BJA Senior Grading Programme
Novice –6th Kyu (Red Belt)

Fundamental Skills
1. Ushiro Ukemi
2. Yoko Ukemi
3. Mae Mawari Ukemi

Tachi-waza
4. Osoto-otoshi
5. De-ashi-barai
6. Uki-goshi

Performance Skills
7. Kesa-gatame
8. Mune-gatame
9. Kuzure-kesa-gatame
10. “Leg trap” escape
11. “Bridge-roll” escape
12. “Sit-push” escape
13. Osoto-otoshi into Kesa-gatame
14. De-ashi-barai into Mune-gatame
15. Uki-goshi into Kuzure-kesa-gatame

Personal Choice Demonstrate two tachi-waza and two osae-waza

Terminology Dojo, Judogi, Zori, Hajime, Matte, Osaekomi, Toketa, Rei, Randori

BJA Senior Grading Programme
6th Kyu – 5th Kyu (Yellow Belt)

Fundamental Skills and Tachi-waza

1. Mae Ukemi
2. Tai-otoshi
3. Ippon-seoi-nage
4. Ouchi-gari

Performance Skills

5. Yoko-shiho-gatame
6. Kami-shiho-gatame
7. Tate-shiho-gatame.

8. Yoko-shiho-gatame escape (trap-bridge-roll)

9. Kami-shiho-gatame escape (right-left twitch)

10. Tate-shiho-gatame escape (“clamping” roll)

Combinations
11. Tai-otoshi into Yoko-shiho-gatame
12. Ippon-seoi-nage into Kami-shiho-gatame
13. Ouchi-gari into Tate-shiho-gatame
Ne-waza

14. Turnover into Kesa-gatame

15. Turnover into Yoko-shiho-gatame

16. Turnover into Mune-gatame

Randori – light free practice with co-operation

Grips – standard grip and few alternatives

Terminology

1. Knowledge of Japanese terminology used for this grade
2. Give two examples of actions against contest rules

Personal Choice
Demonstrate two tachi-waza and two osae-waza from BJA Senior Grading Syllabus
BJA Senior Grading Programme
5th Kyu - 4th Kyu (Orange Belt)

Tachi-waza

1. Tsurikomi-goshi
2. O-goshi
3. Seoi-otoshi
4. Morote-seoi-nage
5. O-soto-gari
6. Ko-uchi-gari
7. Ko-soto-gari
8. Ko-soto-gake

Ne-waza

1. Kesa-gatame “bridge escape”
2. Escape into Kesa-gatame through Uke’s legs
3. Escape into Yoko-shiho-gatame
4. Turnover into Tate-shiho-gatame

5. Armroll with Uke at side of Tori

6. Armroll from the front of Uke

Performance Skills

Combinations of throws
1. O-uchi-gari into Ko-uchi-gari
2. Ko-uchi-gari into O-soto-gari/gake
3. Ko-uchi-gari into Morote-seoi-nage
4. Ippon-seoi-nage into Ko-uchi-gari

Counters
5. O-uchi-gari countered by Tsurikomi-goshi
6. Tai-otoshi countered by Ko-soto-gari/gake

Randori — light free practice with co-operation

Personal Choice — demonstrate one ne-waza and two tachi-waza as combination, counter and transition onto newaza

Terminology

Knowledge of terms: Shido, Hiki-waki, Uke, Tori, Hantei, Hansoku-make, Waza-ari-awasete-hippon

Demonstrate referee’s signals: Matte Osaekomi Toketa Adjusting judogi

Demonstrate procedure for coming onto and leaving a mat

Give two examples of grips against contest rules for negative or safety reasons

Give two examples of actions (not grips) against rules
BJA Senior Grading Programme
4th - 3th Kyu (Green Belt)

Tachi-waza


Ne-waza:
Introduction to Kansetsu-waza (armlocks)

1. Ude-gatame
2. Waki-gatame

3. Hiza-gatame
4. Juji-gatame
Performance Skills: Kansetsu-waza entries

1. Juji-gatame “sit back” entry

2. Juji-gatame “roll over” entry

3. Juji-gatame “over the shoulder entry”

4. Juji-gatame entry from beneath

Randori – light free practice with co-operation 4 minutes

Personal choice of combinations of techniques

Demonstrate four techniques from BJA Senior Grading Syllabus individually and then as series of two combinations. Demonstration must include - two combinations, two counters and two transitions in ne-waza, or a combination of both.

