



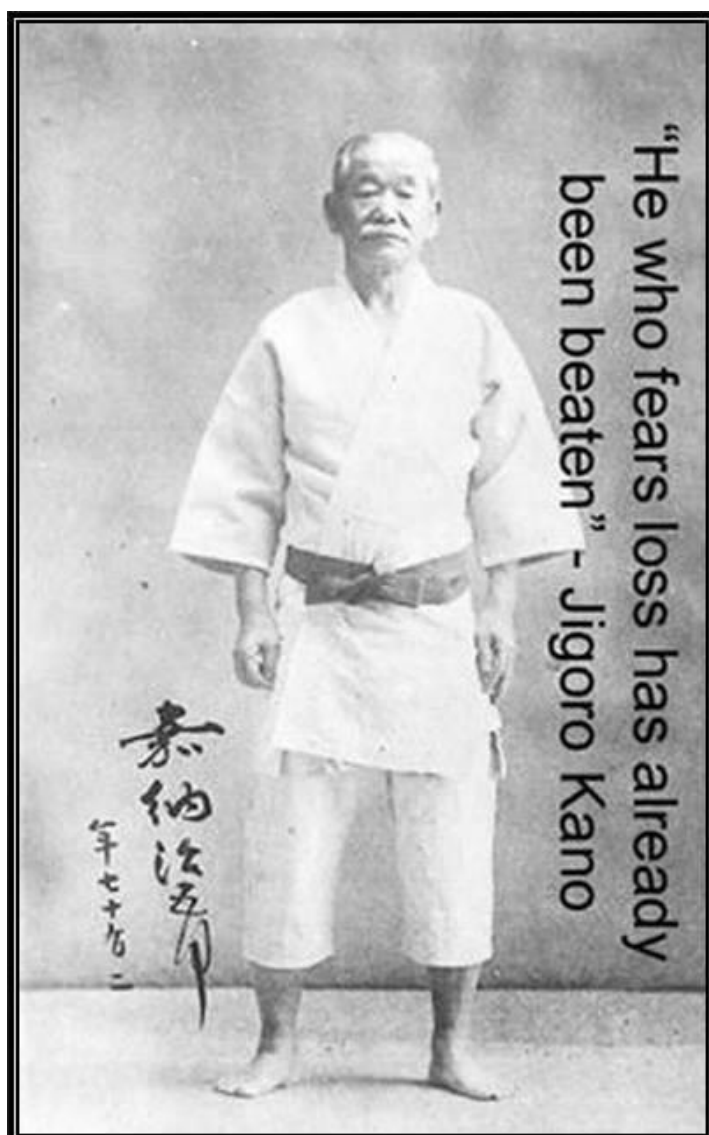
Judo Federation of Australia

National Grading Policy

Version 1

“If there is effort, there is always accomplishment” – Jigoro Kano

This page left intentionally blank



The teaching of Kano Jigoro Shihan

Judo is the way of using one's mental and physical strength in the most efficient manner. Through training and practicing techniques for offense and defense, one disciplines and cultivates body and spirit, and thereby masters the essence of this way. Thus, the ultimate goal of Judo is to strive for personal perfection by means of this and to benefit the world.

TABLE OF CONTENTS

SECTION 1- NATIONAL GRADING POLICY OVERVIEW.....	1
1.1 INTERNATIONAL JUDO FEDERATION GRADING RATIONALE	1
1.2 JUDO FEDERATION OF AUSTRALIA INTRODUCTION	1
1.3 PURPOSE OF THIS POLICY	1
1.4 MISSION STATEMENT	2
1.5 JFA VALUES	2
1.6 OBJECTIVES.....	2
1.7 GRADING AUTHORITIES	2
1.8 DEFINITIONS and APPLICATION	3
1.9 POLICY STATEMENT	3
1.10 REVIEW TRIGGERS	4
1.11 RESPONSIBILITIES	4
SECTION 2 – DEFINITIONS	5
2.1 DEFINITIONS	5
2.2 MEMBER CLASSIFICATIONS	5
SECTION 3 - GRADING PROCESSES.....	6
3.1 GENERAL	6
3.2 FINANCIAL CURRENCY AND ACTIVE PARTICIPATION	6
3.3 KYU GRADES	6
3.4 KYU GRADING CERTIFICATES PROCESS	6
3.5 DAN GRADES	6
3.6 PREREQUISITES FOR STATE GRADING AUTHORITIES	7
3.7 GRADING PANEL FORMATION.....	7
3.8 DAN GRADING PROCESS FOR 1ST – 3RD DAN.....	8
3.9 DAN GRADING PROCESS FOR 4TH – 7TH DAN.....	8
3.10 DAN GRADING PROCESS FOR 8TH DAN AND ABOVE.....	9
3.11 NGC GRADING SUPPORT IN SPECIAL CIRCUMSTANCES	9
3.12 OVERSEAS NATIONALS RESIDING IN AUSTRALIA (ONRA).....	10
3.13 AUSTRALIAN NATIONALS RESIDING OVERSEAS (ANRO).....	10
3.14 AUSTRALIAN NATIONALS WITH DUAL OR MULTIPLE CITIZENSHIP	10
3.15 OFFICIAL JFA DAN GRADE CERTIFICATE	11
SECTION 4 – GENERAL CONTENT FOR ALL PROMOTIONS.....	12
4.1 GENERAL	12
4.2 CONTEST POINTS	12
4.3 BASIC KNOWLEDGE REQUIREMENTS.....	12
4.4 NAGE WAZA (Throwing Techniques)	13
4.5 OSAE KOMI WAZA (Hold Down Techniques)	13
4.6 SHIME WAZA (Strangulation Techniques)	13
4.7 KANSETSU WAZA (Armlock Techniques)	13
4.8 KAESHI WAZA (Counter Techniques)	13
4.9 RENRAKU WAZA (Combination Techniques).....	13
4.10 HAIRI KATA AND NOGARE KATA (Entry & Escape for Ground Techniques).....	13
4.11 KATA (Perranged Forms).....	13
SECTION 5 – JUNIOR GRADING PROMOTION.....	14
5.1 JUNIOR GRADES CLASSIFICATIONS	14
5.2 JUNIOR GRADES ELIGIBILITY	14
5.3 AUTHORITY TO GRADE JUNIOR MEMBERS	14
5.4 JUNIOR GRADES OVERVIEW.....	14
5.5 JUNIOR GRADES PROGRESSION AND CRITERIA.....	16
5.6 NATIONAL KYU GRADE CERTIFICATE	19
SECTION 6 - SENIOR KYU GRADES PROMOTION	20
6.1 SENIOR KYU GRADES CLASSIFICATIONS	20
6.2 AUTHORITY TO GRADE SENIOR KYU GRADES.....	20
6.3 SENIOR CADET GRADES OVERVIEW	20
6.4 SENIOR KYU GRADES PROMOTION OVERVIEW.....	21
6.5 SENIOR KYU GRADES CONTEST POINTS TABLE	21
6.6 SENIOR KYU GRADES CRITERIA.....	22
SECTION 7 - DAN GRADING INFORMATION	23
7.1 DAN GRADES BELT COLOURS	23

