

## SECTION 1: FUNDAMENTAL SKILLS

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

## SECTION 2 – FUNDAMENTAL SKILLS (EXAMINERS CHOICE)

### 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 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					

## 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>160</b>
<b>Section 2</b>		<b>N/A</b>
<b>Section 3</b>		<b>72</b>
<b>Section 4</b>		<b>24</b>
<b>Section 5</b>		<b>16</b>
<b>Total</b>		<b>272</b>