

# GUIDE TO DAN GRADE ASSESSMENT OF ADAPTIVE JUDOKA

## 1 INTRODUCTION

### 1.1 Scope

The scope of this document is to standardise the Dan Grading Skills Assessment of Adaptive Judoka and to provide guidance to Senior Examiners (SE), simplifying the process of achieving an officially recognised BJA Dan grade for Adaptive Judoka.

In all sections of the assessment, where impairments prevent the application of a requirement, alternative technical skills or verbal description can be substituted.

### 1.2 General

Level 1 and 2 Judoka can take either the Competitive or Technical Dan grade pathway and follow the standard process for their skills assessment and kata examination; personal coaches are to make the SE aware if any adaptations need to be made.

Level 3, 4 and 5 Judoka are more suited to the technical Dan grade pathway; personal coaches are to provide guidance to support their impairments during the skills assessment and kata examination.

Level 3 Judoka can achieve their required Dan grade points via the international or domestic competitive pathway; the skills assessment and kata examination may require adaptations to support their impairments.

Level 4 and 5 Judoka will require additional guidance from coaches and SEs with suitable experience of Adaptive Judo for promotions to 2<sup>nd</sup> Dan and above.

All five sections of the Dan grade skills assessment should be completed with consideration of the learning and physical capacity of the Judoka; each section can be completed separately and there is no time limit for all sections to be completed.

Where appropriate, video evidence of the Dan grade skills assessment for Level 3, 4 and 5 Judoka can be provided to an SE to support the wellbeing of the candidate.

## 2 DAN GRADE SKILLS ASSESSMENT GUIDANCE

### 2.1 Section 1 – Fundamental Skills

Level 1 and 2 Judoka follow the standard skills assessment process.

Level 3, 4 and 5 Judoka select and demonstrate 10 different waza from the whole Dan Grade Syllabus. This should be a mix of nage-waza and katame-waza, taking into consideration the impairment of the judoka.

### 2.2 Section 2: Fundamental Skills, Prior Learning

Level 1 and 2 Judoka follow the standard skills assessment process.

Section 2 is not required for Level 3, 4 and 5 Judoka.

### **2.3 Section 3: Performance Skills, Nage-waza – Renzoku-waza, Renraku-waza, Kaeshi-waza**

Level 1 and 2 Judoka follow the standard skills assessment process.

Level 3, 4 and 5 Judoka select three different nage-waza from the whole Dan Grade Syllabus and combine them with any other nage-waza from the Dan Grade Syllabus. They should demonstrate one combination in the same direction, one combination in the opposite direction, and one counter.

Section 3 is not required when nage-waza are not achievable due to the impairment of the judoka.

### **2.4 Section 4: Performance Skills, Katame-waza – Osaekomi-waza, Shime-waza, Kansetsu-waza**

Level 1 and 2 Judoka follow the standard skills assessment process.

Level 3, 4 and 5 Judoka select three different katame-waza from the whole Dan Grade Syllabus, then use each of them to show either a combination, escape, or technique with a complex entry.

### **2.5 Section 5: Performance Skills, Transitions – Nage-waza and Katame-waza**

Level 1 and 2 Judoka follow the standard skills assessment process.

Level 3, 4 and 5 Judoka select from the nage-waza and katame-waza in the whole Dan Grade Syllabus, then demonstrate one nage-waza into osaekomi-waza and one nage-waza into kansetsu-waza or shime-waza.

An additional osaekomi-waza transition can be demonstrated when kansetsu-waza or shime-waza are not achievable due to the impairment of the judoka.

Transitions between katame-waza skills, including combinations, escapes, and complex entries, can be demonstrated when nage-waza are not achievable due to the impairment of the judoka.

## **3 KATA EXAMINATION GUIDANCE**

### **3.1 General**

Level 1 and 2 Judoka follow the standard kata examination process.

Level 3, 4 and 5 Judoka are required to demonstrate Nage-no-kata (Sets 1, 2 & 3) or Katame-no-kata, which will require either video evidence or a Kata Examiner with knowledge of Adaptive Judo to complete sign-off.

Where appropriate, judoka can elect to demonstrate EJU Adaptive Nage-no-Kata. A resource to support judoka and examiners can be found [here](#).

## **4 CLASSIFICATION OF ADAPTIVE JUDOKA**

### **4.1 Level 1**

Level 1 is a Judoka who performs shiai with a mainstream recreational/competitive judoka. This Judoka is fast and powerful and has excellent reactivity. This Judoka has a strong feeling for Judo and an excellent strategic view. This Judoka has a good understanding of the meaning and goal of the competition and is capable of participating in mainstream national and regional local events.

#### **4.2 Level 2**

Level 2 is a Judoka who can perform shiai or randori with a mainstream recreational judoka. This Judoka understands the meaning and goal of competition and is capable of taking part in mainstream local tournaments. This Judoka is fast and powerful and has moderate reactivity, but is usually late responding to judo situations. They have a good judo feeling but may struggle with processing complex instructions.

#### **4.3 Level 3**

Level 3 is a Judoka who can perform a playful randori with a mainstream recreational judoka. This Judoka is reasonably fast and powerful and has a reasonably developed reactivity. The strategy for this type of Judoka often consists of repeating the same technique over and over. This Judoka mainly competes in adapted competitions with Judoka of the same level.

#### **4.4 Level 4**

Level 4 is a Judoka who can engage with another Judoka of the same or comparable level. This Judoka is capable of taking part in adapted training and competitions. They often need guidance during the competition but understand most of the rules and goals of a competition. Reactivity could be further developed. Typically, the primary judo technique involves a takedown followed by osae-komi.

#### **4.5 Level 5**

Level 5 is a Judoka who can engage with other Judoka of the same level. Judoka of this level take part in specialised adaptive training or competitions. Contest/training may require adjusting to ensure meaningful activity. Judoka can be very strong and passive, along with slow-responsive timings. Ensuring the safety of the judoka, they may be required to participate in Ne-shisei. Constant coaching to encourage may be necessary. When they end up in osae-komi, the action to escape can take a very long time.