Terminology
To know the common English translations and meaning of all Japanese terminology used in this section.
BJA Senior Grading Programme
3\textsuperscript{rd} - 2\textsuperscript{nd} Kyu (Blue Belt)

Tachi-waza

1. Koshi-guruma  
2. Tani-otoshi  
3. Yoko-guruma  

4. Tomoe-nage  
5. Kata-uchi-ashi-dori  
6. Soto-kibisu-gaeshi

7. Kata-guruma  
8. Morote-gari

9. Soto-ashi-dori-ouchi-gari  
10. Uchi-kibisu-gaeshi
Ne-waza
Kansetsu-waza:                               Shime-waza (strangles)


Performance Skills

1. Knowledge of selected performance techniques – Yoko-kata-guruma-otoshi

2. Ude-garami from Kuzure-kesa-gatame

3. Koshi-jime as Uke makes Seoi-otoshi (or any dropping attack)
4. Okuri-eri-jime as Uke makes Seoi-otoshi (or any dropping attack)

5. Kata-te-jime (Uke on all fours)

6. Nami-juji-jime and Gyaku-juji-jime (Uke on top between Tori’s legs – options)
**Kumi-kata (gripping skills)**

Knowledge of performance gripping skills

against right handed opponents

against left handed opponents

**Randori** – light free practice with co-operation 4 minutes

**Personal choice 1**

Demonstrate four techniques from BJA Senior Grading Syllabus individually and then as series of combinations;

or

**Personal choice 2**

Demonstrate two sets of any of the following Katas: Nage-no-kata, Katame-no-kata, Go-no-sen-kata.

**Terminology**

To know the common English translations and meaning of all Japanese terminology used in this section.
BJA Senior Grading Programme
2\textsuperscript{nd} - 1\textsuperscript{st} Kyu (Brown Belt)

Tachi-waza

1. Sode-tsurikomi-goshi
2. Uki-otoshi
3. Ushiro-goshi

4. Ura-nage
5. Ryo-hiza-seoi-otoshi
6. Sumi-gaeshi

7. Yoko-gake
8. Te-guruma
9. Soto-makikomi

10. Ko-uchi-gake-makikomi
11. Kata-hiza-te-ouchi gake-ashi-dori
12. Yoko-tomoe-nage
Ne-waza

Shime-waza (strangles) – basic forms

1. Hadaka-jime
2. Kata-ha-jime
3. San-gaku-jime
4. Kata-te-ashi-koshi-jime

Performance Skills

1. Hadaka-jime (Uke is prone)
2. Kata-ha-jime (Uke is on all fours)
3. Complex entry into San-gaku-gatame, San-gaku-jime and San-gaku-osae-gatame (not all variations illustrated)
4. Demonstrate a selection of performance forms of throws including two performance variations of Sumi-gaeshi (for example, Hikikomi-gaeshi)

**Randori** – light free practice with co-operation 4 minutes

**Personal choice 1**

Demonstrate four techniques from BJA Senior Grading Syllabus individually and then as series of combinations and counters;

**or**

**Personal choice 2**

Demonstrate any three sets of Nage-No-Kata, **or** the complete Katame-No-Kata, **or** the complete Go-No-Sen-Kata

**Contest Rules**

Give three examples of any of the penalties in Article 27

**Terminology**

To know the common English translations and meaning of all Japanese terminology used in this section.