

BJA KYU GRADE PROMOTION SYLLABUS - PERSONAL RECORD OF ACHIEVEMENT



Name:	BJA Licence No:
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Novice – 6TH KYU - FUNDAMENTAL SKILLS			
Ushiro-ukemi	Yoko-Ukemi	Mae-Mawari-Ukemi (x3)	
O-soto-otoshi	De-ashi-barai	Uki-goshi	
Kesa-gatame	Mune-gatame	Kuzure-kesa-gatame	
Novice – 6TH KYU - PERFORMANCE SKILLS			
Osoto-otoshi into Kesa-gatame		Escape Kesa-gatame by 'trapping Uke's leg	
De-ashi-barai into Mune-gatame		Escape from Mune-gatame - 'bridge and roll'	
Uki-goshi into Kuzure-kesa-gatame		Escape from Kuzure-kesa-gatame - 'sit up and push'	
Novice – 6TH KYU - PERSONAL CHOICE			
Select and demonstrate two Tachi-waza and two Osae-waza from the BJA Technical Grading Syllabus.			
Novice – 6TH KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
Answer the question: In which country was judo devised?			
Answer the question: Who invented modern judo?			
Translate Rei, Hajime and Matte into English names and where appropriate explain their meaning.			
Translate Osae-komi and Toketa into English names and where appropriate explain their meaning.			
Translate Dojo, Judogi and Zori and Randori into English names and where appropriate explain their meaning.			
Demonstrate the correct tying of the obi			
Demonstrate the correct wearing of the Judogi.			
Demonstrate the correct bowing procedure for Tachi-rei and Za-rei.			
*Note: 1. For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.			
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6TH KYU – 5TH KYU - FUNDAMENTAL SKILLS

Mae Ukemi	Tate-shiho-gatame	Kami-shiho-gatame
Tai-otoshi	O-uchi-gari	
Ippon-seoi-nage	Yoko-shiho-gatame	

6TH KYU – 5TH KYU - PERFORMANCE SKILLS

O-uchi-gari into Tate-shiho-gatame	Escape from Kami-shiho-gatame - 'action/re-action'
Ippon-seoi-nage into Kami-shiho-gatame	Escape from Tate-shiho-gatame - 'bear hug/roll'
Tai-otoshi into Yoko-shiho-gatame	Escape from Yoko-shiho-gatame - 'trap, bridge and roll'
Turnover into Kesa-gatame (Uke in "all fours" position)	Demonstrate the right and left standard grips
Turnover into Mune-gatame (Uke "all fours" position)	Demonstrate alternatives to the right and left standard grips
Turnover into Yoko-shiho-gatame (Uke in prone position)	

6TH KYU – 5TH KYU - PERSONAL CHOICE

Select and demonstrate two Tachi-waza and one Osaekomi-waza from the BJA Technical Grading Syllabus.

6TH KYU – 5TH KYU - RANDORI

Demonstration of Nage-komi in easy Randori with a co-operative partner

6TH KYU – 5TH KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section.

Give two examples of actions against the contest rules.

*Notes:

- Nage-komi is introduced for this grade. It is to be demonstrated in the form of light Randori which be of approximately two minutes duration with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety and, if possible, to both right and left sides.
- Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
- For the personal choice element, the judoka may select any waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at this stage.

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5TH KYU —4TH KYU - FUNDAMENTAL SKILLS

Tsuru-komi-goshi	Morote-seoi-nage	Ko-soto-gake
O-goshi	O-soto-gari	Ko-soto-gari
Seoi-otoshi	Ko-uchi-gari	

5TH KYU —4TH KYU - PERFORMANCE SKILLS

O-uchi-gari into Ko-uchi-gari	Tai-otoshi countered by Ko-soto-gari
Ko-uchi-gari into O-soto-gari/gake	Escape from Kesa-gatame using 'bridge and roll'
O-uchi-gari countered by Tsuru-komi-goshi	Escape into Kesa-gatame from between Uke's legs'
Ko-uchi-gari into Morote-seoi-nage	Escape into Yokoshiho-gatame from between Uke's legs'
Ippon-seoi-nage into Ko-uchi-gari	Arm roll with Uke behind Tori
O-uchi-gari countered by Tsuru-komi-goshi	Arm roll in front of Uke(face to face)
Any technique as a combination with Seoi-otoshi	Turn over into Tate-shiho-gatame
Any technique as a combination with Ko-uchi-gari	

5TH KYU —4TH KYU - PERSONAL CHOICE

Select and demonstrate three-waza (two Tachi-waza and one Ne-waza) from the BJA Technical Grading Syllabus and demonstrate them as a combination, a counter and as a transition into Ne-waza.

