



BEYOND GRAPPLING CLUB

Judo Grading Requirements



"It is not important to be better than someone else, but to be better than yesterday."

- Kano Jigoro

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Who we are

Our vision

To inspire and guide our students to achieve their full potential both on and off the training mat.

Our mission

To provide our students with the highest standard and fit for purpose Judo and Brazilian Jiu-Jitsu training, in a fun and inclusive environment.

Our core values

- **Honesty:** Being honest on and off the mat
- **Respect:** Being respectful of one another and treating others like we would like to be treated
- **Dedication and resilience:** To develop students who value hard work, dedication and perseverance to achieve a goal
- **Leadership:** To develop leaders who impact their community in a positive way
- **Growth:** To develop individuals who push themselves out of their comfort zone and constantly seek ways to grow as people and grapplers.

Code of Conduct

At all times, a Beyond Grappling Athlete (BGC) athlete must:

- promote and support the BGC's core values
- have no ego on the mats and be respectful of training partners/coaches
- practice techniques with control and cooperation
- control their temper (bullies and physical outbursts are not tolerated)
- be clean, hygienic and void of body odour (this includes trimmed nails)
- train in clean and appropriate attire
- never use foul language
- apply submissions with extreme care and control
- report all accidents and injuries accordingly
- appropriately cover abrasions and open cuts before training
- listen while the coach is teaching
- listen while the coach is teaching

History of Judo

Judo, meaning “gentle way” is a contemporary martial art founded in 1882 by Professor Jigoro Kano.

As a boy, Kano was an undersized, slender, weak, and sickly child with one sickness after another. Against his doctor's advice, Kano decided to do something to improve his health and at the same time learn how to defend himself against bullies.

It was during these times that Kano began a comprehensive and systematic study of various forms of jujitsu. Around 1880 Kano started rethinking and modifying the jujitsu techniques he had learned. He saw that by removing the ‘strength based’ techniques and focusing on leverage, timing and positioning a smaller person could overcome a bigger, stronger opponent. As Kano combined the best techniques of various schools into one system he could create a physical education program that embodies both mental and physical skill. In addition, he believed that the techniques could be practiced as a competitive sport if the more dangerous techniques were omitted.



So, in 1882 he modified many of the traditional throws and removed the foot and hand strikes and introduced, ‘Kano Jujitsu’ otherwise known as ‘Kodokan Judo’, to the world.

There are three core principles to Judo:

Mutual welfare mutual benefit

Judo is for everyone. The most important person on the mat is your training partner. Therefore we should practice in a way where we are all growing as Judoka.

Maximum efficiency minimum effort

Essentially “*Technique overcomes power.*” Being able to throw a bigger person through the correct use of leverage, timing and positioning is what we all aim to achieve.

Adaptability

Both in Judo and in life we need to be able to adapt to what is thrown at us. This is an essential part of Judo training, randori and shiai.

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Purpose of this document

This document explains BGC's policies and procedures around children, teenage and adult Judo grading requirements. This includes how our belt system exists alongside the Judo Australia system as well as the techniques, concepts and knowledge needed to achieve each belt.

Our Judo grading system is multilayered and requires a high level of skill to achieve each grade. If a student fails their initial grading, they are able to re-assess at a later date.

A grading will be held at the end of each term for kids and teens and occasionally when an adult reaches the required skill level.

A student may pass over a few stripes if they demonstrate an advanced level of skill, dedication, teamwork, competition results or overall technical proficiency and consistent behaviour throughout classes and has done the appropriate time in grade.

BGC's Judo grading system considers a student's ability to demonstrate the following elements:

- financial member of BGC with no outstanding fees
- adherence to the BGC Code of Conduct;
- general knowledge of the art of Judo expected of their level;
- safely executing techniques;
- various pinning positions, sweeps and escapes from different positions
- various submissions for the required belt and age level
- various throws including counters and combinations
- possible demonstration of partial or complete nage no kata (depending on the students level)
- have spent the minimum time in grade for the required belt
- overall technical and sparring proficiency;



Grading Elements

Adherence to the BGC Code of Conduct

A student's adherence to the BGC Code of Conduct will be considered in their grading. A student who continuously demonstrates an inability to do so will be advised accordingly, and may not be considered for grading until their behaviour is adjusted.

Demonstrated knowledge of Judo expected of level

A student must be able to demonstrate knowledge of Judo that is expected of their level. This includes being able to demonstrate a technique upon request, as well as during live sparring (as observed by the coaches during classes).

