

SECTION 1: FUNDAMENTAL SKILLS

Nage-Waza				Katame-waza	
Te-Waza		Ashi-waza (cont.)		Osaekomi-waza	
Seoi-nage		Uchi-mata		Kesa-gatame	
Tai-otoshi		O-soto-otoshi		Kuzure-kami-shiho-gatame	
Uchi-mata-sukashi		Ma-sutemi-waza		Shime-waza	
Koshi-Waza		Tomoe-nage		Nami-juji-jime	
O-goshi		Yoko-sutemi-waza		Kataha-jime	
Harai-goshi		Tani-otoshi		Sankaku-jime	
Ashi-Waza		Soto-makikomi		Kansetsu-waza	
De-ashi-harai		Yoko-wakare		Ude-hishigi-juji-gatame	
O-soto-gari				Ude-hishigi-waki-gatame	
Total:					

SECTION 2 – FUNDAMENTAL SKILLS

Prior Learning

No Prior Learning is required for 1st Dan.

SECTION 3 – PERFORMANCE SKILLS

Nage-waza - Renzoku-waza, Renraku-waza, Kaeshi-waza

Select three different nage-waza from the Fundamental Skills (Section 1 above) and combine them with any other nage-waza from the Dan Grade Syllabus. Demonstrate one combination in the same direction, one combination in the opposite direction, and one as a counter.

Nage-waza	Renzoku-waza	Renraku-waza	Kaeshi-waza	Sub Total	Total
1					
2					
3					

SECTION 4 – PERFORMANCE SKILLS

Katame-waza - Osaekomi-waza, Shime-waza, Kansetsu-waza

Select three 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	Escape	Complex Entry	Sub Total	Total
1					
2					
3					

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 a nage-waza into osaekomi-waza and a nage-waza into kansetsu-waza or shime-waza.

Nage-waza	Osaekomi-waza	Kansetsu- waza	or Shime-waza	Sub Total	Total
1					
2					

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

Examiners Name	
Signature	
Grade	
Membership No	
Date	

Marking Summary	Marks Awarded	Pass Mark
Section 1		140
Section 2		N/A
Section 3		63
Section 4		21
Section 5		14
Total		238