5TH KYU —4TH KYU - RANDORI

Demonstration of attacking and defending in light Randori with a co-operative partner.

5TH KYU —4TH KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

- State the English translations & meaning of all Japanese terminology used for the grades in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.
- Translate Waza-ari-awasete-ippou, Tori & Uke and where appropriate explain their meaning.
- Translate Shido and Han-soku-make and where appropriate explain their meaning.
- Translate Hiki-wake and Hantei and where appropriate explain their meaning.
- Demonstrate the referees signals for Matte, Osaie-komi, Toketa, Adjusting Judogi
- Demonstrate the proper procedures for coming onto and leaving the mat during a contest.
- Give two examples of actions (not grips) against the contest rules.
- Give two examples of grips against the contest rules for negative or safety reasons.

*Notes:

1. Randori is introduced for this grade. It is to be demonstrated in the form of light Randori of approximately three minutes duration. The examiner will expect to see a variety of waza and Kumi-kata and, if possible, throws to both right and left sides.

2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

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BJA KYU GRADE PROMOTION SYLLABUS - PERSONAL RECORD OF ACHIEVEMENT



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4TH KYU — 3RD KYU - FUNDAMENTAL SKILLS			
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Harai-goshi	Hane-goshi	Waki-gatame	
Uchi-mata	Okuri-ashi-barai	Hiza-gatame	
Hiza-guruma	Morote-eri-seoi-nage	Juji-gatame	
Sasae-tsuru-komi-ashi	Ude-gatame		

4TH KYU — 3RD KYU - PERFORMANCE SKILLS			
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Juji-gatame – sit back entry	Juji-gatame – roll over entry
Juji-gatame – over the shoulder entry	Juji-gatame – entry from beneath

4TH KYU — 3RD KYU - PERSONAL CHOICE	
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Select four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and as a series of combinations and counters.

4TH KYU — 3RD KYU - RANDORI	
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Demonstration of attacking, defence, avoidance and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

4TH KYU — 3RD KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE	
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State the English translations & meaning of all Japanese terminology used for the grades in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.

*Notes:

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
3. Kansetsu-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke.

Authorised by:		Date:	
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BJA KYU GRADE PROMOTION SYLLABUS - PERSONAL RECORD OF ACHIEVEMENT



Name:	BJA Licence No:
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3RD KYU – 2ND KYU - FUNDAMENTAL SKILLS

Koshi-guruma	Soto-kibusu-gaeshi	Okuri-eri-jime
Tani-otoshi	Kata-guruma	Nami-juji-jime
Yoko-guruma	Morote-gari	Gyaku-juji-jime
Tomoe-nage	Soto-ashi-dori-ouchi-gari	Ude-garami
Kata-uchi-ashi-dori	Uchi-kibusu-gaeshi	

3RD KYU – 2ND KYU - PERFORMANCE SKILLS

Ude-garami from Kuzure-kesa-gatame	Nami-juji-jime - Uke on top between Tori's legs
Yoko-kata-guruma-otoshi	Gyaku-juji-jime - Uke on top between Tori's legs
Koshi-jime - (Uke makes Seoi-otoshi dropping attack)	Okuri-eri-jime - (Uke makes Seoi-otoshi dropping attack)
Kata-te-jime - Uke in all fours position	Introduction to performance Kumi-kata (see TLP 12-13 Mon)

3RD KYU – 2ND KYU - PERSONAL CHOICE

(PC 1) Select four techniques from the BJA Technical Grading Syllabus and demonstrate and demonstrate them individually and then as a series of combinations and counters. *See also note below.

(PC 2) Demonstrate any two sets of the Nage-no-kata **or** any two sets of the Katame-no-kata **or** either of first two sets of the Go-no-sen-no-kata.

