

3RD KYU – 2ND KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Soto-maki-komi
- Tani-otoshi
- Yoko-guruma
- Tomoe-nage
- Yoko-tomoe-nage
- Uki-waza

Shime-waza:

- Okuri-eri-jime
- Nami-juji-jime
- Gyaku-juji-jime

Kansetsu-waza:

- Ude-garami

PERFORMANCE SKILLS

Combination Techniques:

- Ude-garami from Kuzure-kesa-gatame
- Knowledge of selected Kaeshi-waza

Ne-waza:

- Koshi-jime – Uke attempts Seoi-otoshi (dropping attack)
- Kata-te-jime - Uke in “all fours” position
- Nami-juji-jime – Uke underneath (between Tori’s legs)
- Gyaku-juji-jime – Uke on top (between Tori’s legs)
- Okuri-eri-jime – Uke makes Seoi-otoshi (dropping attack)

Kumi-kata:

- introduction to performance Kumi-kata (gripping) skills

Randori:

- demonstration of attacking defence, avoidance, continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a co-operative partner

PERSONAL CHOICE I

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series combinations and counters

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section and must be able to discuss with the Examiner the reasons for their choice of technique, grip etc

NOTES

1. During the Randori demonstration the player will be required to demonstrate knowledge of basic performance skills e.g. Kumi-kata, Renzoku-waza, Renraku-waza and Kaeshi-waza. The duration of the Randori will be approximately four minutes.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement. Demonstrations must include two combinations, two counters and two transitions into Ne-waza. Combinations and counters can be either Tachi-waza or Ne-waza or a combination of both. Techniques must be



demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.

It is expected that the player will select appropriate techniques which will allow for the demonstration of the more advanced combinations and counters.

3. Shime-waza is introduced for this grade and the demonstrations must be made in a controlled manner with special attention being paid to the safety of Uke. Judoka should always apply Shime-waza with care and control especially in a Randori situation and when training with less experienced judoka.