

BJA JUNIOR MON GRADE PROMOTION SYLLABUS - PERSONAL RECORD OF ACHIEVEMENT



Name:	BJA Licence No:
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Novice - 1ST MON - FUNDAMENTAL SKILLS			
<i>Ushiro-ukemi</i>	<i>O-soto-otoshi</i>	<i>Kesa-gatame</i>	
Novice - 1ST MON - PERFORMANCE SKILLS			
<i>Osoto-otoshi into Kesa-gatame</i>	<i>Escape Kesa-gatame by 'trapping Uke's leg</i>		
Novice - 1ST MON - PERSONAL CHOICE			
<i>Select and demonstrate two waza from the BJA Technical Grading Syllabus.</i>			
Novice - 1ST MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>			
<i>Answer the question: In which country was judo devised?</i>			
<i>Translate Rei, Hajime and Matte into English names and where appropriate explain their meaning.</i>			

1ST MON — 2ND MON - FUNDAMENTAL SKILLS			
<i>Yoko Ukemi</i>	<i>De-ashi-barai</i>	<i>Mune-gatame</i>	
1ST MON — 2ND MON - PERFORMANCE SKILLS			
<i>De-ashi-barai into Mune-gatame</i>	<i>Escape from Mune-gatame - 'bridge and roll'</i>		
1ST MON — 2ND MON - PERSONAL CHOICE			
<i>Select and demonstrate two waza from the BJA Technical Grading Syllabus.</i>			
1ST MON — 2ND MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>			
<i>Demonstrate the correct bowing procedure for Tachi-rei and Za-rei.</i>			
<i>Answer the question: Who invented modern judo?</i>			
<i>Translate Osaе-komi and Toketa into English names and where appropriate explain their meaning.</i>			

2ND - 3RD MON - FUNDAMENTAL SKILLS			
<i>Mae Mawari Ukemi I</i>	<i>Uki-goshi</i>	<i>Kuzure-kesa-gatame</i>	
2ND - 3RD MON - PERFORMANCE SKILLS			
<i>Uki-goshi into Kuzure-kesa-gatame</i>	<i>Escape from Kuzure-kesa-gatame - 'sit up and push'</i>		
2ND - 3RD MON - PERSONAL CHOICE			
<i>Select and demonstrate two waza from the BJA Technical Grading Syllabus.</i>			
2ND - 3RD MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>			
<i>Demonstrate the correct wearing of the judogi.</i>			
<i>Translate Dojo, Judogi and Zori into English names and where appropriate explain their meaning.</i>			
Authorised by:	<i>1st MON:</i>	Date:	
	<i>2nd MON</i>		
	<i>3rd MON</i>		

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3RD MON — 4TH MON - FUNDAMENTAL SKILLS			
<i>Mae Mawari Ukemi II</i>	<i>Tai-otoshi</i>	<i>Yoko-shiho-gatame</i>	
3RD MON — 4TH MON - PERFORMANCE SKILLS			
<i>Tai-otoshi into Yoko-shiho-gatame</i>	<i>Escape from Yoko-shiho-gatame - trap, bridge and roll</i>		
<i>Turnover into Yoko-shiho-gatame (Uke in prone position)</i>	<i>Demonstrate the right and left standard grips</i>		
3RD MON — 4TH MON - PERSONAL CHOICE			
<i>Select and demonstrate two Tachi-waza and one Osaekomi-waza from the BJA Technical Grading Syllabus.</i>			
3RD MON — 4TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>			

4TH – 5TH MON - FUNDAMENTAL SKILLS			
<i>Mae Mawari Ukemi III</i>	<i>Ippon-seoi-nage</i>	<i>Kami-shiho-gatame</i>	
4TH – 5TH MON - PERFORMANCE SKILLS			
<i>Ippon-seoi-nage into Kami-shiho-gatame</i>	<i>Escape from Kami-shiho-gatame - 'action/re-action'</i>		
<i>Turnover into Kesa-gatame (Uke in "all fours" position)</i>	<i>Demonstrate alternatives to the right and left standard grips</i>		
4TH – 5TH MON - PERSONAL CHOICE			
<i>Select and demonstrate two waza from the BJA Technical Grading Syllabus.</i>			
4TH – 5TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>			

