

East Midlands Area of the Amateur Judo Association

Senior Grading Syllabus - Theory Test



The demonstration of the syllabus must be completed within a 3 week period prior to the senior grading.

This form must be presented at the official senior grading before you will be allowed to take your line-up.

Name:	Club:
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Present Grade:	AJA Number:
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Assessors Name	Club	Grade	Signature

1 Assessor must be a qualified coach of sufficient grade from an independent club.

White Belt - 6th Kyu	✓		✓
Ukemi – To include Ushiro, Yoko, Mae and Chugaeri. Migi and Hidari		O Sota Gari	
Tai Otoshi		O Goshi	
Kesa Gatame		Kami Shiho Gatame	

Yellow Belt - 5th Kyu	✓		✓
Ippon Seoi Nage		Hari Goshi	
O Uchi Gari		Kata Gatame	
Yoko Shiho Gatame		Juji Gatame	
Turnover Uki who is on all fours in tuck position into Yoko Shiho Gatame		Hari Goshi into Juji Gatami	

Orange Belt - 4th Kyu	✓		✓
Marote Seoi Nage		Tsuru Komi Goshi	
Ashi Guruma		Ko Uchi Gari	
Kuzure Kami Shiho Gatame		Kuzure Kesa Gatame	
Nami Juji Jime		Demonstrate any 2 Nage Waza using your none dominant hand, i.e. right handed then throw left handed	

Green Belt - 3rd Kyu		✓	✓
Uki Goshi		Eri Seoi Nage	
Sasae Tsuru Komi Ashi		Kuzure Yoko Shiho Gatame	
Ushiro Kesa Gatame or Gyaku Kesa Gatame		Gyaku Juji Jime	
Okuri Eri Jime		Ude Garami	
Turnover Uki who is on front or all fours and complete move with a strangle or choke		Demonstrate a working knowledge of the 1st Set of Nage No Kata	

Blue Belt - 2nd Kyu		✓	✓
Okuri Ashi Barai		Hane Goshi	
Seoi Otoshi		Hiza Guruma	
Tate Shiho Gatame		Ashi Gatame	
Mune Gatame		Kata Juji Jime	
Hadaka Jime		Demonstrate a working knowledge of the 1st, 2nd and 3rd Sets of Nage No Kata	

Brown Belt - 1st Kyu		✓	✓
Uchi Mata		Tomoe Nage	
Ko Uchi Gake		De Ashi Barai	
Tsuru Komi Jime		Sode Guruma Jime	
Demonstrate a throw into an armlock at speed		Demonstrate the complete Nage No Kata	

Black Belt – 1st Dan – Shodan		✓	✓
Yoko Guruma		O Sota Gake	
Kata Guruma		Utshuri Goshi	
Koshi Guruma		Hiza Gatame	
San Gaku Jime		Demonstrate 3 Renraku Waza	
Turnover Uki who is on front or all fours and complete move with an armlock		Demonstrate the complete Katame No Kata	

Black Belt – 2nd Dan – Nidan			
Ko Uchi Goshi		Tsukui Nage	
Yama Arashi		Ude Gatame	
Koshi Jime		Variations of Uchi-Mata, Hane-Goshi and Tai-Otoshi	
Referee - 3 Contests		Demonstrate Go No Sen No Kata	

Black Belt – 3rd Dan - Sandan			
Morote Gari		O Guruma	
Sumi Gaeshi		Tani Otoshi	
Makura Gesa Gatame		Variations of Maki Komi techniques	
Teach 2 advanced techniques		Demonstrate Ju No kata or Kime No Kata	