7.2	METHODS OF OBTAINING A GRADE	23
7.3	TIME IN RANK REQUIREMENTS	24
7.4	OBTAINING A GRADE – CONTEST POINTS AND KNOWLEDGE	24
7.5	OBTAINING A GRADE – KNOWLEDGE AND SERVICE TO THE ART	24
7.6	OBTAINING A GRADE - KNOWLEDGE OF THE ART OF JUDO	25
7.7	OBTAINING A GRADE by BATSUGUN	25
7.8	MASTER GRADES	26
7.9	VETERANS COMPETITION PATHWAY	26
7.10	KATA COMPETITION PATHWAY	27
7.11	MASTER GRADES - TIME IN RANK REQUIREMENTS	28
7.12	MASTER GRADES - QUALIFICATIONS	29
7.13	DAN GRADES POINTS	31
SECTION 8 – CRITERIA FOR DAN GRADE PROMOTION		32
8.1	SHO DAN – TIME IN RANK / POINTS	32
8.2	SHO DAN EXAMINATION	32
8.3	NI DAN – TIME IN RANK / POINTS	33
8.4	NI DAN EXAMINATION	33
8.5	SAN DAN – TIME IN RANK / POINTS	34
8.6	SAN DAN EXAMINATION	34
8.7	YON DAN – TIME IN RANK /POINTS	35
8.8	YON DAN EXAMINATION	35
8.9	GO DAN – TIME IN RANK /POINTS	36
8.10	GO DAN EXAMINATION	36
8.11	ROKU DAN – TIME IN RANK /POINTS	37
8.12	ROKU DAN EXAMINATION	37
8.13	SHICHI DAN – TIME IN RANK /POINTS	38
8.14	SHICHI DAN EXAMINATION	38
8.15	HACHI DAN – TIME IN RANK /POINTS	39
8.16	HACHI DAN EXAMINATION	39
SECTION 9 - SUMMARY OF MAJOR TECHNIQUES		40
9.1	GO KYO NO WAZA (Traditional Throwing Techniques)	40
9.2	SHIMMEISHO NO WAZA (Additional Throwing Techniques)	41
9.3	OSAE KOMI WAZA (Hold Down Techniques)	43
9.4	SHIME WAZA (Strangulation Techniques)	44
9.5	KANSETSU WAZA (Armlock Techniques)	45
9.6	KAESHI WAZA (Counter Techniques)	46
9.7	RENRAKU WAZA (Combination Techniques)	47
SECTION 10 - SUMMARY OF JUDO KATA		48
10.1	NAGE NO KATA (Prearranged Forms of Throwing)	48
10.2	KATAME NO KATA (Prearranged Forms of Ground Techniques)	49
10.3	KIME NO KATA (Prearranged Forms of Self Defence)	50
10.4	KODOKAN GOSHIN JUTSU (Prearranged Forms of Self Defence of Kodokan Judo)	51
10.5	JU NO KATA (Prearranged Forms of Gentleness)	53
10.6	KOSHIKI NO KATA (Prearranged Antique Forms)	54
10.7	ITSUTSU NO KATA (Prearranged Forms of Five)	55
10.8	SEIROKO ZENYO KOKUMIN TAIKU NO KATA (Prearranged Form of Exercise)	56
10.9	SOTAI-RENSHU (Dual Exercises)	57
10.10	JUSHIKI (Forms of Gentleness)	57
10.11	JOSHI JUDO GOSHINHO (Prearranged Form of Self Defence for Women)	58
SECTION 11 - TERMINOLOGY		59
11.1	BASIC JUDO TERMINOLOGY	59
11.2	REFEREEING TERMS	60
SECTION 12 - APPENDICES		61
APPENDIX A – Application Form – 1st Dan to 3rd Dan Grading		62
APPENDIX B – Application Form – 4th Dan to 5th Dan Grading		69
APPENDIX C - Application Form for Master Grade – 6th Dan & Above		76
APPENDIX D - Dan Grade Flow Chart		84
APPENDIX E – JFA Schedule of Fees		93
APPENDIX F – JFA Office Process		94
APPENDIX G – Special Notes		95
APPENDIX H - Document Version Control		96

SECTION 1- NATIONAL GRADING POLICY OVERVIEW

1.1 INTERNATIONAL JUDO FEDERATION GRADING RATIONALE

The grades and the Dan ranks are very important in the education system of Judo. Our discipline has been conceived by its' founder, Jigoro Kano, as a physical and mental education system by practice and the grades are the measure of the student's progress. This progress is in the field of Judo, but the more one advances in the grade the more this measure takes into account, the individual's personal evolution as a human being.

The three components of the grade are:

The "Tai" (the body) – the assessment of the individual by competition results

The "Ghi" (the work) – the individual's technical knowledge

The "Shin" (the mind) – the most difficult to value, the individual's engagement and example as a role model.

Up to the promotion of 3rd Dan the "Tai" aspect is very important, then the "Ghi" aspect until 5th Dan and finally the "Shin". The three components must always be present, but it is their value that varies according to the grade. It is important to note that the value of "Tai" is important to progress in the grades. Indeed, one cannot have an education system based on the practice without making compulsory the result in practice.

The Judo Federation of Australia (JFA) recognises and awards grades according to the overarching International Judo Federation (IJF) Statutes, processes and criteria. Further detailed explanation can be located on the IJF website in the Grades section.

1.2 JUDO FEDERATION OF AUSTRALIA INTRODUCTION

The JFA is a member of the International Judo Federation and as such is given the authority, as the recognised National Judo Sporting Organisation, to grade, under their policy guidelines and criteria.

The IJF is a dynamic organisation and we have seen Judo develop dramatically as an international sport over the past decade. The introduction of annual Cadet, Junior and Senior World Championships as well as an international Judo competition circuit, including Kata and Veterans has necessitated an updating of our national grading policies to reflect the world framework and standards.

The JFA also acknowledges the standards of Japan's Kodokan Judo and Jigoro Kano's philosophy of continuous improvement be maintained for all members.

Equally, across Australian society, there is an expectation that our Grading policy is fair and consistent for all.

This policy acknowledges the diversity of club Judo coaches around Australia and provides a clear and specific criterion based framework to maintain a consistent grading standard, whether you live in a city or regional, rural or remote part of our large country.

We encourage all Member States, State grading authorities and club coaches, to uphold the integrity of our grading system by implementing this national JFA policy for the benefit of all members.

1.3 PURPOSE OF THIS POLICY

The JFA determined in 2016 that a review of the Grading Syllabus for all ranks should be undertaken to ensure continuing best practice for Judo and to refine the process to be undertaken for obtaining promotions within ranks.

The JFA under the authority of the IJF governs the sport in Australia. Judo as devised by Professor Jigoro Kano in 1882 encourages dedication to the sport and the development of technical excellence irrespective of age, colour, race or creed.

This policy details the prerequisites for Kyu and Dan Grades and the application process in Australia as set down by the JFA. This policy is binding on all members in all States of Australia.

Grading Authorities, Examiners and Instructors are advised that the requirements and standards detailed in this policy are the standards required.









It is important to note that applicants attaining the technical requirements of the grading syllabus do not automatically receive promotion. Attainment of the necessary standards is the final stage of the promotion process and only renders the applicant eligible for promotion, pending the final decision of the Instructor, Examiner or Grading Authority. Promotions can only be awarded by the JFA in the manner set out in this policy. This policy replaces all previous JFA National Grading policies.

1.4 MISSION STATEMENT

The JFA mission is to develop Australian Judo at all levels by addressing elite performance, growing participation and enhancing Judo's profile.

1.5 JFA VALUES

Our values are what define us as an organisation and all members are encouraged to enhance their Judo experience by bringing these values into their Judo pathway.

- | | |
|---|--|
|  <i>Politeness – behaviour that is respectful and considerate of other people.</i> |  <i>Courage – strength in the face of pain or grief.</i> |
|  <i>Sincerity – the absence of pretense, deceit or hypocrisy.</i> |  <i>Honour - the quality of knowing and doing what is morally right.</i> |
|  <i>Modesty – the quality or state of being unassuming in the estimation of one's abilities.</i> |  <i>Respect – due regard for the feelings, wishes, or rights of others.</i> |
|  <i>Self-Control – the ability to control oneself, in particular one's emotions and desires, especially in difficult situations.</i> |  <i>Friendship – a relationship between friends</i> |

1.6 OBJECTIVES

- To foster understanding and preservation of Judo techniques and knowledge
- To document the grading requirements for rank promotions in Australia
- To document the technical and administrative requirements and processes to manage rank promotions in Australia.

In seeking to achieve these objectives, the JFA and its members must adhere to the procedures and guidelines described in the Constitution and this Policy as approved by the JFA and adopted by all Member States.

1.7 GRADING AUTHORITIES

The JFA, through the Chief Executive Officer (CEO), will facilitate the formation and ongoing capability of the National Grading Committee (NGC), with reference to the eligibility requirements to be a member of the NGC. The CEO will also appoint the chairperson of the NGC. Responsibility to remove any NGC member rests with the JFA CEO.

The Member State organisations will select and manage their own Grading Authorities and advise the JFA in writing within thirty (30) days of any changes to these Grading Authorities.

1.8 DEFINITIONS and APPLICATION

Definition

The JFA will engage necessary technical expertise to administer, monitor and enforce the National Grading Policy.

The JFA National Grading Committee (NGC) has the following responsibilities:

- a) Monitors and reviews:
 - i. the standards of gradings conducted within Australia and its Member States
 - ii. the integrity of grading documentation
 - iii. the effectiveness and objectivity of the grading requirements
 - iv. ensures that the highest standards of conduct and ethical behaviour is upheld in all activities relating to the promotion of Judoka for the rank they are attempting.
- b) Makes recommendations to the JFA and its member organisations about any matters that the NGC considers need action or improvement in relation to gradings.

Application

This policy applies to all clubs and members in all States within Australia who aspire to progress through the Kyu and Dan Judo grade ranks.

1.9 POLICY STATEMENT

The JFA recognises the value of an effective independent NGC to assist the JFA discharging its responsibilities and to meeting its business objectives through efficient, effective and economical governance frameworks and processes. This involves the oversight, appraisal, monitoring and reporting on the National Grading Policy.

