

SECTION 1: FUNDAMENTAL SKILLS

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	
* 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

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							

SECTION 3 – PERFORMANCE SKILLS

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					

SECTION 4 – PERFORMANCE SKILLS

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	Escape	Complex Entry	Sub Total	Total
1					
2					
3					
4					
5					
6					



4TH 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 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

Examiners Name	
Signature	
Grade	
Membership No	
Date	

Marking Summary	Marks Awarded	Pass Mark
Section 1		155
Section 2		116
Section 3		140
Section 4		46
Section 5		62
Total		519