

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. | | | | | Total: |

SECTION 2 – FUNDAMENTAL SKILLS (EXAMINERS CHOICE)

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 – 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 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 |