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# The BJC Senior Syllabus

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Approved by:	Akinori Hosaka 8th Dan Kodokan and The National Technical Committee
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## Notes

# Senior

## Grading Syllabus (for 16 year olds and over) 1st Kyu (brown belt) to 1st dan (black belt) THIS GRADE CAN BE RECOMMENDED ONLY

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall)
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

Demonstrate Counters and Combinations to and from

- 13. O Soto Gari.
- 14. Hiza Guruma.
- 15. Uchi Mata.
- 7. De Ashi Barai, Uke Avoids, Tori changes attack to any forward throw.

### Groundwork—Demonstrate:

- 33. Juji Jime and escape.
- Tori on back with Uke between Tori's legs, Tori attacks leading to a hold-down.
- Tori on back with Uke between Tori's legs, Tori attacks leading to an armlock.
- Tori on back with Uke between Tori's legs, Tori attacks leading to a strangle.
- 34. Sangaku Jime (1).
- 34. Sangaku Jime (2).

### Contest: Win by Wazari or Ippon only.

- Minimum three wins against own grade and gender.  
Against own age group where possible.

### Kata:

- Nage no Kata complete.
- 1st and 2nd set of Katame no Kata.
- Ju no Kata for non-contest grades (AT National Level ONLY)

### Introduction

This new BJC Syllabus (2010) is issued for immediate use by Candidates, Coaches and Assessors.

Assessment will be according to FPJ Coaching methods.  
All Candidates and Assessors must have a current BJC Licence.

Individual 'Grading Cards', 'Workbooks' and 'Guidelines to Coaches and Assessors' will be available as separate documents.

Members who took or revalidated FPJ 1 in 2009 will have already received syllabus training during their course. All other coaches are encouraged to seek syllabus training as soon as possible.

The syllabus will be used at all National Courses from the date of issue onwards.

During 2010 documents will be finalised and put into one package which will also contain associated present and historical documents.

This Syllabus will result in a higher level of competence in basic foundation judo. The requirements for the 'beginner' grades for the Primary, Junior and Senior syllabi are all similar and will require more time to learn, practice and improve whilst simultaneously providing student's with motivation and satisfaction as they develop their techniques.

Seniors will follow the grade stripe stages of Primary and Junior with one, two or three tabs for each grade up to green belt 3<sup>rd</sup> kyu. Seniors will have the option to display their grade or not, using RED tabs on a white, yellow or orange belt.

Competitive randori at club level is not recommended until reaching Primary green tabs or orange belt for Juniors and Seniors .

### Periods between grades:

The standard period between each tab/grade is 3 months with 12 session attendances.

'Jumping of grades' is only be permitted at Area, Regional or National Level and must be conducted by trained and qualified Grading Assessors (as signed in their BJC licence) who are approved to correctly assess the technical requirements of the syllabus.

'Jumping of grades' are only considered if; a) outstanding technical achievement of the syllabus is displayed, b) suitable justification exists and c) candidates have a minimum of 3 months and 12 session attendances from their previous grade.

At Area level ONLY: An area Grading Assessor (level 2) or higher is permitted to reduce the three month period required for each extra tab/grade but must still observe the full attendance quotas.

Regional & National Level ONLY: A regional Grading Assessor (level 3) or higher will be permitted to reduce the three month period for each tab/grade and/or the quota for attendances.

The period between contest 1<sup>st</sup> kyu and 1<sup>st</sup> dan remains at 1 year.

## The BJC Aim

Always observe and promote basic Dojo Etiquette

- Bow when you enter and leave the Dojo
- Only wear regulation judogi and footwear (zori)
- Leave Zori neatly facing outwards from the mat
- Bow before you step onto and off the mat
- Bow before and after your practice with a partner
- Line-up in grade order and bow to the sensei at the start and end of each session.

BJC Judo starts with FPJ basic principles which encourage only techniques that are provable in contest situations.

This FPJ learning ideology is strongly underpinned by the ethos of 'BJC Judo' - traditional, upright, Ippon style, judo, which embraces not only our central concepts of good judo but also the whole ethos of the BJC as a family of members who aspire to help each other achieve their best in both judo ability and personal character.

'BJC Judo' is a concept of pure, clean, judo firmly based within Jigoro Kano's principle of minimum effort and maximum efficiency.

'BJC Judo' gives everyone an opportunity to aspire to achieve one's highest and full potential in life.

### To summarise:

'BJC Judo':

- Is not about 'quick fixes' or easy results.
- Is where success is not measured by the number of wins you achieve, but by the way in which you, as a judo person, strive for excellence and aim to improve both yourself and your judo throughout your whole life.
- Is where we strive for excellence by demonstrating total control, pure, clean judo and a desire for the most efficient use of our energy.

Manners, Integrity, Humility and Discipline are all worthy attributes of every BJC member.

