

## SECTION 1: FUNDAMENTAL SKILLS

| Nage-Waza         |  |                          |  | Katame-waza              |  |
|-------------------|--|--------------------------|--|--------------------------|--|
| <b>Te-Waza</b>    |  | <b>Ashi-waza (cont.)</b> |  | <b>Osaekomi-waza</b>     |  |
| Seoi-nage         |  | Uchi-mata                |  | Kesa-gatame              |  |
| Tai-otoshi        |  | O-soto-otoshi            |  | Kuzure-kami-shiho-gatame |  |
| Uchi-mata-sukashi |  | <b>Ma-sutemi-waza</b>    |  | <b>Shime-waza</b>        |  |
| <b>Koshi-Waza</b> |  | Tomoe-nage               |  | Nami-juji-jime           |  |
| O-goshi           |  | <b>Yoko-sutemi-waza</b>  |  | Kataha-jime              |  |
| Harai-goshi       |  | Tani-otoshi              |  | Sankaku-jime             |  |
| <b>Ashi-Waza</b>  |  | Soto-makikomi            |  | <b>Kansetsu-waza</b>     |  |
| De-ashi-harai     |  | Yoko-wakare              |  | Ude-hishigi-juji-gatame  |  |
| O-soto-gari       |  |                          |  | Ude-hishigi-waki-gatame  |  |
| <b>Total:</b>     |  |                          |  |                          |  |

## SECTION 2 – FUNDAMENTAL SKILLS

### Prior Learning

No Prior Learning is required for 1st Dan.

## SECTION 3 – PERFORMANCE SKILLS

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

Select three different nage-waza from the Fundamental Skills (Section 1 above) and combine them with any other nage-waza from the Dan Grade Syllabus. Demonstrate one combination in the same direction, one combination in the opposite direction, and one as a counter.

| Nage-waza | Renzoku-waza | Renraku-waza | Kaeshi-waza | Sub Total | Total |
|-----------|--------------|--------------|-------------|-----------|-------|
| 1         |              |              |             |           |       |
| 2         |              |              |             |           |       |
| 3         |              |              |             |           |       |

## SECTION 4 – PERFORMANCE SKILLS

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

Select three 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           |             |        |               |           |       |

## 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 a nage-waza into osaekomi-waza and a nage-waza into kansetsu-waza or shime-waza.

| Nage-waza | Osaekomi-waza | Kansetsu- waza | or Shime-waza | Sub Total | Total |
|-----------|---------------|----------------|---------------|-----------|-------|
| 1         |               |                |               |           |       |
| 2         |               |                |               |           |       |

The Senior Examiner must be a minimum of 1 grade above the candidate's grade. Marking from 0 to 10 points for each demonstration

|                       |  |
|-----------------------|--|
| <b>Examiners Name</b> |  |
| <b>Signature</b>      |  |
| <b>Grade</b>          |  |
| <b>Membership No</b>  |  |
| <b>Date</b>           |  |

| Marking Summary  | Marks Awarded | Pass Mark  |
|------------------|---------------|------------|
| <b>Section 1</b> |               | <b>140</b> |
| <b>Section 2</b> |               | <b>N/A</b> |
| <b>Section 3</b> |               | <b>63</b>  |
| <b>Section 4</b> |               | <b>21</b>  |
| <b>Section 5</b> |               | <b>14</b>  |
| <b>Total</b>     |               | <b>238</b> |