

4TH KYU – 3RD KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Harai-goshi
- Uchi-mata
- Hiza-guruma
- Sasae-tsuru-komi-ashi
- Hane-goshi
- Okuri-ashi-barai
- Morote-eri-seoi-nage

Kansetsu-waza:

- Ude-gatame
- Waki-gatame
- Hiza-gatame
- Juji-gatame

PERFORMANCE SKILLS

Kansetsu-waza:

- Juji-gatame
 - sit back entry
 - roll over entry
 - over the shoulder entry
 - entry from beneath

Randori:

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

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate four techniques from the BJA Technical Grading Syllabus and demonstrate them individually and then as a series of 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. Kansetsu-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 Kansetsu-waza with care and control especially in a Randori situation and when training with less experienced judoka. **From this grade onwards, candidates under the age of 16 and therefore hold a junior licence - must not apply Kansetsu-waza to the point of submission and is taught so that the judoka has an understanding and awareness of the application.**