required	One set Nage-no-kata Candidates Choice	One set Katame-no-kata Candidates Choice	One set Nage-no-kata & One set Katame-no-kata
			60	60	120
Maximum Marks Possible	210	320	490	600	660
Pass Mark	150	225	400	475	550
Notes for the Examiner: Marking will range from 0 to 10 points for each technique.					

Return to: BJA NDGA, Suite B, Technology Centre, Epinal way, Loughborough, LE11 3GE

For BJA NDGA Official Use Only: Date Received: _____

Notes: