

2ND KYU – 1ST KYU

FUNDAMENTAL SKILLS

Tachi-waza:

- Sode-tsurei-komi-goshi
- Kata-guruma
- Ryo-hiza-seoi-otoshi
- Sumi-gaeshi
- Yoko-gake
- Ko-uchi-gake-maki-komi
- Ushiro-goshi
- Ura-nage
- Uki-otoshi
- Koshi-guruma

Shime-waza:

- Kata-ha-jime
- Hadaka-jime
- Kata-te-ashi-koshi-jime
- San-gaku-jime

PERFORMANCE SKILLS

- knowledge of performance forms of selected techniques

Tachi-waza:

- Demonstrate any two variations of Sumi-gaeshi

Ne-waza:

- San-gaku-gatame – complex entry
- San-gaku-jime – complex entry
- San-gaku-osae-gatame – turnover and hold
- Hadaka-jime – Uke prone position
- Kata-ha-jime – Uke “all fours” position

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 1

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

AND

PERSONAL CHOICE 2

Kata

- demonstrate any one set of the Nage-no-kata **or** any one set of the Katame-no-kata

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
- give three example of any of the penalties in the competition rules



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. Kata demonstrations must be performed in the traditional manner and include the formal opening and closing bowing procedures.