



# Technical Dan Grade Examination Form

Name of Candidate:		BJA Licence No	
		Current grade	

SECTION 1- Nage-waza		SECTION 2 - Ne-waza		SECTION 3 – Renzoku-waza		SECTION 5 – Kaeshi-waza	
<b>Nage-waza:</b>		<b>Ne-waza:</b>		<b>Nage-waza:</b>		<b>Nage-waza:</b>	
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		Ippon-seoi-nage to Kata-guruma		Hiza-guruma countered by O-uchi-gari	
Ashi-guruma		Hon-kami-shiho-gatame		De-ashi-barai to Harai-tsuri-komi-ashi		Okuri-ashi-barai countered by Tsubame-gaeshi	
O-guruma		Kuzure-kami-shiho-gatame		Tai-otoshi to Uchi-mata		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 Sukui-nage	
Hane-maki-komi				5th SET		5th SET	
Soto-maki-komi				Kata-guruma to Yoko-otoshi		Morote-gari countered by Harai-goshi	
3rd SET		3rd SET		Ko-uchi-gake to Ko-uchi-gari		Tani-otoshi countered by O-uchi-gari	
O-soto-gari		Nami-juji-jime		Ko-soto-gari to Nidan-ko-soto-gari		Uchi-mata countered by Te-guruma	
Ko-soto-gari		Gyaku-juji-jime		MARKS AWARDED FOR SECTION 3		MARKS AWARDED FOR SECTION 5	
O-uchi-gari		Kata-juji-jime		<b>SECTION 4 – Renraku-waza</b>		<b>SECTION 6 – Renraku/Kaeshi/Nige-waza</b>	
Ko-uchi-gari		Tsuki-komi-jime		<b>Nage-waza:</b>		<b>Ne-waza:</b>	
O-uchi-gake		Ryo-te-jime		1st SET		1st SET	
Ko-soto-gake				Ko-uchi-gari to Tai-otoshi		Kuzure-kesa-gatame to Ude-garami	
O-soto-guruma				Hiza-guruma to O-soto-gari		Escape Kesa-gatame to Kuzure-kesa-gatame	
Morote-gari				Ko-uchi-gari to Ippon-seoi-nage			
4th SET		4th SET		2nd SET		2nd SET	
De-ashi-barai		Hadaka-jime		Uchi-mata to Ko-uchi-gari		Kesa-gatame to Hiza-gatame	
Okuri-ashi-barai		Okuri-eri-jime		O-uchi-gari to Tsuri-komi-ashi		Escape Yoko-shiho-gatame to Sangaku-gatame	
Sasae-tsuri-komi-ashi		Kata-ha-jime		Sasae-tsuri-komi-ashi to De-ashi-barai			
Harai-tsuri-komi-ashi		Sode-guruma-jime		3rd SET		3rd SET	
Hiza-guruma		Koshi-jime		Ashi-guruma to Tani-otoshi		Kuzure-kami-shiho-gatame to Ushiro-kesa-gatame	
Uki-otoshi				Harai-goshi to O-soto-gake		Kata-juji-jime countered by Hiza-gatame	
Tomoe-nage				O-soto-gake to Seoi-otoshi			
Sumi-gaeshi				4th SET		4th SET	
5th SET		5th SET		O-goshi to O-uchi-gake		Tate-shiho-gatame to Juji-gatame	
Kata-guruma		Ude-garami		De-ashi-barai to Tomoe-nage		Escape Yoko-shiho-gatame to Kata-te-kata-ashi-jime	
Koshi-guruma		Juji-gatame		Ippon-seoi-nage to Ko-uchi-gake			
Yama-arashi		Ude-gatame		5th SET		5th SET	
Tani-otoshi		Hiza-gatame		Ippon-seoi-nage to Okuri-ashi-barai		Juji-ashi-shiho-gatame to Juji-gatame	
Yoko-otoshi		Waki-gatame		O-uchi-gari to Uchi-mata		Tate-shiho-gatame to Mae-sode-jime	
Yoko-wakare				Ko-soto-gari to Tai-otoshi		MARKS AWARDED FOR SECTION 6:	
Yoko-gake				MARKS AWARDED FOR SECTION 4:			
Uki-waza							
MARKS AWARDED SEC' 1:		MARKS AWARDED SEC' 2:					

**Notes for the Examiner:** Marking will range from 0 to 10 points for each technique. Examiners are required to assess the technical knowledge and understanding of candidates as opposed to their personal performance and write in their name and membership number below.

