

## SECTION 1: FUNDAMENTAL SKILLS

Nage-Waza				Katame-waza	
Te-waza		Ashi-waza (cont.)		Osaekomi-waza	
Sukui-nage		Tsubame-gaeshi		Kami-shiho-gatame	
Sumi-otoshi		Harai-goshi-gaeshi		Ura-gatame	
Morote-gari		Uchi-mata-gaeshi		Shime-waza	
Koshi-waza		Ma-sutemi-waza		Okuri-eri-jime	
Uki-goshi		Ura-nage		Tsukkomi-jime	
Tsuri-goshi		Yoko-sutemi-waza		Kansetsu-waza	
Ashi-waza		Uki-waza		Ude-hishigi-hiza-gatame	
Okuri-ashi-harai		O-soto-makikomi		Ude-hishigi-sankaku-gatame	
O-soto-guruma		Kawazu-gake*			
* 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.					<b>Total:</b>

## SECTION 2 – FUNDAMENTAL SKILLS

### Prior Learning

Demonstrate five techniques from each of the 1st to 4th dan Fundamental Skills (Section 1) i.e 20

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

## SECTION 3 – PERFORMANCE SKILLS

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

Select seven 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					
7					

## SECTION 4 – PERFORMANCE SKILLS

### Katame-waza – Osaekomi-waza, Shime-waza, Kansetsu-waza

Select seven 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					
7					



# 5TH 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 five nage-waza into osaekomi-waza and five nage-waza into 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						
9						
10						

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		160
Section 3		168
Section 4		56
Section 5		80
Total		624