

## Technical Examination – Guidelines for Examiners and Candidates

The Technical Dan grade is a qualification based on knowledge and understanding. There are many ways the exam may be carried out depending on any physical restrictions the candidate may have. The guidelines are a means of preparing both the candidate and the assessor for the performance of the exam. The list of requirements is not exhaustive or exclusive. The candidate is expected to have a greater depth of knowledge as they progress through the grades and will be examined on a progressively greater number of elements in each section. Completion of each section is recorded on the exam sheet that is sent to the NDGR and also in the Technical Dan Grade Record card that the candidate keeps in their record book. When all required sections in the card are complete, this is submitted to the NDGR who will be able to cross reference with previously submitted exam sheets before registering the promotion.

SECTION 1 Candidate is expected to have knowledge of many of the key points of the waza including:-

The waza in its traditional form,

Kuzushi and an alternative Kuzushi,

Tsukuri and an alternative Tsukuri,

Renzoku with the selected waza as 1<sup>st</sup> attack,

Renzoku with the selected waza as final throw,

Renraku with the selected waza as 1<sup>st</sup> attack,

Renraku with the selected waza as final throw,

Kaeshi using the selected waza as a counter and also as to how the waza may be countered,

Most suitable grip and an alternative grip,

Any other information such as uchikomi drills.

SECTION 2 Candidate is expected to have knowledge of many of the key points of the waza including:-

Standard performance of the selected waza

Performance version,

Method of escape,

Uchikomi drill,

Combinations either with waza as 1<sup>st</sup> or 2<sup>nd</sup> waza.

Methods of transition from tachi waza

SECTION 3,4,5 & 6 Candidate should understand the reasoning for linking the waza together such as-

Body contact, maintaining contact as Uke resists and reacts,

Feint to make an action to set up uke or to provoke a reaction,

Time phase using multiple attacks causing uke to change posture or grip,

Te waza where a hand movement cause uke to react and move into a weaker posture.

SECTION 7,8 & 9 Candidates are to be able to demonstrate knowledge by performing 1 complete kata for 1<sup>st</sup> Dan, 2 katas for 2<sup>nd</sup> Dan and 3 for 3<sup>rd</sup> Dan. Alternatively candidate can use 2 judoka that they have coached.

SECTION 10 Candidate should have a thorough knowledge of the waza, its development and influencing factors such as grip, movement and stance.