Section 1: _____ Memb No: _____ Date: _____ Section 2: _____ Memb No: _____ Date: _____ Section 3: _____ Memb No: _____ Date: _____ Section 4: _____ Memb No: _____ Date: _____ Section 5: _____ Memb No: _____ Date: _____	Section 6: _____ Memb No: _____ Date: _____ Section 7: _____ Memb No: _____ Date: _____ Section 8: _____ Memb No: _____ Date: _____ Section 9: _____ Memb No: _____ Date: _____ Section 10: _____ Memb No: _____ Date: _____
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SECTION 7 – Nage-no-Kata (Holders of Level 1 Nage-No-Kata Certificates are exempt from this section).							PASS/EXEMPT			
		R	L		R	L		R	L	TOTAL
1st SET – Te-waza	Uki-otoshi			Kata-seoi			Kata-guruma			
2nd SET – Koshi-waza	Uki-goshi			Harai-goshi			Tsuri-komi-goshi			
3rd SET - Ashi-waza	Okuri-ashi-barai			Sasae-tsuri-komi-ashi			Uchimata			
4th SET – Ma-sutemi-waza	Tomoe-nage			Ura-nage			Sumi-gaeshi			
5th SET – Yoko-sutemi-waza	Yoko-gake			Yoko-guruma			Uki-waza			

SECTION 8 – Katame-No-Kata (Holders of Level 1 Katame-No-Kata Certificates are exempt from this section). PASS/EXEMPT						
1st SET – Katame-waza		2nd SET – Shime-waza			3rd SET – Kansetsu-waza	
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	
						TOTAL

SECTION 9 – Gonosen-No-Kata						
1st SET – Ashi-waza		2nd SET – Koshi-waza			3rd SET – Te-waza	
O-soto-gari to O-soto-gari		Kube-nage to Ushiro-goshi			Kata-seoi to Sumi-gaeshi	
Hiza-guruma to Hiza-guruma		Koshi-guruma to Uki-goshi				
O-uchi-gari to De-ashi-barai (Okuri)		Hane-goshi to Sasae-tsuri-komi-ashi				
De-ashi-barai to De-ashi-barai		Harai-goshi to Utsuri-goshi				
Ko-soto-gake to Tai-otoshi		Uchi-mata to Sukuri-nage				
Ko-uchi-gari to Sasae-tsuri-komi-ashi					TOTAL	

Section 10 – Kokusai Shiai Waza						
1st SET		2nd SET			3rd SET	
Daki-ko-soto-gake		Morote-eri-seoi-nage			Yoko-tomoe-nage	
Soto-kibusu-gaeshi		Kata-soto-ashidori			Kata-sode-ashi-tsuri-komi-goshi	
Uchi-kibusu-gaeshi		Kata-uchi-ashidori			Soto-mata-seoi-otoshi	
Ryo-hiza-seoi-otoshi		Ryo-ashi-tomoe-nage			Ko-uchi-gake-mata-makikomi	
Kata-hiza-tai-otoshi		Kata-hiza-te-ouchi-gake-ashi-dori			Kata-eri-sode-tsuri-komi-goshi	
4th SET		5th SET				
Ushiro-hiza-ura-nage		Morote-kata-sode-tai-otoshi				
Hiza-soto-muso		Ashi-hara-gatame				
Yoko-kata-guruma-otoshi		Kata-te-ashi-koshi-jime				
Mae-hiza-uranage		Soto-ashi-dori-ouchi-gari				
Ryo-hiza-kata-guruma		Kata-sode-seoi-otoshi				
						TOTAL