The National Grading Committee will focus on:

- a) Ensuring that the grading process is open and transparent, with every member having the opportunity to progress through grades, subject to ability and eligibility.
- b) Ensuring that the integrity and transparency of grading practices within Australia are maintained as set out in the National Grading Policy.
- c) Overseeing the promotion of any Judoka within Dan Ranks on behalf of the Judo Federation of Australia.
- d) Evaluation of applications received for Dan Gradings ensuring that each assessed application is documented for future reference and such documentation is lodged with the JFA for filing.
- e) Provide advice to Member State Grading Authorities on the eligibility for Dan grades of 4th Dan and above.
- f) Ensure that Dan Grading examinations are carried out according to the guidelines as set out in the JFA National Grading Policy.
- g) To assess and conduct examinations for all grades of 4th Dan and above and give advice to the JFA CEO on the outcome of these gradings for approval.
- h) Ensure that promotions to Dan ranks are awarded in the manner as set out in the National Grading Policy.
- i) Communicate and inform any changes to the National Grading Policy or processes to Member State Grading Authorities.

1.10 REVIEW TRIGGERS

This policy is reviewed internally by the JFA and the NGC for applicability, continuing effect and consistency with related documents and other constitutional provisions when any of the following occurs:

- a) The related documents are amended.
- b) The related documents are replaced by new documents.
- c) Other circumstances as determined from time to time by the JFA.
- d) New initiatives or directions introduced by the IJF that impact on grading related matters in Australia.

Notwithstanding the above, this policy is to be reviewed at least once every four (4) years for relevance and to ensure that its effectiveness is maintained.

1.11 RESPONSIBILITIES

This Policy is to be:

- a) Implemented by the JFA CEO and the JFA National Grading Committee and all JFA Member States.
- b) Reviewed and amended in accordance with the “Review Triggers” by the JFA.

SECTION 2 – DEFINITIONS

2.1 DEFINITIONS

IJF	International Judo Federation
OJU	Oceania Judo Union
NSO	National Sporting Organisation
JFA	Judo Federation of Australia
NGC	National Grading Committee
State	“State” means the States of Australia, which shall be deemed to include each of the Northern Territory and the Australian Capital Territory
Member State	“Member State” means an entity recognised under the JFA constitution to administer Judo in its particular State or Territory
Member	A currently registered JFA member within Australia
Senior Member	A currently registered JFA state member who is 15 years or older
Junior Member	A currently registered JFA state member who is less than 15 years old

2.2 MEMBER CLASSIFICATIONS

Member classifications for Grades, Sporting Codes, Selection Policies and Tournament Calendars are defined below for all JFA events and activities.

Senior Women/Men	Members who are turning 21 years or older in the current calendar year
Junior Women/Men	Members who turn 18, 19 or 20 years old in the current calendar year
Cadet Women/Men	Members who turn 15, 16 or 17 years old in the current calendar year
Senior Girls/Boys	Members who turn 12, 13 or 14 years old in the current calendar year
Junior Girls/Boys	Members who turn 9, 10 or 11 years old in the current calendar year
Mon Girls/Boys	Members who turn 8 years or less in the current calendar year, with a minimum age of 5 years old

SECTION 3 - GRADING PROCESSES

3.1 GENERAL

The Grading Procedures and Guidelines contained herein have been approved by the JFA and adopted by all member States. Instructors and examiners are advised that the Procedures and Guidelines of this Policy are the standards required for all Judoka applying for promotion.

A grading can only be awarded if:

- a) The candidate is a registered member of a State body, recognised by the JFA.
- b) The grade is awarded according to the procedures laid down in this policy.

3.2 FINANCIAL CURRENCY AND ACTIVE PARTICIPATION

The applicant must have a cumulative total of financial years in grade equal to the minimum time in grade required for promotion. The applicant must have been participating in the sport of Judo unless being graded by the Knowledge Only in the Art of Judo method.

3.3 KYU GRADES

The JFA recognises that the strength of the organisation rests with the quality and development of member clubs.

Registered clubs together with registered senior coaches at the minimum rank of Sho Dan (1st Dan), can grade to the Junior Kyu grade and Senior Kyu grade levels as outlined in Sections 5.3 and 6.2.

All gradings must adhere to the processes outlined in this document and follow the requirements as outlined in Sections 5.4 and 6.4.

All coaches must maintain their continuous membership and coaching qualifications within their residing State.

3.4 KYU GRADING CERTIFICATES PROCESS

JFA Kyu grade certificates are issued by the State Grades Authority, who may delegate issuing of such certificates to their member clubs.

Only the official Kyu Grade certificate number will be recognised by the JFA.

All States are to maintain a grading register of their players and the grades they hold, date obtained and certificate number issued. States may pass this requirement to club level for grades up to and including 1k-Kyu (Senior brown belt).

3.5 DAN GRADES

All Dan Gradings must be conducted using a panel as defined in section 3.7 using the processes outlined in section 3.8 and 3.9 as applicable to the Dan grade promotion being sought.

No individual Dan Grade member has the JFA authority to grade at black belt level.

State Grades Authorities may recommend to their State Boards of Management promotion of ranks up to 3rd Dan via their recognised member grading authority.

State Boards of Management must recommend a candidate's promotion for Dan grades 4th Dan and above to the NGC for deliberation and recommendation.

Final ratification for promotion rests with the JFA after the applicant recommendations are forwarded from the NGC.

All Judoka who apply for a Dan Grading **MUST** undertake a grading examination following the requirements as set out in this grading policy.

The NGC reserves the right to approve a Grading Panel for all Dan Gradings of 4th Dan and above.

Applicants need to ensure that they meet the time and points requirements relevant to the grade they are seeking to attain.

Applications are forwarded to the relevant State Grading Authority, **eight (8) weeks** prior to the grading dates. This allows sufficient time for the verification of applicant details and the organisation of a suitably qualified Grading Panel.

The Grades Authority Convener of the relevant State will be responsible for the preparation and forwarding of all grading documentation to the JFA Office who will register the grading application request and then forward to the NGC chair for distribution to the NGC members for their comments.

The State Grades Authority should acknowledge they have received the applicant's application in writing within ten (10) days of receiving the documentation. A file copy of all correspondence including electronic correspondence must be kept for future reference.

All applications received for promotion should be actioned within six (6) weeks of receiving the application at either State or JFA level. All applicants should be advised in writing of the outcome of their application and a copy of all correspondence must be kept on file.

Applicants complete in full, an electronic JFA Dan Grade Application Form. This includes a passport size photograph and the payment of the relevant grading fee. A copy of the relevant grading forms for reference and member use can be found at Appendix A – 1st Dan to 3rd Dan, Appendix B – 4th Dan to 5th Dan and Appendix C for 6th Dan and above. Please note that incomplete or inappropriately signed off applications will not be processed by the JFA office.

The JFA maintains the National Dan Grade register.

JFA Dan certificates will be actioned by the JFA Office and IJF certificates by the JFA office via the Oceania Judo Union (OJU). It is important to document clearly, the candidate's results, together with their certification request and payment details. This vital step will help all too clearly understand requests for a JFA Certificate and / or the IJF Certificate.

The following processes are to be followed for all Dan Gradings undertaken across Australia by JFA member States. Failure to do so may result in the authority to grade being rescinded.

3.6 PREREQUISITES FOR STATE GRADING AUTHORITIES

State Grading Authorities are appointed by the State Boards of Management who must advise the JFA CEO in writing the names and grades of members of their Grading Authorities with a copy to the NGC chair within 30 days of selection to the Grading Authority.

State Grading Authority members should have the following prerequisites to be considered for the State Grading Authority:

- a) Members must be a minimum grade of 3rd Dan.
- b) Members must have a good understanding and demonstrated experience of the sport and art of Judo.

3.7 GRADING PANEL FORMATION

Grading Panels conduct examinations in consultation with the NGC and grade under the authority of the Committee on behalf of the JFA.

All grading examinations must be conducted by a grading panel.

The Grading Panel must have a minimum of three (3) Dan grades on the panel, one of who must be 2 grades higher than the highest applicant's rank being examined. For example, a Grading Panel for a 3rd Dan applicant sitting for 4th Dan promotion must have one JFA 6th Dan member.

State Grading Panels are authorized to conduct examinations/promotions on behalf of the JFA for Dan grades up to and including San Dan (3rd), on the provision that they adhere to this policy and its' processes.

All Dan grades of Yon Dan (4th) and above are graded by panels that are approved by the NGC. Grade panel members for examinations of Yon Dan (4th) and above must have at least one member who is 2 ranks higher in grade than the grade being attempted.

Grading Panels will make recommendation for Dan Grades to the applicant's State Board of Management who then forward the recommendation to the NGC for consideration and final ratification before approval by the JFA Board.

The NGC can advise suitable Dan Ranks for Grading Panels at the request of the State Grading Authority.

3.8 DAN GRADING PROCESS FOR 1ST – 3RD DAN

1. The Applicant fully completes an application form for a Dan grading.
2. The Applicant's coach checks and endorses the application by signing & dating the application.
3. The Applicant submits the completed application to the State Grades Authority with payment.
4. The State Grades Authority reviews the application against the relevant JFA Grading Policy criteria to determine the applicant's eligibility.
5. The State Grades Authority informs the applicant of their eligibility or ineligibility based on the JFA Grading Policy criteria, relevant to the grade being sought.
6. The State organises a qualified panel (minimum 3 members, with one member at least 2 grades higher) to assess the eligible applicant(s).
7. The Applicant completes the State Grading Examination and is informed against the JFA Grading Policy criteria whether successful or unsuccessful.
8. The State Grading Panel completes and signs off the application and the Panel Co-ordinator forwards the application to the State President.
9. The State President signs off the application and forwards it to the JFA office.
10. The JFA office forward applications to the Chair of the NGC for review and recommendation by the NGC members.
11. The NGC recommends the applicant to the CEO for final approval.
12. The JFA office complete the Applicant invoice & upon invoice payment, finalise the certification process and National Dan Grade Register is updated.
13. The JFA office forwards the Applicant certificate(s) to the State member for presentation.
14. The Applicant receives their Dan grade certificate(s).

3.9 DAN GRADING PROCESS FOR 4TH – 7TH DAN

1. The Applicant fully completes an application form for a Dan grading.
2. The Applicant's coach checks and endorses the application by signing & dating the application.
3. The Applicant submits the completed application to the State Grades Authority with payment.
4. The State Grades Authority reviews the application against the relevant JFA Grading Policy criteria to determine the applicant's eligibility.

The State checks that the applicant is a member in good standing with the JFA.

The State Grades Authority provides a recommendation regarding eligibility to grade.

The State President signs the application for validation that the information is accurate and that the deliberation process has been followed.

5. The NGC further reviews the application and informs the Member State of the applicant's eligibility or ineligibility with reference to the JFA Grading Policy criteria, relevant to the grade being sought.
6. For successful eligible applicants, the NGC will advise the member State to organise a qualified grading panel (minimum 3 members, with one member at least 2 grades higher) to assess the eligible applicant(s).
7. The Applicant completes the State Grading Examination and is informed against the JFA Grading Policy criteria whether successful or unsuccessful.
8. The State Grading Panel completes and signs off the eligible application and the Grading Panel Co-ordinator forward the application to the member State Board for endorsement.
The State President's dated signature validates that this process has been undertaken.
9. The Member State forwards the application to the JFA office.
10. The JFA office forward applications to the Chair of the NGC for review and recommendation by the National Grading Committee.
11. The NGC recommends, via the CEO, the applicant to the JFA Board for final approval.
12. The JFA Board of Directors approves the Dan grade application.
13. The JFA office completes the Applicant invoice & upon invoice payment, finalise the certification process and National Dan Grade Register update.
14. The JFA office forwards the Applicant certificate(s) to the State member for presentation
15. The Applicant receives their Dan grade certificate(s).

Please note that with 7th Dan applications an additional step of forwarding the successful candidate's application to the Oceania Judo Union Executive for final endorsement is required.

3.10 DAN GRADING PROCESS FOR 8TH DAN AND ABOVE

The Judo Federation of Australia will follow the IJF guidelines for promotion to 8th Dan, 9th Dan and 10th Dan.

3.11 NGC GRADING SUPPORT IN SPECIAL CIRCUMSTANCES

Where member States are unable to form a suitably qualified Grading Panel, they can request the attendance of an NGC member to support at the cost of the Member State.

In extenuating circumstances, the NGC will support Member States by organising a Dan grading opportunity at major events, for example, the National Championships; on the provision that at least 6 months' notice is given.

An example of this would be that the Member State does not have the capacity to form an appropriately credentialed panel for a Senior Dan grade applicant and they request a panel be formed for examination at a major JFA event.

This option is only possible when mutual agreements and organisation are possible between all parties and would be undertaken only once per year.

3.12 OVERSEAS NATIONALS RESIDING IN AUSTRALIA (ONRA)

ONRA who wish to have their grade recognised may do so via a ratification process, if the grade was awarded by a National Sporting Organisation recognised by the IJF.

ONRA who wish to seek Dan grade promotion in Australia must:

1. Complete the appropriate JFA Dan Grading Application form.
2. Provide proof of previous grade promotions. For example, providing copies of grading certificates or a letter from the registered NSO confirming current grade status and history.
3. Forwarding the appropriate fee with the application.
4. Clearly demonstrate that they meet time in grade requirements and the expected criteria for the grade promotion.
5. Provide a letter or email of clearance from their previous NSO.

If a grade has been awarded by an Organisation other than one recognised by the IJF, it will be mandatory for the judoka to sit an examination for the rank level required in the State in which he or she resides.

3.13 AUSTRALIAN NATIONALS RESIDING OVERSEAS (ANRO)

ANRO, who wish to participate in judo overseas and seek promotion, may only do so with the written permission of the NGC and their relevant State Board of Management. In doing so, judoka must have fulfilled the requirements for the grade being attempted as set out in this policy.

3.14 AUSTRALIAN NATIONALS WITH DUAL OR MULTIPLE CITIZENSHIP

Australian citizens with dual citizenship, seeking grade promotion, must do so with the mutual agreement of the NSO's involved. The Australian citizen must ask for JFA permission to grade in the other NSO and if successful undertake a JFA ratification of grade process for recognition in Australia. That process includes:

1. Complete the appropriate JFA Dan Grading Application form.
2. Provide proof of current and previous grade promotions. For example, providing copies of grading certificates or a letter from the registered NSO confirming current grade status and history.
3. Forwarding the appropriate ratification of grade fee with the application.
4. Clearly demonstrate that they meet time in grade requirements and the expected criteria for the grade promotion.
5. Provide a letter or email of clearance or support from their previous NSO.

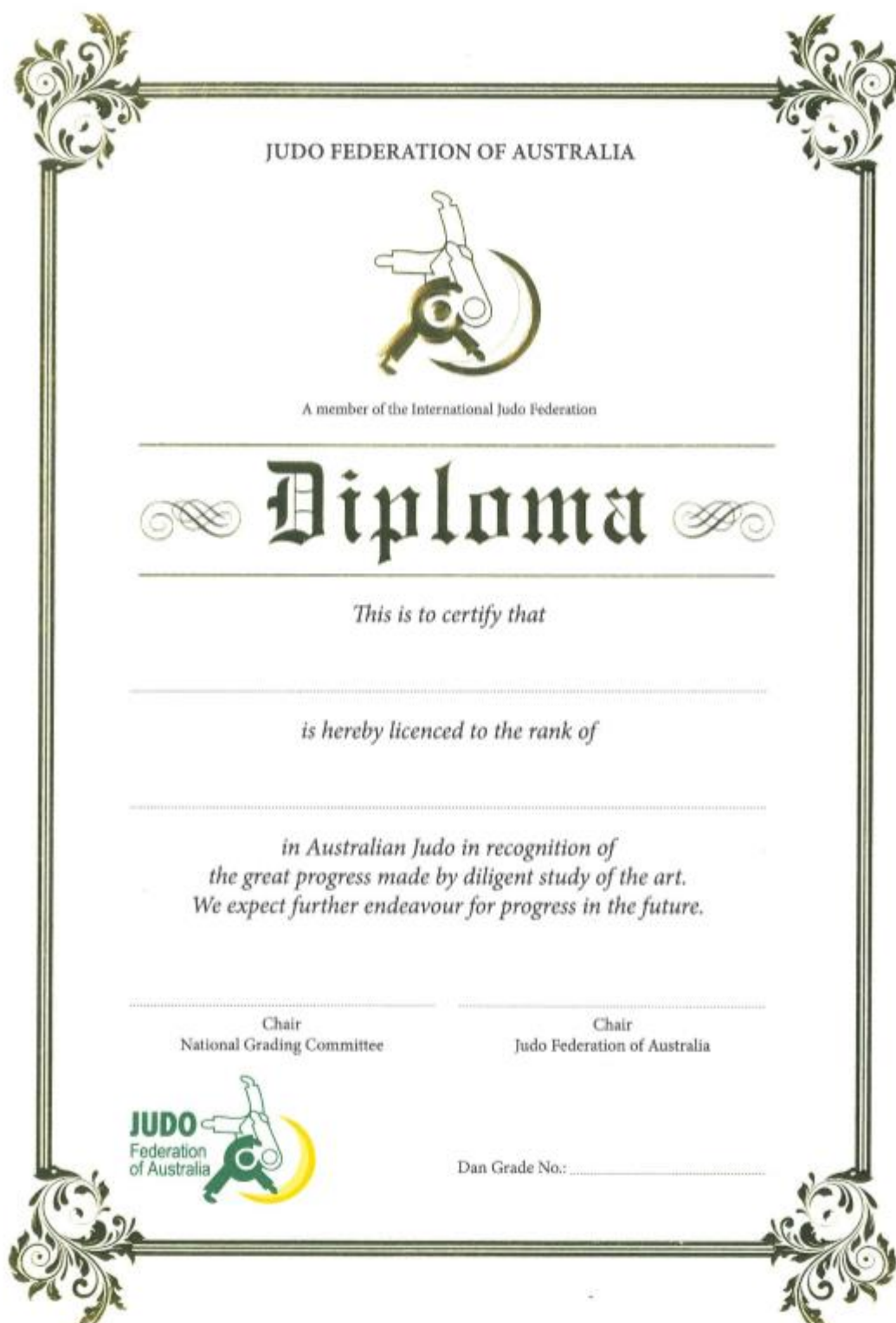
This process is put in place to ensure that "skip grading" (jumping more than one grade at a time) is avoided.

