

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			
* 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.					Total:

SECTION 2 – FUNDAMENTAL SKILLS (EXAMINERS CHOICE)

Prior Learning

Demonstrate five techniques from each of the 1st dan 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 – 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 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		160
Section 2		80
Section 3		120
Section 4		40
Section 5		48
Total		448