

Please refer to the Assessment Guide for either the Competitive or Technical Dan Grade Scheme before completing

SECTION 1 – FUNDAMENTAL SKILLS

These are pre-selected

SECTION 2 – FUNDAMENTAL SKILLS (PLEASE NOTE: EXAMINER'S CHOICE FOR TECHNICAL EXAM)

Prior Learning

From 2nd dan to 5th dan (No Prior Learning 1st kyu to 1st dan)

Dan	Technique 1	Technique 2	Technique 3	Technique 4	Technique 5
1st					
2nd					
3rd					
4th					

SECTION 3 – PERFORMANCE SKILLS

Nage-waza / Renzoku-waza, Renraku-waza, Kaeshi-waza

Select: 3 for 1st dan, 4 for 2nd dan, 5 for 3rd dan, 6 for 4th dan & 7 for 5th dan

	Selected Nage-waza	Renzoku-waza	Renraku-waza	Kaeshi-waza
1				
2				
3				
4				
5				
6				
7				

SECTION 4 – PERFORMANCE SKILLS

Katame-waza / Osaekomi-waza, Shime-waza, Kansetsu-waza

Select: 3 for 1st dan, 4 for 2nd dan, 5 for 3rd dan, 6 for 4th dan & 7 for 5th dan

	Selected Katame-waza	Combination	or	Escape	or	Complex Entry
1						
2						
3						
4						
5						
6						
7						

SECTION 5 – PERFORMANCE SKILLS

Transitions / Nage-waza to Katame-waza

Select: 2 for 1st dan, 4 for 2nd dan, 6 for 3rd dan, 8 for 4th dan & 10 for 5th dan

	Selected Nage-waza	Osaekomi-waza	Kansetsu-waza	or	Shime-waza
1a					
2a					
3a					
4a					
5a					
1b					
2b					
3b					
4b					
5b					

This form should be completed in conjunction with the Assessment Guide for the Competitive or Technical Dan Grade Scheme. All candidates from 1st to 5th dan should complete this form. Please fully complete all relevant sections and hand the completed form to the Senior Examiner before the assessment.

Section 1 – Fundamental Skills

Section 1 does not need to be completed. The 20 Fundamental Skills techniques are pre-determined for each dan grade.

Section 2 – Fundamental Skills: Prior Learning

Candidates for 1st dan (competitive or technical) are NOT required to complete Section 2.

Candidates being assessed for any technical grade (2nd dan to 5th dan) are NOT required to complete Section 2 as the techniques will be selected by the examiner.

Candidates being assessed for competitive grades (2nd dan to 5th dan) should select FIVE techniques from the Fundamental Skills set for EACH of the preceding dan grades. Enter the names of your five chosen techniques in the columns headed 'Technique 1' to 'Technique 5'. The techniques chosen from the 1st dan Fundamental Skills set should be entered in the row headed '1st', and so on. The number of rows you have to complete will depend upon the grade for which you are being examined (one row for 1st dan up to all four rows for 5th dan).

Section 3 – Performance Skills: Nage-waza

Enter the names of your chosen *nage-waza* in the column headed 'Selected Nage-waza'. Between THREE and SEVEN *nage-waza* will be chosen, depending on the grade for which you are being examined. At least ONE of your chosen *nage-waza* must be from Section 1 for the grade for which you are being examined. For EACH chosen *nage-waza*, enter the name of ONE *renzoku-waza*, ONE *renraku-waza* AND ONE *kaeshi-waza* that you have chosen to link with your initial *nage-waza* attack.

Section 4 – Performance Skills: Katame-waza

Enter the names of your chosen *katame-waza* in the column headed 'Selected Katame-waza'. Between THREE and SEVEN *katame-waza* will be chosen, depending on the grade for which you are being examined. At least ONE of your chosen *katame-waza* must be from Section 1 for the grade for which you are being examined. For EACH chosen *katame-waza*, enter the name of ONE other *katame-waza* that you will link with your initial technique, OR ONE method of escaping or countering your initial technique, OR ONE method of complex entry into your chosen technique. Simple descriptions of escapes and complex entry methods, such as 'bridge and roll', 'trap leg', 'counter with *sankaku-jime*' or 'from *uke* between legs', are sufficient.

Section 5 – Performance Skills: Transitions

Enter the names of your chosen *nage-waza* in the column headed 'Selected Nage-waza'. Between ONE and FIVE *nage-waza* will be chosen to be linked with *osaekomi-waza* in the upper part of the table (rows headed '1a' to '5a') AND between ONE and FIVE *nage-waza* will be chosen to be linked with EITHER *kansetsu-waza* OR *shime-waza* in the lower part of the table (rows headed '1b' to '5b'), depending on the grade for which you are being examined. For EACH chosen *nage-waza*, enter the name of the *osaekomi-waza* (upper part of table), *kansetsu-waza* or *shime-waza* (lower part of table) that you have chosen to link with your initial *nage-waza* attack. Your chosen *nage-waza* in the upper and lower parts of the table do NOT need to be the same (but they could be if you wish).