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# Senior

Grading Syllabus (for 16 year olds and over)  
2nd Kyu (blue belt) to 1st Kyu (brown belt)

### **Etiquette & Safety:**

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### **Breakfalls:**

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### **Standing—Demonstrate:**

- Demonstrate Counters and Combinations to and from 10. Harai Goshi.
- Demonstrate Counters and Combinations to and from 11. Hane Goshi.
- Demonstrate Counters and Combinations to and from 12. Ippon Seoi Nage.

### **Groundwork—Demonstrate:**

- 36. Ude Garami.
- 37. Waki Gatame.
- 22. Kuzure Kesa Gatame to 36. Ude Garami to 37 Waki Gatame.

### **Contest: Win by Wazari or Ippon only.**

- Minimum three wins against own grade and gender. Against own age group where possible.

### **Kata:**

- 1st and 2nd set of Nage no Kata.
- 1st and 2nd set of Katame no Kata.

## Senior

Grading Syllabus (for 16 year olds and over)  
3rd Kyu (green belt) to 2nd Kyu (blue belt)

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- 13. O Soto Gari.
- 14. Hiza Guruma.
- 15. Uchi Mata.

### Groundwork—Demonstrate:

- 29. Tate Shiho Gatame to and from 28. Kata Gatame.
- 31. Hadaka Jime and escape.
- 32. Okuri Eri Jime and escape.
- 35. Ude Hishigi Juji Gatame.
- 35. Ude Hishigi Juji Gatame applied as Uke tries to escape from 31. Hadaka Jime.
- 35. Ude Hishigi Juji Gatame applied as Uke tries to escape from 32. Okuri Eri Jime.

### Contest: Win by Wazari or Ippon only.

- Minimum three wins against own grade and gender.  
Against own age group where possible.

### Kata:

- 1st set of Nage no Kata.
- 1st set of Katame no Kata.

## Techniques in Order of FPJ 1 & 2 Learning

Standing Techniques	Groundwork Techniques
1. Morote Seoi Nage (two handed shoulder throw)	<b>Hold-downs</b>
2. Morote Seoi Otoshi (two handed shoulder)	21. Hon Kesa Gatame (scarf hold)
3. Ko Uchi Gari (minor inner reap)	22. Kuzure Kesa Gatame (broken scarf hold)
4. Tsuru Komi Goshi (lifting pulling hip throw)	23. Yoko Shiho Gatame (side four quarters hold)
5. Tai Otoshi (body drop)	24. Kuzure Kami Shiho Gatame (broken upper four quarters hold)
6. O Uchi Gari (major inner reap)	25. Kami Shiho Gatame (upper four quarters hold)
7. De Ashi Barai (advancing foot sweep)	26. Mune Gatame (chest hold)
8. Sasae Tsuru Komi Ashi (propping drawing ankle throw)	27. Kuzure Yoko Shiho Gatame (broken side four quarters hold)
9. Ko Soto Gari (minor inner reap)	28. Kata Gatame (shoulder hold)
10. Harai Goshi (sweeping hip throw)	29. Tate Shiho Gatame (body four quarters hold)
11. Hane Goshi (spring hip throw)	30. Ushiro Kesa Gatame (reverse scarf hold)
12. Ippon Seoi Nage (one handed shoulder throw)	<b>Strangles</b>
13. O Soto Gari (major outer reap)	31. Hadaka Jime (naked strangle)
14. Hiza Guruma (knee wheel)	32. Okuri Eri Jime (sliding collar strangle)
15. Uchi Mata (inner thigh throw)	33. Juji Jime (cross strangle)
16. Koshi Guruma (hip wheel throw)	34. Sangaku Jime (triangulation strangle)
17. Uki Goshi (floating hip throw)	<b>Armlocks</b>
18. Te Guruma (hand wheel)	35. Ude Hishigi Juji Gatame (cross armlock)
19. Tomeonage (stomach (circular) throw)	36. Ude Garami (entangled armlock)
20. Yoko Tomeonage (side circular throw)	37. Waki Gatame (armlock with armpit)

Note: Not all these techniques are used in this syllabus.

# **SENIOR GRADING REQUIREMENTS**

(For 16 year olds and over)

**Permission to grade  
above 3rd Kyu  
Green belt is  
only authorised  
at Area, Regional  
and National Grading**

**Contests are  
required for 3rd Kyu  
Green belt and above**

## Senior

Grading Syllabus (for 16 year olds and over)  
*4th kyu orange belt 3 red tabs to 3rd kyu green belt*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- Demonstrate Counters and Combinations to and from 6. O Uchi Gari.
- Demonstrate Counters and Combinations to and from 3. Ko Uchi Gari.

### Groundwork—Demonstrate:

- 29. Tate Shiho Gatame and escapes.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*6th kyu white belt Beginner to 1 red tab*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- How and when to submit.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- Bow, take a basic sleeve/lapel grip and posture.
- Demonstrate how to walk with a partner.
- Take a breakfall when thrown by a partner
- 1. Morote Seoi Nage.