3RD KYU – 2ND KYU – RANDORI

Demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner.

3RD KYU – 2ND KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.

- *Notes:**
1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
 2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.
 3. Kata is offered as personal choice for this grade. Demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.
 4. Personal choice is first from PC1 and then additionally from PC2.

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BJA KYU GRADE PROMOTION SYLLABUS - PERSONAL RECORD OF ACHIEVEMENT



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2ND KYU – 1ST KYU - FUNDAMENTAL SKILLS

Sode-tsuru-komi-goshi	Ushiro-goshi	Kata-ha-jime
Te-guruma	Ura-nage	Hadaka-jime
Ryo-hiza-seoi-otoshi	Uki-otoshi	Kata-te-ashi-koshi-jime
Sumi-gaeshi	Soto-maki-komi	San-gaku-jime
Yoko-gake	Yoko-tomoe-nage	
Ko-uchi-gake-mata-maki-komi	Kata-hiza-te-ouchi-gake-ashi-dori	

2ND KYU – 1ST KYU - PERFORMANCE SKILLS

Knowledge of performance forms of selected techniques	San-gaku-osae-gatame – turnover and hold
Demonstrate any two variations of Sumi-gaeshi	Hadaka-jime – Uke in prone position
San-gaku-gatame – complex entry	Kata-ha-jime – Uke “all fours” position
San-gaku-jime – complex entry	

2ND KYU – 1ST KYU - PERSONAL CHOICE

(PC 1) Select four techniques from the BJA Technical Grading Syllabus and demonstrate and demonstrate them individually and then as a series of combinations and counters.

(PC 2) Demonstrate any three sets of the Nage-no-kata **or** any three sets of the complete Katame-no-kata **or** the complete Go-no-sen-no-kata.

2ND KYU – 1ST KYU - RANDORI

Demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner.

2ND KYU – 1ST KYU - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc.

Give three examples of any of the penalties in Article 27.

***Notes:**

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.

2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

3. Kata is offered as personal choice for this grade. Demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.

4. Personal choice is first from PC1 and then additionally from PC2.

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BJA KYU MON GRADE PROMOTION SYLLABUS - PERSONAL RECORD OF ACHIEVEMENT



CONVERSION FROM THE JUNIOR MON GRADE SYLLABUS

Players of 14 years of age and above who hold a junior (Mon) grade may, if they wish, convert to the Senior (Kyu) grade. The following table will be used for all Junior (Mon) grade conversions. It may appear that the Junior (Mon) grade is converting to a lower level of examination; however, this is to allow for a period of assimilation into the Kyu grade system. Players holding a Junior (Mon) grade will be converted to the senior (Kyu) grade on reaching the age of 18.

Mon Grade Kyu Grade Mon Grade Kyu Grade

1st Mon to Novice		10th Mon to 4th Kyu
2nd Mon to Novice		11th Mon to 4th Kyu
3rd Mon to 6th Kyu		12th Mon to 3rd Kyu
4th Mon to 6th Kyu		13th Mon to 3rd Kyu
5th Mon to 6th Kyu		14th Mon to 3rd Kyu
6th Mon to 5th Kyu		15th Mon to 2nd Kyu
7th Mon to 5th Kyu		16th Mon to 2nd Kyu
8th Mon to 5th Kyu		17th Mon to 2nd Kyu
9th Mon to 4th Kyu		18th Mon to 1st Kyu

CONVERSION FROM THE 9 KYU GRADE SYLLABUS

Players graded under the 9 Kyu Grade Promotion Syllabus will have their grade converted according to the following table. There is no charge for this conversion and the conversion may be completed at any time prior to the first grading attempt under this syllabus. The player's record book may be updated by anyone with the authority to grade as previously specified.

9 Kyu Syllabus to 6 Kyu Syllabus

-	-	6th Kyu (White Belt)
9th Kyu	}	5th Kyu (Yellow Belt)
8th Kyu		4th Kyu (Orange Belt)
7th Kyu	}	3rd Kyu (Green Belt)
6th Kyu		2nd Kyu (Blue Belt)
5th Kyu	}	1st Kyu (Brown Belt)
4th Kyu		
3rd Kyu	}	
2nd Kyu		
1st Kyu		