Safe execution of Judo techniques

Safe execution of Judo techniques is crucial to keeping an injury-free training environment. A student must be able to demonstrate their ability to execute Judo techniques safely, without a potential to cause injury to themselves and others.

Tachiwaza

Throws and takedowns (nage waza)

Students will still be required to demonstrate a number of throws and takedowns in both static and moving scenarios. These throws will be taken from the first 40 throws of the gokyo. Video of these are posted on the club website.

In addition to static and moving techniques students may be asked to perform counters (kaeshi waza) and combinations (renraku waza) as well.

Newaza

Pinning positions (osaekomi waza)

Pinning and holding positions are two of the key elements of effective Judo. Students must be able to explain and demonstrate a number of pinning techniques expected of their level. This includes variations of yoko shiho gatame, kesa gatame, tate shiho gatame etc. As grading advances, students will need to demonstrate their ability to move from one holding technique to another without the release of pressure from the opponent.

Escapes (nogare kata)

Escaping various grappling holds from both ground and standing positions is a very important element of effective Judo and self-defence. Students must be able to demonstrate a number of escapes from various holds and pins. This includes escaping yoko shiho gatame, tate shiho gatame, kesa gatame etc

Sweeps (hairi kata)

Sweeping is another key element of effective Judo. Students must be able to demonstrate a number of sweeps from guard as well as guard passing.

Strangles & Choking techniques (shime waza)

Depending on the student's age they may be asked to demonstrate an understanding of both choking and strangulation techniques. Students will need to show control when applying these techniques from positions such as back control, tate shiho gatame and guard. Additionally, students will need to be able to recognise an unconscious opponent and what to do in this situation (this is a possibility, although very unlikely if proper training etiquette is practised).

Joint locking techniques (kansetsu waza)

Depending on the student's age they may be asked to demonstrate a number of joint locking techniques expected of their level. These include arm bars and from various positions such as turtle, yoko shiho gatame and back control.

Tapping out

The most important thing to demonstrate, before any submission or takedown, is a student's ability to effectively 'tap out'. Tapping out is very important and all students must demonstrate their ability to tap out once they have been placed in submissions they cannot escape.

Tapping out safely includes using various ways to let our training partners know we've had enough. This includes verbally saying 'tap', and physically tapping our opponents and the mats, using both hands and feet.

Randori (Sparring ability) and 'flowing'

In addition to technical proficiency in tachiwaza and newaza, the ability to spar safely and effectively must be demonstrated. Judo is a martial art, sport and a self-defence strategy, and therefore the ability to execute techniques in live randori is a great demonstration of a student's ability level.

Equally important is the ability to 'flow' with a training partner, especially with someone that is at a lower level or has lesser bodyweight. This is a great demonstration of technical proficiency and will be considered in grading.

Nage no kata

As students reach the blue belt and above they will need to learn and demonstrate a number of sets of the nage no kata. This traditional kata is an overview of the fundamental aspect of Judo.

Junior Grading Requirements

Belt	Minimum age	Throws	Hold downs	Armbars	Strangles	Combos	Counters	Nage no kata	Guard Passes	Sweeps / Turnovers	Escapes	Min time in grade (months)
White Belt up to 2 stripes	4	1	1									
White Belt Black Tip		1	1									
White / Yellow up to 2 stripes	6	2	1									
White / Yellow Black Tip		3	3									
Yellow Belt up to 2 stripes	7	3	3							1	1	
Yellow Black Tip		4	1							1	1	
Yellow / Orange	8	6	2							1	1	
Yellow / Orange Black Tip		8	3							2	1	
Orange Belt up to 2 stripes	9	10	3							2	2	
Orange Black Tip		11	4									
Orange / Green up to 2 stripes	10	12	4						1	3	3	
Orange / Green Black Tip		18	4						2	3	3	
Green Belt up to 3 stripes	11	24	5		1	2			2	1	1	
Green Black Tip	12	28	6		3	1	1		3	3	3	12 months
Blue up to 3 stripes	14	32	6		3	1	1	1	2	4	3	6 months
Blue Black tip		28	6	4	4	2	2	1-2	2	4	3	12 months
Brown	15	32	6	6	6	4	4	1-3	6	6	4	9-12 months
Brown Black Tip		40	6	8	6	6	6	1-5	6	6	4	
Black Belt	According to the Judo Australia Syllabus System											