Members who present with a higher grade from a country of citizenship outside Australia without going through the above process will need to present themselves before an appropriately qualified JFA member grading panel, one grade at a time. Failure to do so will mean that in Australia, the former grade will remain and the grade attained in the other NSO will only be recognised in that country, as confirmed by the IJF.

3.15 OFFICIAL JFA DAN GRADE CERTIFICATE

The official national Dan grade certificate is to be used to validate and recognise all Dan grade promotions by Judo Federation of Australia members.

Dan grade certificates are issued by the Judo Federation of Australia national office. An IJF certificate can be purchased by Dan Grades for an additional fee.



SECTION 4 – GENERAL CONTENT FOR ALL PROMOTIONS

4.1 GENERAL

The technical standards of the Kodokan are the accepted standards of the JFA. However, the Knowledge of Judo techniques is always expanding. Examiners must be aware of these changes and not necessarily confine the examination to specific texts. An example of this is the acceptance and knowledge of Shimmeiso No Waza.

4.2 CONTEST POINTS

Contest points are mandatory for the Contest grades pathway for Senior Orange belt and above.

If the points requirement is not achieved then grading under the Knowledge category is the only alternative for Senior Kyu grades.

Alternative Senior Dan Grade pathways are outlined in Section Six (6).

There are no age restrictions apart from those detailed under minimum age and time in rank requirements.

4.3 BASIC KNOWLEDGE REQUIREMENTS

The following are considered as the basic requirements for knowledge in Judo:

- a) Name of the Mother School
- b) Location and the start date for Judo
- c) The purpose of falling - Ukemi Waza
- d) Dojo hygiene and etiquette
- e) The purpose of warming up and cooling down exercises
- f) Elementary Judo terminology which is included as Appendix A
- g) Wearing and folding of the judogi
- h) The forms of sitting and salutation
- i) The fundamentals of and ability to demonstrate the following:
 - i. Forms of Unbalancing - Kuzushi
 - ii. Proper Grappling of the Judogi - Kumikata
 - iii. Posture
 - iv. Body Movement and Walking
 - v. Pivoting - Tai Sabaki
 - vi. Elements of a Throw – Kuzushi, Tsukuri and Kake.

4.4 NAGE WAZA (Throwing Techniques)

It should be recognised that many throws have different forms of execution which depend on the physique of the judoka and the methods of instruction used by the judoka's coach. In general, the techniques of the Go Kyo No Waza should be examined, noting that not all techniques are contained within the Go Kyo No Waza.

4.5 OSAE KOMI WAZA (Hold Down Techniques)

Osae Komi Waza Techniques to be demonstrated are those documented by the Kodokan. The levels and standards to be achieved are consistent with the grade being attempted. Senior grades must be expected to show a higher degree of understanding when performing Osae Komi Waza.

4.6 SHIME WAZA (Strangulation Techniques)

Shime Waza techniques to be demonstrated are those documented by the Kodokan. Care must be taken to ensure that junior judoka are aware of the dangers when applying these techniques. Senior grades are expected to show a higher degree of understanding when demonstrating Shime Waza.

4.7 KANSETSU WAZA (Armlock Techniques)

Kansetsu Waza techniques to be demonstrated are those documented by the Kodokan. Care must be taken to ensure that junior judoka are aware of the dangers when applying these techniques. Senior grades are expected to show a higher degree of understanding when performing Kansetsu Waza.

4.8 KAESHI WAZA (Counter Techniques)

Kaeshi Waza techniques are expected to be demonstrated. Increasing levels of knowledge must be shown for higher grades. A list of indicative techniques for the first and second Go Kyo No Waza is shown in Section 11. Judoka should not be limited by this list. These techniques are provided to show the principles of Kaeshi Waza and many different variations are possible.

4.9 RENRAKU WAZA (Combination Techniques)

Renraku Waza techniques are expected to be demonstrated. Increasing levels of knowledge must be shown for higher grades. A list of indicative techniques for the first and second Go Kyo No Waza is shown in Section 11. Judoka should not be limited by this list. These techniques are provided to show the principles of Renraku Waza and many different variations are possible.

4.10 HAIRI KATA AND NOGARE KATA (Entry & Escape for Ground Techniques)

Hairi and Nogare Katas techniques are wide and varied in application and technique. These techniques are constantly under development and open to individual interpretation of the techniques. Examiners must be aware of these factors and should not be limited to their interpretation or assessment of these techniques.

4.11 KATA (Prearranged Forms)

A sound knowledge of Kata must be demonstrated by senior judoka. A detailed list of all Kata is documented in Section 10. Kata will often vary according to the individual judoka; however, all the principles of the relevant Kata must be performed to a high standard for judoka to pass an examination for promotion.

SECTION 5 – JUNIOR GRADING PROMOTION

5.1 JUNIOR GRADES CLASSIFICATIONS

Mon Girls/Boys	Members who turn 8 years or less in the current calendar year, with a minimum age of 5 years old
Junior Girls/Boys	Members who turn 9, 10 or 11 years old in the current calendar year
Senior Girls/Boys	Members who turn 12, 13 or 14 years old in the current calendar year

5.2 JUNIOR GRADES ELIGIBILITY

To be eligible to sit for a grade, all junior members need to be registered members of the JFA via their Member State.

The awarded grade is not recognised unless the member is JFA registered and a JFA Kyu Grade certificate holder with identifying number issued and recorded for reference, especially for competition at Club, State and National level participation.

5.3 AUTHORITY TO GRADE JUNIOR MEMBERS

The JFA recognises that the development of the organisation rests with the quality and strength of member clubs.

State Associations will grant approval to individual Black Belts (Dan Grades) to conduct Junior and Kyu Gradings under the following criteria:

- 1st Dan (Sho Dan). Up to and including 2nd Kyu Senior (Seinen).

Registered clubs together with registered senior coaches at the minimum rank of Sho Dan (1st Dan), who have the appropriate qualifications within their relevant Member State can grade to the Junior Kyu grade levels.

All gradings must adhere to the processes outlined in this document and follow the requirements as outlined in this Policy.









All coaches must maintain their continuous membership and coaching qualifications within their residing State to maintain the given authority to grade junior members.







5.4 JUNIOR GRADES OVERVIEW







- All new registered junior JFA members start with a white belt.
- Current junior member grades are to be assessed and awarded the relevant grade by club coaches as set out in the criteria of this policy.
- It is expected that basic Judo etiquette, bowing procedures, simple terminology, movement patterns and break falls are demonstrated, at each grade level.
- Grades are assessed and attained by demonstrating the set criteria for each grade over the recommended time frames of two (2) grades per year.
- The junior grading framework includes 20 belts to achieve from 5 years to 14 years of age.
- It is recommended that two (2) new throws be introduced for each grade level, covering the traditional 40 throw Go Kyo before entering the Senior Cadets age group.
- Traditional Kyu grade belt colours are maintained but half colour belts and black tips are included to distinguish each skill and knowledge level. For example, the progression from White belt is White/Yellow, followed by White/Yellow Black Tip, then Yellow belt.

- h) New beginner junior members progress from the beginning however some older new junior members may be assessed to progress at varying points of the grading syllabus. For example, a 13-year-old who is keen and striving to compete may grade at Yellow, then, Orange provided that the knowledge and skills expected are clearly demonstrated. It is expected that coaches use their experience and common sense in this area.
- i) Strangles and choking techniques are introduced to junior members so that knowledge of their application and defence is known prior to entering Senior Cadet Divisions where strangles and chokes are permitted in competition.
- j) Arm locks are introduced to junior members so that knowledge of their application and defence is known prior to entering Senior Cadet Divisions where arm locks are permitted in competition.
- k) The introduction of Kata complements the ongoing development of Kata competitions through to National level and the skill set required for potential Sho Dan grading at an earlier age.
- l) When progressing to the Cadet Division, full colour belts up to Green belt will be maintained. For example, Yellow, Orange or Green. Half belt colours will revert to the lower full colour belt. For example, Yellow/Orange belt will revert to Yellow and Orange/Green belt will revert to Orange.
- m) For junior grades above Green belt, the starting Cadet grade will be Green Belt. This is to allow participation in development Kyu Grade Competitions and allow time for the safe introduction and development of the skills and knowledge required for senior member grades, particularly Arm locks, Strangles and Kata.
- n) The awarding of Junior Grades will include the belt colour and junior category on the authorized JFA certificate, for example Mon Yellow or Senior Blue/Brown.
- o) Certificates are available for purchase from the JFA by registered States. A register will be maintained for JFA and Member records by each State for Kyu Grades.

