

5TH KYU – 4TH KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Tsuru-komi-goshi
- O-goshi
- Seoi-otoshi
- Morote-seoi-nage
- O-soto-gari
- Ko-uchi-gari
- Ko-soto-gake
- Ko-soto-gari

PERFORMANCE SKILLS

Combination Techniques:

- O-uchi-gari into Ko-uchi-gari
- Ko-uchi-gari into O-soto-gari or O-soto-gake
- Ko-uchi-gari into Morote-seoi-nage
- Ippon-seoi-nage into Ko-uchi-gari
- any technique as combinations with
 - Seoi-otoshi
 - Ko-uchi-gari

Counter Techniques:

- O-uchi-gari countered by Tsuru-komi-goshi
- Tai-otoshi countered by Ko-soto-gari or gake

Ne-waza:

- escape
 - from Kesa-gatame using 'bridge and roll'
 - into Kesa-gatame from between Uke's legs'
 - into Yoko-shiho-gatame from between Uke's legs
- arm roll
 - from behind Uke
 - from in front of Uke
- turn over from underneath Uke into Tate-shiho-gatame

Randori:

- demonstration of attacking and defending in light Randori with a co-operative partner

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate three Waza (two Tachi-waza and one Ne-waza) from the BJA Technical Grading Syllabus and demonstrate them as a combination, a counter and as a transition into Ne-waza

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
- translate the following Japanese words into their common English names and where appropriate explain their meaning:
Shido Hiki-wake Uke Tori
Hansoku-make Waza-ari-awasete-ippou
- demonstrate the Referee's signals for:
Matte Osaekomi Toketa Adjusting the judogi
- demonstrate the proper procedures for coming onto and leaving the mat during a contest



- give two examples of actions (not grips) against the contest rules
- give two examples of grips against the contest rules for negative or safety reasons

NOTES

1. Randori is introduced for this grade. It is to be demonstrated in the form of light Randori of approximately three minutes duration. The examiner will expect to see a variety of Waza and Kumi-kata and, if possible, throws to both right and left sides.
2. For the personal choice element, techniques must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and appropriate movement.