



CURRENT GRADE:
CURRENT AGE:

Nage-waza				Katame-waza	
Te-waza		Ashi-waza (cont.)		Osaekomi-waza	
Kata-guruma		O-guruma		Kata-gatame	
Yama-arashi		Hane-goshi-gaeshi		Uki-gatame	
Kuchiki-taoshi		Ma-sutemi-waza		Shime-waza	
Koshi-waza		Tawara-gaeshi		Hadaka-jime	
Sode-tsurikomi-goshi		Yoko-sutemi-waza		Sode-guruma-jime	
Utsuri-goshi		Uchi-makikomi		Do-jime*	
Ashi-waza		Daki-wakare		Kansetsu-waza	
Ko-uchi-gari		Kani-basami*		Ude-hishigi-ude-gatame	
Harai-tsurikomi-ashi				Ude-hishigi-te-gatame	
<i>* Note: Dangerous techniques must not be applied. They must be explained only insofar as is necessary for the examiner to assess that the judoka understands and is aware of the application.</i>					Total:

Prior Learning							
Demonstrate five techniques from each of the 1st to 3rd dan Fundamental Skills (Section 1) i.e. 15							
Grade	1	2	3	4	5	Sub Total	Total
1st Dan							
2nd Dan							
3rd Dan							

Nage-waza - Renzoku-waza, Renraku-waza, Kaeshi-waza					
Select six different nage-waza from the whole Dan Grade Syllabus, including at least one from Section 1 above. Use each of them with any other nage-waza from the Dan Grade Syllabus to demonstrate a Renzoku-waza, a Renraku-waza, and a Kaeshi-waza.					
Nage-waza	Renzoku-waza	Renraku-waza	Kaeshi-waza	Sub Total	Total
1					
2					
3					
4					
5					
6					

Katame-waza – Osaekomi-waza, Shime-waza, Kansetsu-waza							
Select six different katame-waza from the whole Dan Grade Syllabus, including at least one from Section 1 above. Use each of them to show either a combination, escape, or technique with a complex entry.							
Katame-waza	Combination	or	Escape	or	Complex Entry	Sub Total	Total
1							
2							
3							
4							
5							
6							



4TH DAN – TECHNICAL EXAMINATION FORM

NAME:
MEMBERSHIP NO:

CURRENT GRADE:
CURRENT AGE:

SECTION 5 – PERFORMANCE SKILLS

Transitions – Nage-waza and Katame-waza

From the nage-waza and katame-waza techniques in the whole Dan Grade Syllabus, demonstrate four nage-waza into osaekomi-waza and four nage-waza into either kansetsu-waza or shime-waza.

Nage-waza	Osaekomi-waza	Kansetsu-waza	or	Shime-waza	Sub Total	Total
1						
2						
3						
4						
5						
6						
7						
8						

The Senior Examiner must be a minimum of 1 grade above the candidate's grade. Marking from 0 to 10 points for each demonstration.

Marking Summary	Marks Awarded	Date	Examiner's Name	Signature	Grade	Membership No.	Pass Mark
Section 1							160
Section 2							120
Section 3							144
Section 4							48
Section 5							64
Total							536