5.5 JUNIOR GRADES PROGRESSION AND CRITERIA

MONS Boys and Girls Minimum age and recommended grade table with criteria		
Turning 5 years	White – Yellow	White – Yellow Black Tip
		
	1 Throw - 1 Hold Down Tie Belt - Break falls - Knowledge	+1 Throw - +1 Hold Down Tie Belt - Break falls - Knowledge
Turning 6 years	Yellow	Yellow Black Tip
		
	+1 Throw - +1 Hold Down Tie Belt - Break falls - Knowledge	+1 Throw - +1 Hold Down Tie Belt - Break falls - Knowledge
Turning 7 years	Yellow - Orange	Yellow – Orange Black Tip
		
	+2 Throws - +1 Hold Down Tie Belt - Break falls - Knowledge	+2 Throws - +1 Hold Down Tie Belt - Break falls - Knowledge
Turning 8 years	Orange	Orange Black Tip
		
	+2 Throws - +1 Hold Down Tie Belt - Break falls - Knowledge	+2 Throws - +1 Hold Down Tie Belt - Break falls - Knowledge

JUNIOR Boys and Girls Minimum age and recommended grade table with criteria		
Turning 9 years	Orange - Green	Orange – Green Black Tip
		
	+2 Throws 1 Combination 2 Hold Down + 2 escapes 1 Transition to Newaza Hold Down Break falls - Knowledge	+2 Throws +1 Combination 3 Hold Down + 3 escapes +1 Transition to Newaza Hold Down Break falls - Knowledge
Turning 10 years	Green	Green Black Tip
		
	+2 Throws +1 Combination Revise 2 Hold Downs +1 Transition to Newaza Hold Down Break falls - Knowledge	+2 Throws +1 Combination Revise 2 Hold Downs +1 Transition to Newaza Hold Down Break falls - Knowledge
Turning 11 years	Green – Blue	Green – Blue Black Tip
		
	+2 Throws +1 Combination Revise 2 Hold Downs 1 Transition to Newaza Hold Down Break falls - Knowledge	+2 Throws +1 Combination Revise 2 Hold Downs 1 Transition to Newaza Hold Down Break falls - Knowledge

SENIOR Boys and Girls Minimum age and recommended grade table with criteria		
Turning 12 years	Blue	Blue Black Tip
		
	1st, 2nd, 3 rd set of Gokyo = 24 throws 1 st Set Nage No Kata - Tori	1st, 2nd, 3 rd set of Gokyo = 24 throws 1 st Set Nage No Kata – Tori with increased competency
Turning 13 years	Blue – Brown	Blue – Brown Black Tip
		
	1st, 2nd, 3rd, 4th set of Gokyo = 32 throws 1 st & 2 nd Set Nage No Kata - Tori 1 strangle, 1 arm bar	1st, 2nd, 3rd, 4th set of Gokyo = 32 throws 1 st & 2 nd Set Nage No Kata – Tori with increased competency 2 strangles, 2 arm bars
Turning 14 years	Brown	Brown Black Tip
		
	1st, 2nd, 3rd, 4 th & 5 th set of Gokyo = 40 throws 1 st , 2 nd & 3 rd Set Nage No Kata – Tori Transition to Newaza proficiency Practical application of Strangles and Arm locks	1st, 2nd, 3rd, 4 th & 5 th set of Gokyo = 40 throws 1 st , 2 nd & 3 rd Set Nage No Kata – Tori with increased competency Transition to Newaza proficiency Practical application of Strangles and Arm locks

5.6 NATIONAL KYU GRADE CERTIFICATE

The official national Kyu grade certificate is to be used to validate and recognise all Kyu grade promotions for Judo Federation of Australia members.

State organisations purchase certificates from the national office.

Club coaches can purchase the certificates from their Member State organisation.



JUDO
Federation
of Australia

A member of the International Judo Federation

Certificate

This is to certify that

*has passed the Tests and Examinations prescribed by the
Judo Federation of Australia, on this day _____
and is hereby Awarded the Grade of _____.
We expect further progress in the future by diligent study.*



AA 50359

*Examiner and Rank
For and on behalf of the
Judo Federation of Australia*

SECTION 6 - SENIOR KYU GRADES PROMOTION

Senior Kyu grades are awarded to members who turn 15 years old in the current calendar year or are older. They are classified in to three sections listed below:

6.1 SENIOR KYU GRADES CLASSIFICATIONS

Cadet Women/Men	Members who turn 15, 16 or 17 years old in the current calendar year.
Junior Women/Men	Members who turn 18, 19 or 20 years old in the current calendar year.
Senior Women/Men	Members who are turning 21 years or older in the current calendar year.

6.2 AUTHORITY TO GRADE SENIOR KYU GRADES

State Associations will grant approval to individual Black Belts (Dan Grades) to conduct Senior Kyu Gradings under the following criteria:

- i. 1st Dan (Sho Dan). Up to and including Senior 2nd Kyu (Blue belt).
- ii. 2nd Dan and Above (Ni Dan and Above). Up to and including Senior 1st Kyu (Brown belt).

Registered clubs together with registered senior coaches at the minimum rank of Sho Dan (1st Dan), who have the appropriate qualifications within their relevant Member State can grade to the Senior Kyu grade levels listed above.

All gradings must adhere to the processes outlined in this document and follow the requirements as outlined in this **Senior Kyu Grading Section**.

All coaches must maintain their continuous membership and coaching qualifications within their residing State to maintain the given authority to grade senior members.

6.3 SENIOR CADET GRADES OVERVIEW

- a) Cadets are defined as senior members of the JFA, aligning with the IJF definition of members who turn 15, 16 or 17 years old in the current calendar year.
- b) Cadet Kyu Grades are awarded as per the senior grades policy, with full belt colours Yellow, Orange, Green, Blue and Brown belts.
- c) **Juniors progressing to the Senior Cadet division will start at a maximum grade of GREEN BELT.** This is to allow participation in development Kyu Grade Competitions and allow time for the safe introduction and development of the skills and knowledge required for senior member grades and participation, particularly arm locks, strangles and kata.
- d) For junior grades above Green belt, for example Green/Blue, Blue, Blue/Brown or Brown etc. the starting Cadet grade will be Green Belt. This is to allow participation in development Kyu Grade Competitions and allow time for the safe introduction and development of the skills and knowledge required for senior member grades, particularly Arm locks, Strangles and Kata.
- e) A minimum time in grade of six (6) months with contest points is required between promotions to ensure skill development able to cope with senior Judo activity. If Knowledge only the minimum time in grade is nine (9) months.
- f) Cadets will be assessed against the Senior Kyu Grades criteria as detailed within this policy.
- g) The awarding of Cadet Grades will include the belt colour, for example Yellow or Blue belt.

- h) Certificates are available for purchase from the JFA by registered States. A register will be maintained for JFA and Member States shall maintain member records.
- i) Cadets may achieve a Sho Dan (1st Dan) grade promotion in exceptional circumstances. This will be managed and deliberated by the NGC under a Contest pathway. Member states will need to forward to the NGC a fully completed and signed Dan grade application form in each case. Contest points gained at Junior Women/Men and Senior Men/Women divisions only, will count.
- The minimum time in grade as a 1st Kyu (Brown belt) is six (6) months. There will be an expectation that members have knowledge and be able to demonstrate the Nage-No-Kata, the Gokyo, Shime and Kansetsu Waza as per a senior Sho Dan promotion. Exceptional circumstance examples include, an outstanding senior competition record at national level and/or selection in a Cadet World Championship team, noting that time in grade and Sho Dan grade criteria need to be met and demonstrated before an appropriately qualified, NGC approved, state grading panel.
- j) When Cadets progress in to the Junior Women and Men age group they maintain their current grade.

6.4 SENIOR KYU GRADES PROMOTION OVERVIEW

The grade of White belt, (6th Kyu or Rok Kyu) is given to those Judoka who have commenced the sport of Judo, have a Judogi and are registered members of the State organisation of the JFA.

- Table 6.6 lists the Senior Kyu Grade progression with criteria for assessment.
- The 2 pathways for Senior Kyu Grade promotion are Competition or Knowledge.
- The time in grade for Competition pathway is six (6) months.
- The time in grade for the Knowledge pathway is nine (9) months.
- The Competition pathway for Senior Kyu Grade promotion commences at Green Belt (3rd Kyu).
- Competition points are awarded as per table 6.5 below.