OVERVIEW – Points requirements	1st DAN	2nd DAN	3rd DAN	4th DAN	5th DAN
<b>Section 1 – Single Techniques</b>	One from each set Examiners Choice <b>40 from 50</b>	Two from each set Examiners Choice <b>80 from 100</b>	Three from each set Examiners Choice <b>120 from 150</b>	Four from each set Examiners Choice <b>160 from 200</b>	Five from each set Examiners Choice <b>200 from 250</b>
<b>Section 2 – Single Techniques</b>	One from each set Examiners Choice <b>40 from 50</b>	Two from each set Examiners Choice <b>80 from 100</b>	Three from each set Examiners Choice <b>120 from 150</b>	Four from each set Examiners Choice <b>160 from 200</b>	Five from each set Examiners Choice <b>200 from 250</b>
<b>Section 3 – Renzoku-waza</b>	One set Examiners Choice <b>24 from 30</b>	Two sets Examiners Choice <b>48 from 60</b>	Three sets Examiners Choice <b>72 from 90</b>	Four sets Examiners Choice <b>96 from 120</b>	All Five sets <b>120 from 150</b>
<b>Section 4 – Renraku-waza</b>	One set Examiners Choice <b>24 from 30</b>	Two sets Examiners Choice <b>48 from 60</b>	Three sets Examiners Choice <b>72 from 90</b>	Four sets Examiners Choice <b>96 from 120</b>	All Five sets <b>120 from 150</b>
<b>Section 5 - Kaeshiwaza</b>	One set Examiners Choice <b>24 from 30</b>	Two sets Examiners Choice <b>48 from 60</b>	Three sets Examiners Choice <b>72 from 90</b>	Four sets Examiners Choice <b>96 from 120</b>	All Five sets <b>120 from 150</b>
<b>Section 6 – Renraku/Kaeshi/Nige-waza</b>	One set Examiners Choice <b>16 from 20</b>	Two sets Examiners Choice <b>32 from 40</b>	Three sets Examiners Choice <b>48 from 60</b>	Four sets Examiners Choice <b>64 from 80</b>	All Five sets <b>80 from 100</b>
<b>Section 7 – Nage-No-Kata</b>	Any 1 Kata <b>180 from 300</b>	Any 2 Katas <b>180 from 300</b>	All 3 Katas <b>180 from 300</b>	All 3 Katas* <b>180 from 300</b>	All 3 Katas* <b>180 from 300</b>
<b>Section 8 – Katame-No-Kata</b>	Any 1 Kata <b>90 from 150</b>	Any 2 Katas <b>90 from 150</b>	All 3 Katas <b>90 from 150</b>	All 3 Katas* <b>90 from 150</b>	All 3 Katas* <b>90 from 150</b>
<b>Section 9 – Gonosen-No-Kata</b>	Any 1 Kata <b>72 from 120</b>	Any 2 Katas <b>72 from 120</b>	All 3 Katas <b>72 from 120</b>	All 3 Katas* <b>72 from 120</b>	All 3 Katas* <b>72 from 120</b>
<b>Section 10 – Kokusai Shiai Waza</b>	One set Examiners Choice <b>40 from 50</b>	Two sets Examiners Choice <b>80 from 100</b>	Three sets Examiners Choice <b>120 from 150</b>	Four sets Examiners Choice <b>160 from 200</b>	All Five sets <b>200 from 250</b>
<b>Pass Mark</b>	<b>THE MINIMUM PASS MARK FOR EACH SECTION IS 80% Except kata at 60%</b>				

**Notes for the Examiner:** Marking will range from 0 to 10 points for each technique. Examiners are required to assess the technical knowledge and understanding of candidates as opposed to their personal performance. Holders of level 1 kata are exempt the corresponding section and are to attach copies of their certificates. \* Holders of Technical 3<sup>rd</sup> Dan are exempt sections 7,8 and 9. Holders of competitive 3<sup>rd</sup> Dan and above must complete sections 7,8 and 9.\* - IT IS ANY 1 OF THE 3 KATAS FOR 1<sup>ST</sup> DAN, ANY 2 KATAS FOR 2<sup>ND</sup> DAN, ALL 3 KATAS FOR 3<sup>RD</sup> DAN