

## 6TH KYU – 5TH KYU

### FUNDAMENTAL SKILLS

#### Ukemi:

- Mae Ukemi

#### Tachi-waza:

- Tai-otoshi
- Ippon-seoi-nage
- O-uchi-gari

#### Osaekomi-waza:

- Yoko-shiho-gatame
- Tate-shiho-gatame
- Kami-shiho-gatame

### PERFORMANCE SKILLS

#### Combination Techniques:

- O-uchi-gari into Tate-shiho-gatame
- Ippon-seoi-nage into Kami-shiho-gatame
- Tai-otoshi into Yoko-shiho-gatame

#### Ne-waza:

- escape from Kami-shiho-gatame using ‘action and re-action’
- escape from Tate-shiho-gatame using a ‘clamp and roll’ action
- escape from Yoko-shiho-gatame using ‘trap, bridge and roll’
- turnover into Kesa-gatame (Uke in “all fours” position)
- turnover into Mune-gatame (Uke in “all fours” position)
- turnover into Yoko-shiho-gatame (Uke in prone position)

#### Kumi-kata:

- right and left standard grips
- alternatives to standard grips e.g. right versus left grips, double lapel and high collar grips

#### Randori:

- demonstration of Nage-komi in light Randori with a co-operative partner

### PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two Tachi-waza and two Osaekomi-waza from the BJA Technical Grading Syllabus

### TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- give two examples of actions against the contest rules

### NOTES

1. Nage-komi is introduced for this grade. It is to be demonstrated in the form of light Randori which will be of approximately two minutes duration, with each judoka throwing alternately. Although throws may be repeated, the examiner will expect to see a variety and, if possible, to both right and left sides.
2. Kumi-kata is a requirement for this grade and the judoka is required to demonstrate the standard grips and alternatives.
3. For the personal choice element, the judoka may select any Waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.