

SECTION 1: FUNDAMENTAL SKILLS

Nage-Waza				Katame-waza	
Te-waza		Ashi-waza (cont.)		Osaekomi-waza	
Seoi-otoshi		Ko-soto-gari		Ushiro-kesa-gatame	
Uki-otoshi		Ashi-guruma		Tate-shiho-gatame	
Obi-tori-gaeshi		O-uchi-gaeshi		Shime-waza	
Kibisu-gaeshi		Ma-sutemi-waza		Kata-juji-jime	
Koshi-waza		Hikikomi-gaeshi		Ryote-jime	
Tsurikomi-goshi		Yoko-sutemi-waza		Kansetsu-waza	
Hane-goshi		Yoko-gake		Ude-hishigi-ashi-gatame	
Ashi-waza		Uchi-mata-makikomi		Ashi-garami*	
Sasae-tsurikomi-ashi		Ko-uchi-makikomi			
<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:

SECTION 2 – FUNDAMENTAL SKILLS

Prior Learning

Demonstrate five techniques from each of the 1st to 2nd dan Fundamental Skills (Section 1) i.e 10.

Grade	1	2	3	4	5	Sub Total	Total
1st Dan							
2nd Dan							

SECTION 3 – PERFORMANCE SKILLS

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

Select five 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					

SECTION 4 – PERFORMANCE SKILLS

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

Select five 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					
4					
5					



3RD DAN – COMPETITIVE 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 three nage-waza into osaekomi-waza and three 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						

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		150
Section 2		75
Section 3		112
Section 4		38
Section 5		45
Total		420