6.5 SENIOR KYU GRADES CONTEST POINTS TABLE

SENIOR KYU GRADES CONTEST POINTS TABLE	
Yellow Belt – 5 th Kyu	Not applicable
Orange Belt – 4 th Kyu	Not applicable
Green Belt – 3 rd Kyu	30 points
Blue Belt – 2 nd Kyu	50 points
Brown Belt – 1 st Kyu	100 points

Score	2 grades below	1 grade below	Equal grade	1 grade above	2 grades above
Ippon	5	7	10	15	20
Waza –ari	3	5	7	10	15
Golden Score Shido	1	2	3	4	5

Note: Ippon or Wazari wins in Golden Score are valued as a normal time win for points, as above.

6.6 SENIOR KYU GRADES CRITERIA

*Time in grade is a minimum of 6 months for each belt under a Contest pathway (except 5 th Kyu) and 9 months under a Knowledge only pathway		
Yellow 5th Kyu Go Kyu	 Basic understandings of Judo fundamentals – posture, movement, breaking balance and terminology.	1st Kyo of Gokyo 2 Hold Downs 1 Armlock 1 Strangle Breakfalls Belt Tie Knowledge Regular training
Orange 4th Kyu Yon Kyu	 Improved break falls, increasing knowledge of techniques. Able to display techniques with correct unbalancing, control and speed.	1 st & 2 nd Kyo of Gokyo +2 Hold Downs 1 Armlock 1 Strangle Breakfalls Knowledge Regular training Contest rules – basic understanding
Green 3rd Kyu San Kyu	 Increasing skill level of technique demonstration, including right & left sides.	1 st , 2 nd & 3 rd Kyo of Gokyo 1 st set Nage No Kata - Tori +2 Hold Downs +1 Armlock +1 Strangle 2 Counters 2 Combinations Regular training *30 Contest points
Blue 2nd Kyu Ni Kyu	 Further development of techniques on both sides with emphasis on improved throwing, combination and countering techniques.	1 st , 2 nd , 3 rd & 4 th Kyo of Gokyo 1 st & 2 nd set Nage No Kata - Tori +2 Hold Downs +2 Arm locks +2 Strangles +2 Counters +2 Combinations Basic understanding of Refereeing Rules Regular training *50 Contest points
Brown 1st Kyu Ik Kyu	 Able to demonstrate the broad range of Judo techniques with skill and practicality.	1 st , 2 nd , 3 rd , 4 th & 5 th Kyo of Gokyo 1 st , 2 nd & 3 rd set Nage No Kata - Tori All Hold Downs 6 Arm locks 6 Strangles Practical demonstrations of Transition to Ne Waza, Counters & Combinations Understanding of Refereeing Rules Regular training *100 Contest points

SECTION 7 - DAN GRADING INFORMATION

7.1 DAN GRADES BELT COLOURS

Grade	Colour
Sho Dan	Black Belt
Ni Dan	Black Belt
San Dan	Black Belt
Yon Dan	Black Belt
Go Dan	Black Belt
Roku Dan	Black or Red/White Belt
Shichi Dan	Black or Red/White Belt
Hachi Dan	Black or Red/White Belt
Ku Dan	Black or Red Belt
Ju Dan	Black or Red Belt

7.2 METHODS OF OBTAINING A GRADE

There are four (4) methods of obtaining promotion to Dan rank within the sport of Judo. They are as follows:

- a) Contest Points and Knowledge
- b) Knowledge of the Art with Service to the Sport of Judo
- c) Knowledge of the Art of Judo
- d) Batsugun

Generally, there is an expectation that judoka will grade up to San Dan (3rd) via the contest points and knowledge pathway. Judoka who undertake this pathway may apply (when eligible) for promotion to the grades of Roku Dan and above. Contest points and knowledge will be the normal ways in which judoka are able to seek promotion through the grading system.

Service points in the areas of Administration, Coaching, Refereeing and Team Management are awarded annually to recognise a member's active contribution and further involvement in the sport of Judo. The methods and allocation of points to be recognised for Dan grade promotion are shown in the requirements for each Dan Grade. Generally, members seeking promotion via the Knowledge and Service only pathway are eligible to be graded to a maximum of Go Dan (5th).

Any member requesting an exemption from the practical components of a grade examination must first seek approval from the relevant State Grading Authority and NGC. The relevant State Grading Authority and NGC will then decide whether or not the judoka is eligible to be considered for promotion.

By setting these parameters, the NGC together with the member States, will be able to maintain the integrity of the Dan grading process on behalf of the JFA.

7.3 TIME IN RANK REQUIREMENTS

Minimum time in Rank is that period in which the Judoka must have maintained the current grade worn before being able to be promoted to the next grade.

The applicant must have a cumulative total of financial years in grade equal to the minimum time in grade required for promotion. They must be able to show continuous financial membership within their State.

SHO DAN TO GO DAN - TIME IN RANK REQUIREMENTS				
Grade		Minimum Time in Rank		
		a) Contest Points and Knowledge	b) Knowledge and Service	c) Knowledge to Art of Judo
1 st Dan	Sho Dan	1 Year = 150 points 2 Years = 100 points	3 years	5 years
2 nd Dan	Ni Dan	2 years = 150 points 3 years = 100 points	4 years	6 years
3 rd Dan	San Dan	3 years	5 years	
4 th Dan	Yon Dan	4 years	6 years	
5 th Dan	Go Dan	5 years		

Note 1: Promotion to Roku Dan and above please refer to Section 8 for detailed explanation of the designated pathways for Master Dan Grade promotion.

Note 2: Promotion to 8th Dan, 9th Dan and 10th Dan will follow the IJF Guidelines.

7.4 OBTAINING A GRADE – CONTEST POINTS AND KNOWLEDGE

Points are awarded for each bout contested and won in open, JFA sanctioned events. The points allocated to judoka in competition are detailed in the table, Contest Points and Time Requirements in section 7.13.

Points criteria for Dan ranks are outlined in Section 8.

Special note: If a judoka retires from senior competition with competition points less than required for their next grade, those competition points may be added to the 7.5 Knowledge and Service pathway. For example, a judoka retires with 50 competition points at San Dan (3rd Dan) level. Under the Knowledge with Service pathway, the judoka has a time in grade of 6 years with a requirement of 150 points. The 50 points gained in competition may be added so that only an additional 100 service points are needed to eligible for Yon Dan (4th Dan) application.

7.5 OBTAINING A GRADE – KNOWLEDGE AND SERVICE TO THE ART

Judoka are able to gain promotion via the Knowledge of the Art with Service to the Sport of Judo, if they are unable to gain points through competition. This method of attaining promotion requires the Judoka to show dedication through active service via demonstration of techniques, coaching, refereeing, administration, and management appointments.

Judoka who wish to gain promotion on this path must also be able to demonstrate significant knowledge on a broad range of aspects of the sport and art of Judo. This will include theory, practical, theoretical teaching of techniques, demonstration of the required Katas, and refereeing theory.

Judoka who are graded via the knowledge and service to the sport of Judo will only be able to progress to the maximum rank of **Go Dan (5th Dan)**.

7.6 OBTAINING A GRADE - KNOWLEDGE OF THE ART OF JUDO

This method of obtaining promotion is the least common form of grading. Judoka must have a legitimate reason for not being able to participate in competitions or being of service to the sport of Judo.

Such reasons must accompany their completed application for a grading and be forwarded to the relevant State Board of management and then after recommendation to the NGC.

Judoka seeking Dan grade promotion via the Knowledge only pathway will only be eligible to obtain the maximum rank of **San Dan (3rd Dan)**.

If the Judoka is eligible for an examination they must display significant knowledge of a broad range of aspects of the sport and the art of Judo. This will include Refereeing theory; practical and theoretical teaching of techniques, demonstration of the relevant kata(s) and other grading requirements outlined in this policy relevant to the grade the candidate is seeking.

Any member requesting an exemption from the practical components of a grading examination must first seek approval from the relevant State Grading Authority and NGC.

The State Grading Authority and NGC will then decide whether or not the Judoka is eligible to be considered for promotion.

7.7 OBTAINING A GRADE by BATSUGUN

Batsugun promotion may be attained by either:

a) Tournament Batsugun

Which is five (5) consecutive wins over the entire course of an approved JFA tournament against different opponents of the same grade or higher. The wins must all be by Ippon in the one division.

b) Kohaku Kachi Nun Shiai

For promotion to 1st Dan: Minimum of six (6), 1st Kyu competitors.

The judoka are arranged in order of promotion points and weight and the least qualified judoka competes first, against each of the others in turn, for as long as that judoka continues to defeat them by Ippon.

Contest time is five (5) minutes per match.

At any time when the judoka undertaking a Batsugun does not win by Ippon, the Batsugun ends and that judoka return to the lineup. Each of the six judoka is allowed their own Batsugun.

The recognition of a Batsugun Grade involves the same application and approval process outlined in this policy, namely, having the appropriate time in grade eligibility. This avenue of promotion is only available to 1st Kyu (Brown belt) seeking promotion to Sho Dan (1st Dan) and Sho Dan seeking promotion to Ni Dan (2nd Dan).