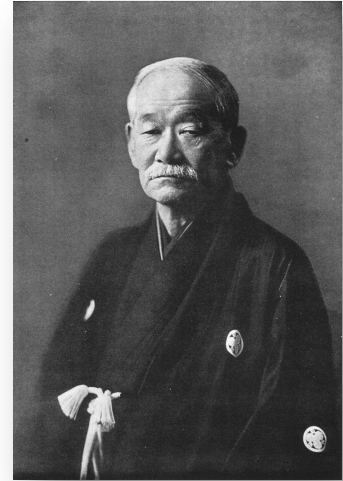
Senior Grading Syllabus Template

Belt	Minimum age	Throws	Hold downs	Armbars	Strangles	Combs	Counters	Nage no kata	Guard Passes	Sweeps / Turnovers	Escapes	Min time in grade (months)
Yellow Belt		8	4	2	2				2	2		
Orange Belt		16	4	2	2				2	2	2	
Green Belt		24	6	4	4				4	4	4	12 months
Blue Belt		32	7	5	5	4	4	1-3	4	4	4	12 months
Brown Belt		40	8	6	6	5	5	1-3	4	6	4	9-12 months
Black Belt	According to the Judo Australia Syllabus System											

General Knowledge questions

These questions may be asked during your examination:

- What does Judo mean?
- Who invented Judo?
- What art did Judo come from?
- Where was the founding city of Judo?
- What is a Judo player called?
- What is the training place called?
- What is the significance of a bow?
- What is your belt called?
- What is your Judo uniform called?
- How can you win a Judo match?
- What are some illegal moves in competition?
- Demonstrate how to tie your belt.
- Demonstrate how to fold your gi.
- Basic dojo hygiene questions.
- Explain the basic rules of sport Judo.
- What is the difference between a choke and a strangle?
- What is the difference between an armbar and an armlock?
- What is the safest way to tap out?
- What do you do if someone falls unconscious?
- What are the 3 elements to a throw?



The Gokyo no waza

	Throws included
1st set	De-ashi-barai, Hiza-guruma, Sasae-tsurikomi-ashi, Uki-goshi, Osoto-gari, O-goshi, Ouchi-gari, Seoi-nage
2nd set	Kosoto-gari, Kouchi-gari, Koshi-guruma, Tsurikomi-goshi, Okuri-ashi-barai, Tai-otoshi, Harai-goshi, Uchi-mata
3rd set	Kosoto-gake, Tsurigoshi, Yoko-otoshi, Ashi-guruma, Hane-goshi, Harai-tsurikomi-ashi, Tomoe-nage, Kata-guruma
4th set	Sumi-gaeshi, Tani-otoshi, Hane-makikomi, Sukui-nage, Utsuri-goshi, O-guruma, Soto-makikomi, Uki-otoshi
5th set	Osoto-guruma, Uki-waza, Yoko-wakare, Yoko-guruma, Ushiro-goshi, Ura-nage, Sumi-otoshi, Yoko-gake

Other techniques:

Osaekomi waza	Kuzure kesa gatame, Kata gatame, Kami shiho gatame, Kuzure kami shiho gatame, Yoko shiho gatame/Mune gatame, Tate shiho gatame, Kesa gatame, Ura gatame, Uki gatame, Sankaku gatame
Shime waza	Nami juji jime, Gyaku juji jime, Kata juji jime, Hadaka jime, Okuri eri jime, Kata ha jime, Sode guruma jime, Kata te jime, Ryote jime, Tsukkomi jime , Sankaku jime,
Kansetsu waza	Ude garami, Ude hishigi juji gatame, Ude hishigi ude gatame, Ude hishigi hiza gatame, Ude hishigi waki gatame, Ude hishigi hara gatame, Ashi garami, Ude hishigi ashi gatame, Ude hishigi te gatame, Ude hishigi sankaku gatame, Ashi sankaku garami

References

- **Beyond Grappling Club Code of Conduct:** www.Beyondgrapplingclub.com (accessed 3rd July 2018)
- **Judo Australian Grading syllabus** <https://www.ausjudo.com.au> (accessed 7th July 2018)
- **History of Judo** <https://judoinfo.com/jhist4/> (accessed 3rd July 2018)
- **History of Judo** <http://www.worldjudoday.com/en/The-History-of-Judo-55.html> (accessed 3rd July 2018)

Notes:
