# British Judo Council

## Junior

### Core Requirements

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<td>Standing - Demonstrate</td>
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<td>O Uchi Gari</td>
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<td>Turn over from press up position, breakfall, move into Kesa Gatame, escape into Kurzure Kesa Gatame, escape onto stomach, rise into all fours (crouching position), turn over into Yoko Shioho Gatame &amp; escape.</td>
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### 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)

### Randori

- Minimum of 2 throw for throw style randori practice
British Judo Council
Junior

Name
Age

Grade
Promotion to

Core Requirements

Etiquette & Safety
Kneeling, standing bows and etiquette

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 partner
Take a breakfall when thrown by partner

5th Kyu Yellow Belt to 1 Orange Tab (normally not less than 10 years old)

Standing - Demonstrate
O Uchi Gari , Uke avoids, Tori changes attack to Tai Otoshi
De Ashi Barai
Sasae Tsuri Komi Ashi
Ko Soto Gari
De Ashi Barai, Uke avoids, Tori changes attack to Sasae Tsuri Komi Ashi

Groundwork - Demonstrate
Turn over from press up position, breakfall, move into Kesa Gatame, escape to Kuzure Kesa Gatame, escape onto stomach and rise into all fours (crouching position), turn over to Yoko Shiho Gatame, escape to Kuzure Kami Shiho Gatame and escape into Kami Shiho Gatame and escape

Randori
Minimum of 2 throw for throw style randori practice

5th Kyu Yellow Belt 1 Orange Tab to 2 Orange Tabs (normally not less than 10 years old)

Standing - Demonstrate
Sasae Tsuri Komi Ashi, Uke avoids, Tori changes attack to 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 practice

5th Kyu Yellow Belt 2 Orange Tabs to 3 Orange Tabs (normally not less than 10 years old)

Standing - Demonstrate
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 practice

5th Kyu Yellow Belt 3 Orange Tabs to 4th Kyu Orange Belt (normally not less than 11 years old)

Standing - Demonstrate
Hane goshi

Groundwork - Demonstrate
Mune Gatame and escapes

Randori
Minimum of 2 throw for throw style randori practice

Venue
Date
Examiner

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### Etiquette & Safety
Kneeling, standing bows and etiquette

### 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 partner
- Take a breakfall when thrown by partner

### 4th Kyu Orange Belt to Orange Belt 1 Green Tab (normally not less than 11 years old)
- **Standing - Demonstrate**
  - Ippon Seoi Nage
- **Groundwork - Demonstrate**
  - Kuzure Yoko Shiho Gatame and escapes
- **Randori**
  - Minimum of 2 throw for throw style randori practice

### 4th Kyu Orange Belt 1 Green Tab to Orange Belt 2 Green Tabs (normally not less than 11 years old)
- **Standing - Demonstrate**
  - Demonstrate Counters and Combinations to and from Tsuri Komi Goshi
- **Groundwork - Demonstrate**
  - Kuzure Kesa Gatame to Mune Gatame to Kuzure Yoko Shiho Gatame
- **Randori**
  - Minimum of 2 throw for throw style randori practice

### 4th Kyu Orange Belt 2 Green Tabs to Orange Belt 3 Green Tabs (normally not less than 11 years old)
- **Standing - Demonstrate**
  - Demonstrate Counters and Combinations to and from Morote Seoi Nage
  - Demonstrate Counters and Combinations to and from Tai Otoshi
- **Groundwork - Demonstrate**
  - Kata Gatame and escapes
- **Randori**
  - Minimum of 2 throw for throw style randori practice

### 4th Kyu Orange Belt 3 Green Tabs to 3rd Kyu Green Belt (normally not less than 12 years old)
- **Standing - Demonstrate**
  - Demonstrate Counters and Combinations to and from O Uchi Gari
  - Demonstrate Counters and Combinations to and from Ko Uchi Gari
- **Groundwork - Demonstrate**
  - Tate Shiho Gatame and escapes
- **Randori**
  - Minimum of 2 throw for throw style randori practice

### Comments

### Venue | Date | Examiner
## Core Requirements

**Etiquette & Safety**
- Kneeling, standing bows and etiquette

**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 partner
- Take a breakfall when thrown by partner

### 3rd Kyu Green Belt to Green Belt 1 Blue Tab (normally not less than 13 years old)

**Standing - Demonstrate**
- O Soto Gari

**Groundwork - Demonstrate**
- Tate Shiho Gatame to and from Kata Gatame

**Contest: Win by Wazari or Ippon only.**
- Minimum 1 win against own grade & gender. Against own age group where possible

