British Judo Council
Senior

Name

Grade

Age

Promotion to

Core Requirements

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 partner
Take a breakfall when thrown by partner

6th Kyu White Belt to 1 Red Tab (for 16 year olds and over)
Morote Seoi Nage

Groundwork - Demonstrate
Turn over from press up position, breakfall, move into Kesa Gatame and escape

Randori
Minimum of 2 throw for throw style randori practice

6th Kyu White Belt 1 Red Tab to 2 Red Tabs (for 16 year olds and over)
Standing - Demonstrate
Morote Seoi Otoshi
Ko Uchi Gari
Morote Seoi Nage, Uke avoids, Tori changes attack to Morote Seoi Otoshi

Groundwork - Demonstrate
Kuzure Kesa Gatame, escape onto stomach and rise into all fours crouching position

Randori
Minimum of 2 throw for throw style randori practice

6th Kyu White Belt 2 Red Tabs to 3 Red Tabs (for 16 year olds and over)
Standing - Demonstrate
Morote Seoi Nage, Uke avoids, Tori changes attack to Ko Uchi Gari
Tsuri Komi Goshi
Tai Otoshi

Groundwork - Demonstrate
Turn over from press up position, breakfall, move into Kesa Gatame, escape into Kuzure Kesa Gatame, escape onto stomach and rise into all fours crouching position

Randori
Minimum of 2 throw for throw style randori practice

White Belt 3 Red Tabs to 5th Kyu Yellow Belt (for 16 year olds and over)
Standing - Demonstrate
O Uchi Gari
Tsuri Komi Goshi, Uke avoids, Tori changes attack to Tai Otoshi
Tsuri Komi Goshi, Uke avoids, Tori changes attack to O Uchi Gari

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

Randori
Minimum of 2 throw for throw style randori practice

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# British Judo Council
## Senior

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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

**5th Kyu Yellow Belt to 1 Red Tab (for 16 year olds and over)**

**Standing - Demonstrate**
- O Uchi Gari, Uke avoids, Tori changes attack to Tai Otoshibi
- 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 into Kuzure Katame, escape onto stomach and rise into all fours crouching position, turn over to Yoko Shiho Gatame, escape to Kuzure Kami Shiho Gatame & escape

**Randori**
- Minimum of 2 throw for throw style randori practice

**5th Kyu Yellow Belt 1 Red Tab to 2 Red Tabs (for 16 year olds and over)**

**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 Red Tabs to 3 Red Tabs (for 16 year olds and over)**

**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 Red Tabs to 4th Kyu Orange Belt (for 16 year olds and over)**

**Standing - Demonstrate**
- Hane Goshi

**Groundwork - Demonstrate**
- Mune Gatame and escapes

**Randori**
- Minimum of 2 throw for throw style randori practice

### Comments

### Venue

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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

### Promotion to

#### Groundwork - Demonstrate
- Kata Gatame and escapes
- Minimum of 2 throws for throw style randori practice

#### Randori
- Minimum of 2 throw for throw style randori practice

### Promotion to

#### 4th Kyu Orange Belt to Orange Belt 1 Red Tab (for 16 year olds and over)

- Standing - Demonstrate
  - Ippon Seoi Nage

#### Groundwork - Demonstrate
- Kuzure Yoko Shiho Gatame and escapes

#### Randori
- Minimum of 2 throw for throw style randori practice

### Promotion to

#### 4th Kyu Orange Belt 1 Red Tab to Orange Belt 2 Red Tabs (for 16 year olds and over)

- 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

### Promotion to

#### 4th Kyu Orange Belt 2 Red Tabs to Orange Belt 3 Red Tabs (for 16 year olds and over)

- 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

### Promotion to

#### 4th Kyu Orange Belt 3 Red Tabs to 3rd Kyu Green Belt (for 16 year olds and over)

- 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

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Comments
## 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 2nd Kyu Blue Belt (for 16 year olds and over)

#### Standing - Demonstrate

- O Soto Gari
- Hiza Guruma
- Uchi Mata

#### Groundwork - Demonstrate

- Tate Shiho Gatame to and from Kata Gatame
- Hadaka Jime and escape
- Okuri Eri Jime and escape
- 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 3 wins against own grade & gender.
- Against own age group where possible

#### Kata

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

### 2nd Kyu Blue Belt to 1st Kyu Brown Belt (for 16 year olds and over)

#### Standing - Demonstrate

- Demonstrate Counters and Combinations to and from Harai Goshi
- Demonstrate Counters and Combinations to and from Hane Goshi
- Demonstrate Counters and Combinations to and from Ippon Seoi Nage

#### Groundwork - Demonstrate

- Ude Garami
- Waki Gatame
- Kuzure Kesa Gatame to Ude Garami to Waki Gatame

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

- Minimum 3 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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### British Judo Council

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**1st Kyu Brown Belt to 1st Dan Black Belt (for 16 year olds and over)**

*THIS GRADE CAN BE RECOMMENDED ONLY*

#### 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

**Standing - Demonstrate**

- Demonstrate Counters and Combinations to and from O Soto Gari
- Demonstrate Counters and Combinations to and from Hiza Guruma
- Demonstrate Counters and Combinations to and from Uchi Mata
- De Ashi Barai, Uke avoids, tori changes to any forward throw

**Groundwork - Demonstrate**

- 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
- Sangaku Jime - Any version
- Sangaku Jime - Any different version

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

- Minimum 3 wins against own grade & gender.
- Against own age group where possible

**Kata**

- Nage no Kata complete
- 1st & 2nd Set of Katame no Kata
- Juno Kata for non contest grades *(At National level only)*

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**Comments**

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