### Groundwork—Demonstrate:

- Turn-over from press-up position breakfall, move into 21. Kesa Gatame, escape.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*6th kyu white belt 1 red tab to 2 red tabs*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- Bow, take a basic sleeve/lapel grip and posture.
- Demonstrate how to walk with a partner.
- Take a breakfall when thrown by a partner.
- 2. Morote Seoi Otoshi.
- 3. Ko Uchi Gari
- 1. Morote Seoi Nage, Uke avoids, Tori changes attack to  
2. Morote Seoi Otoshi

### Groundwork—Demonstrate:

- 22. Kuzure Kesa Gatame, escape onto stomach and rise onto 'all fours'.

### Randori:

- Minimum of 2 'throw for throw' style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*4th kyu orange belt 2 red tabs to orange belt 3 red tabs*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- Demonstrate Counters and Combinations to and from  
1. Morote Seoi Nage.
- Demonstrate Counters and Combinations to and from  
5. Tai Otoshi.

### Groundwork—Demonstrate:

- 28. Kata Gatame and escapes.

### Randori:

- Minimum of 2 'throw for throw' style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*4th kyu orange belt 1 red tab to orange belt 2 red tab*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- Demonstrate Counters and Combinations to and from  
4. Tsuru Komi Goshi.

### Groundwork—Demonstrate:

- 22. Kuzure Kesa Gatame to 26. Mune Gatame to  
27. Kuzure Yoko Shiho Gatame.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*6th kyu white belt 2 red tabs to white belt 3 red tabs*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- 1. Morote Seoi Nage, Uke avoids, Tori changes attack to  
3. Ko Uchi Gari.
- 4. Tsuru Komi Goshi.
- 5. Tai Otoshi.

### Groundwork—Demonstrate:

- Turn-over from press-up position breakfall, move into  
21. Kesa Gatame, escape in to 22. Kuzure Kesa Gatame,  
escape onto stomach and rise onto ‘all fours’.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*6th kyu white belt 3 red tabs to 5th kyu yellow belt*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- 6. O Uchi Gari.
- 4. Tsuru Komi Goshi, Uke avoids, Tori changes attack to
- 5. Tai Otoshi.
- 4. Tsuru Komi Goshi, Uke avoids, Tori changes attack to
- 6. O Uchi Gari.

### Groundwork—Demonstrate:

- Turn-over from press-up position, breakfall, move into
- 21. Kesa Gatame, escape onto stomach rise onto ‘all
- fours’, turn over into
- 23. Yoko Shiho Gatame and escape.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*4th kyu orange belt to orange belt 1 red tab*

### Etiquette & Safety;

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- 12. Ippon Seoi Nage.

### Groundwork—Demonstrate:

- 27. Kuzure Yoko Shiho Gatame and escapes.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*5th kyu yellow belt 3 red tabs to 4th kyu orange belt*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- 11. Hane Goshi.

### Groundwork—Demonstrate:

- 26. Mune Gatame and escapes.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*5th kyu yellow belt to 1 red tab*

### Etiquette & Safety;

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- 6. O Uchi Gari, Uke avoids, Tori changes attack to 5. Tai Otoshi.
- 7. De Ashi Barai.
- 8. Tsuru Komi Ashi.
- 9. Ko Soto Gari
- 7. De Ashi Bariai, Uke avoids, Tori changes attack to 8. Tsuru Komi Ashi.

### Groundwork—Demonstrate:

- Turn-over from press-up position, breakfall, move into 21. Kesa Gatame, escape to 22. Kuzure Kesa Gatame escape onto stomach rise onto ‘all fours’, turn over into 23. Yoko Shiho Gatame and escape into 24. Kuzure Kami Shiho and escape into 25. Kami Shiho Gatame.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*5th kyu yellow belt 1 red tab to 2 red tabs*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- 8. Tsuru Komi Ashi, Uke avoids, Tori changes attack to 1. Morote Seoi Nage.

### Groundwork—Demonstrate:

- Demonstrate two hold-downs with escapes and combinations from: Tori on back with Uke between legs, rolls Uke over into hold-downs.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.

## Senior

Grading Syllabus (for 16 year olds and over)  
*5th kyu yellow belt 2 red tabs to 3 red tabs*

### Etiquette & Safety:

- Kneeling, standing bows and etiquette.
- Posture, grip and how to walk with a partner.

### Breakfalls:

- Ushiro Ukemi (back breakfall).
- Migi Yoko Ukemi (right side breakfall).
- Hidari Yoko Ukemi (left side breakfall).
- Mae Ukemi (front breakfall).
- Migi Zempo Kaiten Ukemi (right side rolling breakfall).
- Hidari Zempo Kaiten Ukemi (left side rolling breakfall).

### Standing—Demonstrate:

- 10. Harai Goshi.

### Groundwork—Demonstrate:

- Tori attacks from between Uke’s legs (Uke on their back) and moves around into linked hold-downs.

### Randori:

- Minimum of 2 ‘throw for throw’ style randori practices.