5TH – 6TH MON - FUNDAMENTAL SKILLS									
<i>Mae Ukemi</i>	<i>O-uchi-gari</i>	<i>Tate-shiho-gatame</i>							
5TH – 6TH MON - PERFORMANCE SKILLS									
<i>O-uchi-gari into Tate-shiho-gatame</i>	<i>Escape from Tate-shiho-gatame - 'bear hug roll'</i>								
<i>Turnover into Mune-gatame (Uke "all fours" position)</i>	<i>Demonstrate alternatives to standard grips</i>								
5TH – 6TH MON - RANDORI									
<i>Demonstration of Nage-komi in easy Randori with a co-operative partner</i>									
5TH – 6TH MON - PERSONAL CHOICE									
<i>Select and demonstrate two waza from the BJA Technical Grading Syllabus.</i>									
5TH – 6TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE									
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>									
<i>Give two examples of actions against the contest rules.</i>									
Authorised by:	<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:30%; padding: 2px;"><i>4th MON:</i></td> <td style="width:70%;"></td> </tr> <tr> <td style="padding: 2px;"><i>5th MON</i></td> <td></td> </tr> <tr> <td style="padding: 2px;"><i>6th MON</i></td> <td></td> </tr> </table>	<i>4th MON:</i>		<i>5th MON</i>		<i>6th MON</i>		Date:	
<i>4th MON:</i>									
<i>5th MON</i>									
<i>6th MON</i>									

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6TH MON —7TH MON - FUNDAMENTAL SKILLS

Ko-uchi-gari	Tsuru-komi-goshi	O-goshi
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6TH MON —7TH MON - PERFORMANCE SKILLS

O-uchi-gari into Ko-uchi-gari	Ko-uchi-gari into O-soto-gari/gake
O-uchi-gari countered by Tsuru-komi-goshi	Escape from Kesa-gatame using 'bridge and roll'
Escape into Kesa-gatame from between Uke's legs'	Randori with a co-operative partner

6TH MON —7TH MON - PERSONAL CHOICE

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

6TH MON —7TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section.	
Translate Waza-ari-awasete-ippou, Tori & Uke and where appropriate explain their meaning.	
Give two examples of actions against the contest rules.	
Demonstrate the proper procedures for coming onto and leaving the mat during a contest.	

7TH –8TH MON - FUNDAMENTAL SKILLS

Ko-soto-gari	Ko-soto-gake	Morote-seoi-nage
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7TH –8TH MON - PERFORMANCE SKILLS

Ko-uchi-gari into Morote-seoi-nage	Tai-otoshi countered by Ko-soto-gake
Turn over into Tate-shiho-gatame	Escape into Yoko-shiho-gatame
	Randori (attack & defend) with a co-operative partner

7TH –8TH MON - PERSONAL CHOICE

Select and demonstrate three-waza from the BJA Technical Grading Syllabus.

7TH –8TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section.	
Translate Shido and Han-soku-make and where appropriate explain their meaning.	
Demonstrate the Referee's signals for Matte, Osaekomi, Toketa and adjusting the judogi.	
Give two examples of actions against the contest rules for negative or safety reasons.	

8TH –9TH MON - FUNDAMENTAL SKILLS

Seoi-otoshi	O-soto-gari	
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8TH –9TH MON - PERFORMANCE SKILLS

Ippon-seoi-nage into Ko-uchi-gake	Selected combinations from Seoi-otoshi
Arm roll – from in front of Uke	Arm roll - from behind Uke
	Randori (attack & defend) with a co-operative partner

8TH –9TH MON - PERSONAL CHOICE

Select and demonstrate three-waza from the BJA Technical Grading Syllabus.

8TH –9TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

State the English translations & meaning of all Japanese terminology used for the grades in this section.	
Translate Hiki-wake and Hantei and where appropriate explain their meaning.	
Give two examples of grips against the contest rules for negative or safety reasons.	

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	8 th MON		
	9 th MON		

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9TH MON — 10TH MON - FUNDAMENTAL SKILLS			
<i>Harai-goshi</i>	<i>Uchi-mata</i>	<i>Ude-gatame</i>	
<i>Waki-gatame</i>			
9TH MON — 10TH MON - PERFORMANCE SKILLS			
<i>Any technique as combinations with Ko Uchi Gake</i>	<i>Randori (attack & defend) with a co-operative partner</i>		
9TH MON — 10TH MON - PERSONAL CHOICE			
<i>Select four techniques from the BJA Technical Grading Syllabus and demonstrate them. *See also note below.</i>			
9TH MON — 10TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>			

10TH MON — 11TH MON - FUNDAMENTAL SKILLS			
<i>Hiza-guruma</i>	<i>Sasae-tsuri-komi-ashi</i>	<i>Juji-gatame</i>	
<i>Hiza-gatame</i>			
10TH MON — 11TH MON - PERFORMANCE SKILLS			
<i>Juji-gatame – “sit back entry”</i>	<i>Juji-gatame – “roll over entry”</i>		
<i>Randori (attack & defend) with a co-operative partner</i>			
10TH MON — 11TH MON - PERSONAL CHOICE			
<i>Select four techniques from the BJA Technical Grading Syllabus and demonstrate them. *See also note below.</i>			
10TH MON — 11TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>			