**Kata**
- 1st technique of Nage no Kata
- 1st technique of Katame no Kata

### 3rd Kyu Green Belt 1 Blue Tab to Green Belt 2 Blue Tabs (normally not less than 13 years old)

**Standing - Demonstrate**
- Hiza Guruma

**Groundwork - Demonstrate**
- Hadaka Jime and escape
- Okuri Eri Jime and escape

**Contest: Win by Wazari or Ippon only.**
- Minimum 1 win against own grade & gender. Against own age group where possible

**Kata**
- 1st & 2nd technique of Nage no Kata
- 1st & 2nd technique of Katame no Kata

### 3rd Kyu Green Belt 2 Blue Tabs to Green Belt 3 Blue Tabs (normally not less than 13 years old)

**Standing - Demonstrate**
- Uchi Mata

**Groundwork - Demonstrate**
- Ude Hishigi Juji Gatame
- Ude Hishigi Juji Gatame applied as Uke tries to escape from Hadaka Jime
- Ude Hishigi Juji Gatame applied as Uke tries to escape from Okuri Eri Jime

**Contest: Win by Wazari or Ippon only.**
- Minimum 1 win against own grade & gender. Against own age group where possible

**Kata**
- 1st Set of Nage no Kata
- 1st, 2nd & 3rd technique of Katame no Kata

**Venue**
- Date

**Examiner**

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**Core Requirements**

**Etiquette & Safety**
- Kneeling, standing bows and etiquette

**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 partner
- Take a breakfall when thrown by partner

**3rd Kyu Green Belt 3 Blue Tabs to Green Belt 1 Brown Tab (normally not less than 13 years old)**

**Standing - Demonstrate**
- Demonstrate Counters and Combinations to and from Hari Goshi

**Groundwork - Demonstrate**
- Ude Garami

**Contest: Win by Wazari or Ippon only.**
- Minimum 2 wins against own grade & gender. Against own age group where possible

**Kata**
- 1st Set of Nage no Kata
- 1st Set of Katame no Kata

**3rd Kyu Green Belt 1 Brown Tab to Green Belt 2 Brown Tabs (normally not less than 13 years old)**

**Standing - Demonstrate**
- Demonstrate counters & combinations to & from Hane Goshi

**Groundwork - Demonstrate**
- Waki Gatame

**Contest: Win by Wazari or Ippon only.**
- Minimum 2 wins against own grade & gender. Against own age group where possible

**Kata**
- 1st & 2nd Set of Nage no Kata
- 1st Set of Katame no Kata

**3rd Kyu Green Belt 2 Brown Tabs to Green Belt 3 Brown Tabs (normally not less than 13 years old)**

**Standing - Demonstrate**
- Demonstrate Counters and Combinations to and from Ippon Seoi Nage

**Groundwork - Demonstrate**
- Kuzure Kesa Gatame to Ude Garame to Waki Gatame

**Contest: Win by Wazari or Ippon only.**
- Minimum 2 wins against own grade & gender. Against own age group where possible

**Kata**
- 1st & 2nd Set of Nage no Kata
- 1st & 2nd Set of Katame no Kata

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#### Junior

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#### Etiquette & Safety
- Kneeling, standing bows and etiquette

#### Breakfalls
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- 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 partner
- Take a breakfall when thrown by partner

**3rd Kyu Green Belt 3 Brown Tabs to Green Belt 1 Black Tab (normally not less than 13 years old)**

- **Standing - Demonstrate**
  - Demonstrate Counters and Combinations to and from O Soto Gari

- **Groundwork - Demonstrate**
  - Juji Jime and escape

- **Contest: Win by Wazari or Ippon only.**
  - Minimum 3 wins against own grade & gender. Against own age group where possible

- **Kata**
  - 1st, 2nd & 3rd Set of Nage no Kata
  - 1st & 2nd Set of Katame no Kata

- **3rd Kyu Green Belt 1 Black Tab to Green Belt 2 Black Tabs (normally not less than 13 years old)**

- **Standing - Demonstrate**
  - Demonstrate Counters and Combinations to and from Hiza Guruma
  - Demonstrate Counters and Combinations to and from Uchi Mata

- **Groundwork - Demonstrate**
  - 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

- **Contest: Win by Wazari or Ippon only.**
  - Minimum 3 wins against own grade & gender. Against own age group where possible

- **Kata**
  - 1st, 2nd, 3rd & 4th Set of Nage no Kata
  - 1st & 2nd Set of Katame no Kata

- **3rd Kyu Green Belt 2 Black Tabs to Green Belt 3 Black Tabs (normally not less than 13 years old)**

- **Standing - Demonstrate**
  - De Ashi Barai, Uke avoids, tori changes to any forward throw

- **Groundwork - Demonstrate**
  - Sangaku Jime (1)
  - Sangaku Jime (2)

- **Contest: Win by Wazari or Ippon only.**
  - Minimum 3 wins against own grade & gender. Against own age group where possible (1)

- **Kata**
  - Nage no Kata complete
  - 1st & 2nd Set of Katame no Kata

#### Venue

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