11TH MON — 12TH MON - FUNDAMENTAL SKILLS			
<i>Hane-goshi</i>	<i>Okuri-ashi-barai</i>	<i>Morote-eri-seoi-nage</i>	
11TH MON — 12TH MON - PERFORMANCE SKILLS			
<i>Juji-gatame – “over the shoulder entry”</i>	<i>Juji-gatame – “entry from beneath”</i>		
<i>Randori (attack & defend) with a co-operative partner</i>			
11TH MON — 12TH MON - PERSONAL CHOICE			
<i>Select four techniques from the BJA Technical Grading Syllabus and demonstrate them. *See also note below.</i>			
11TH MON — 12TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
<i>State the English translations & meaning of all Japanese terminology used for the grades in this section.</i>			
<i>*Note: It is expected that the player will select appropriate techniques. (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).</i>			
Authorised by:	10 th MON:	Date:	
	11 th MON		
	12 th MON		

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12TH MON — 13TH MON - FUNDAMENTAL SKILLS			
Koshi-guruma	Tani-otoshi	Yoko-guruma	
Ude-garami			
12TH MON — 13TH MON - PERFORMANCE SKILLS			
Ude-garami from Kuzure-kesa-gatame	Knowledge of selected Kaeshi-waza (various options)		
Kumi-kata (gripping) skills (right and left)	Randori (attack & defend) with a co-operative partner		
12TH MON — 13TH MON - PERSONAL CHOICE			
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.			
12TH MON — 13TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			

13TH MON — 14TH MON - FUNDAMENTAL SKILLS			
Tomoe-nage	Kata-uchi-ashi-dori	Soto-kibisu-gaeshi	
Okuri-eri-jime	Nami-juji-jime	Gyaku-juji-jime	
13TH MON — 14TH MON - PERFORMANCE SKILLS			
Nami-juji-jime – Uke on top (between Tori's legs)	Gyaku-juji-jime – Uke on top (between Tori's legs)		
Kumi-kata (gripping) skills (right and left)	Okuri-eri-jime – Uke makes Seo-otoshi (or other) dropping attack		
Randori (attack & defend) with a co-operative partner			
13TH MON — 14TH MON - PERSONAL CHOICE			
Select two combinations or counters from the BJA Technical Grading Syllabus and demonstrate them *See also note below.			
13TH MON — 14TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			

14TH MON — 15TH MON - FUNDAMENTAL SKILLS			
Kata-guruma	Morote-gari	Uki-waza	
Soto-ashi-dori-ouchi-gari	Uchi-kibisu-gaeshi		
14TH MON — 15TH MON - PERFORMANCE SKILLS			
Yoko-kata-guruma-otoshi	Koshi-jime – Uke makes “dropping attack”		
Kata-te-jime - Uke “all fours” position	Randori (attack & defend) with a co-operative partner		
14TH MON — 15TH MON - PERSONAL CHOICE			
Select two 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.			
14TH MON — 15TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE			
State the English translations & meaning of all Japanese terminology used for the grades in this section.			
*Note: It is expected that the player will select appropriate techniques. (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).			
Authorised by:	13 th MON:	Date:	
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	15 th MON		

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15TH MON —16TH MON - FUNDAMENTAL SKILLS

Ura-nage	Uki-otoshi	Yoko-tomoe-nage
Kata-hiza-te-ouchi-gake-ashi-dori	Soto-maki-komi	Kata-ha-jime

15TH MON — 16TH MON - PERFORMANCE SKILLS

Knowledge of performance forms of selected techniques	Kata-ha-jime – Uke “all fours” position
Randori (attack & defend) with a co-operative partner	

15TH MON —16TH MON - PERSONAL CHOICE

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.

15TH MON —16TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

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

16TH MON —17TH MON - FUNDAMENTAL SKILLS

Ushiro-goshi	Sumi-gaeshi	Ryo-hiza-seoi-otoshi
Yoko-gake	Hadaka-jime	Kata-te-ashi-koshi-jime

16TH MON — 17TH MON - PERFORMANCE SKILLS

Knowledge of performance forms of selected techniques	Hadaka-jime – Uke prone position
Randori (attack & defend) with a co-operative partner	

16TH MON —17TH MON - PERSONAL CHOICE

Select three combinations or counters from the BJA Technical Grading Syllabus and demonstrate them *See also note below.

16TH MON —17TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

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

17TH MON —18TH MON - FUNDAMENTAL SKILLS

Sode-tsuri-komi-goshi	Te-guruma	Ko-uchi-gake-mata-maki-komi
San-gaku-jime		

17TH MON —18TH MON - PERFORMANCE SKILLS

Demonstrate any two variations of Sumi-gaeshi	San-gaku- gatame – complex entry
San-gaku-Jime – complex entry	San-gaku-osae-gatame – turnover and hold
Randori (attack & defend) with a co-operative partner	

17TH MON —18TH MON - PERSONAL CHOICE

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.

17TH MON —18TH MON - TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

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

*Note: As an optional alternative in the Personal choice section, players may choose to attain a BJA Junior Referee award or senior club kata award.

Authorised by:	16 th MON:	Date:	
	17 th MON		
	18 th MON		