7.8 MASTER GRADES

The promotion to the Master Grades of 6th Dan and above are awarded on the basis of outstanding achievement and service at National and International levels of activity during the candidate's Judo career.

Members seeking promotion to Master Grades 6th Dan and above can only do so if they have obtained a minimum **JFA Contest record up to and including San Dan (3rd Dan)**.

Nomination for promotion to these grades will be via the Master Dan Grade Application Form together with a resume of the candidate's judo career. Candidates are required to provide full authentication of positions held or achievements in support of their application for examination / promotion.

In considering nominated candidates for promotion, the profile record of the candidate shall be examined before any recommendation for examination or promotion is granted. The National Grading Committee may, at its sole discretion, require the nominated candidate to undertake special examination in Judo technique, Kata, Judo history, rules of competition and grading requirements. Current contest ability is not a pre-requisite for promotion in this category.

The following must be demonstrated:

- a) Proof of active and continuous membership for the time in rank period required.
- b) Have obtained a JFA grade of San Dan (3rd Dan) through competition points.
- c) At least 20 years' active membership of the JFA.
- d) At least 40 years of age

There are four (4) designated pathways for a Master Dan Grade Promotion.

- A Class – Olympic Level
- B Class – International Level
- C Class – Continental Union Level
- D Class – National Level

Promotion to 7th Dan requires the approval of Oceania Judo Union.

Promotion to 8th, 9th and 10th Dan will follow the International Judo Federation Guidelines.

7.9 VETERANS COMPETITION PATHWAY

This method of promotion allows for Judoka participating in recognised Veteran's competitions to gain points for Dan grade promotion.

Time in rank, financial currency and active participation via National, Oceania and International Judo Federation Veteran's competitions are the key criteria assessed to be eligible for promotion via this pathway, with specific conditions listed below:

- a) The points are gained in authorised JFA Nationals, OJU Championships and IJF Tournaments.
- b) The applicant can only claim points for wins as per the table below.
- c) The applicant can only claim points from the same opponent **once** per tournament
- d) It is up to the applicant to provide proof of points claimed.
- e) Promotion can only be used under the "Knowledge and Service" category.
- f) Promotion via this pathway is limited to **San Dan (3rd)**.

Veterans Time in Rank and Points Table

For Grade of		Time		Points	
1 st Dan	Sho Dan	2 years		100	
2 nd Dan	Ni Dan	3 years		120	
3 rd Dan	San Dan	4 years		150	
Score	2 grades below	1 grade below	Equal grade	1 grade above	2 grades above
Ippon	5	7	10	15	20
Waza –ari	3	5	7	10	15
Golden Score Shido Win	1	2	3	4	5

7.10 KATA COMPETITION PATHWAY

This method of promotion allows for Judoka participating in recognised Kata competitions to gain points for Dan grade promotion.

Time in rank, financial currency and active participation via National, Oceania and International Judo Federation Kata competitions are the key criteria assessed to be eligible for promotion via this pathway, with specific conditions listed below:

- a) The points are gained for Gold, Silver or Bronze medal performance in authorised JFA Nationals, OJU Championships and IJF tournaments.
- b) Points are allocated as follows;
 - Gold level performance**, that is a > 90% score = **25 points**
 - Silver level performance**, that is a > 80% score = **20 points**
 - Bronze level performance**, that is a > 70% score = **15 points**
- c) Two (2) Katas can be claimed for points. The first is the Kata that the candidate requires for their next Dan grade promotion. The second can be chosen from any higher Dan grade Kata.
- d) Promotion via this pathway can only be under the “Knowledge and Service” category.
- e) It is up to the applicant to provide proof of points claimed.
- f) Promotion via this pathway is limited to **Go Dan (5th)**.

Kata Time in Rank and Points Table

For Grade of		Time	Points
1 st Dan	Sho Dan	2 years	100
2 nd Dan	Ni Dan	3 years	100
3 rd Dan	San Dan	4 years	100
4 th Dan	Yon Dan	5 years	100
5 th Dan	Go Dan	6 years	100

7.11 MASTER GRADES - TIME IN RANK REQUIREMENTS

These pathways cater for members who have competition, refereeing, administration and coaching involvement on a continuum from National to Olympic level.

The tables below indicate the Time in Rank requirements.

6th Dan	Age	40 years or more
	Time	Time in Grade as 5 th Dan
	Points	
	150	7 years rated in "A" Class (Olympic/International)
	150	8 years rated in "B" Class (International)
	150	9 years rated in "C" Class (Union)
	150	10 years rated in "D" Class (Union)
	Kata	Kodokan Goshin Jutsu Kata & Itsutsu No Kata
	Nomination	Recommended by NGC for JFA approval

7th Dan	Age	50 years or more
	Time	Time in Grade as 6 th Dan
	Points	
	150	8 years rated in "A" Class (Olympic/International)
	150	9 years rated in "B" Class (International)
	150	10 years rated in "C" Class (Union)
	Kata	Ko Shiki No Kata
	Nomination	Recommended by NGC for JFA approval to OJU

8th Dan	Age	60 years or more
	Time	Time in Grade as 7 th Dan
	Points	
	150	10 years rated in "A" Class (Olympic/International)
	150	15 years rated in "B" Class (International)
	Kata	Kata as determined by the NGC
	Nomination	Recommended by NGC for JFA approval to IJF

Note: Hachi Dan (8th Dan) Ku Dan (9th Dan) and Ju Dan (10th Dan) will be recommended by the NGC, approved by the JFA and follow IJF guidelines.

7.12 MASTER GRADES - QUALIFICATIONS

A Class – Olympic / International Level Qualification
Contest participation in Olympic Games or World Championships and attaining a top ten (10) placing .
Referee participation in Olympic Games or World Championships as IJF appointed referee (minimum of 3 events)
International Judo Federation Executive Member (minimum of 4 years)
Coach in Olympic Games or World Championships (minimum of 3 events)

B Class - International Level Qualification
Contest participation in major International Tournaments categorised by the IJF and attaining medal or certificate placing in the first 5 places
Referee (IJF "A" or "B" class) in IJF classified International Championships (minimum of 5 events)
IJF Commissioner (minimum 4 years)
Appointed National Coach of National Judo Teams to major International Tournaments (minimum 4 years)

C Class – Oceania Judo Union Level Qualification
Contest participation in an Oceania Judo Union Championships attaining 1st, 2nd or 3rd place medal
OJU Executive member (minimum of 4 years)
OJU Commissioner (minimum 4 years)

OJU "A" Referee officiating at Union or above tournaments (minimum 3 events)
Appointed National Coach of National Judo Teams (minimum 4 years)

D Class - National Level Qualification
Contest participation in a National Championships attaining 1st, 2nd or 3rd place medal in senior categories
National Referee or Coach, officiating at National Senior events (minimum of 5 events over not less than 5 years)
Judo Federation of Australia Director (minimum 5 years)
Specially nominated Australian members, proposed by the National Grading Committee

5th Dan applying for 6th Dan – Time in Grade			
A Class	B Class	C Class	D Class
7 years	8 years	9 years	10 years

6th Dan applying for 7th Dan – Time in Grade			
A Class	B Class	C Class	D Class
8 years	9 years	10 years	N/A

7th Dan applying for 8th Dan - Time in Grade			
A Class	B Class	C Class	D Class
10 years	15 years	N/A	

7.13 DAN GRADES POINTS

ANNUAL TABLE OF POINTS

Dan Grades Points Table					
Points for Contest					
Score	2 grades below	1 grade below	Equal grade	1 grade above	2 grades above
Ippon	5	7	10	15	20
Waza –ari	3	5	7	10	15
Golden Score Shido Win	1	2	3	4	5
Points for Service - Administration					
Club	Committee			5	
	Executive			10	
Region/Zone	Committee			10	
	Executive			15	
State	Committee			15	
	Executive			20	
National & OJU	Committee			20	
	Executive			30	
Points for Service – Coaching					
Club	Assistant			5	
	Head			10	
State	Assistant			10	
	Head			15	
National	Head			20	
NCAS Level 1				Additional 10	
NCAS Level 2				Additional 15	
NCAS Level 3				Additional 20	
IJF Level 1				Additional 25	
IJF Level 2				Additional 30	
Points for Service - Refereeing					
State	C Class			5	
	B Class			10	
	A Class			15	
National	C Class			15	
	B Class			20	
	A Class			25	
Oceania	C Class			25	
	B Class			30	
	A Class			35	
International	Continental Union			40	
	A Class			50	
Points for Service – Team Management					
State	Assistant			15	
	Manager			20	
National	Assistant			20	
	Manager			25	
International	Assistant			25	
	Manager			30	

SECTION 8 – CRITERIA FOR DAN GRADE PROMOTION

8.1 SHO DAN – TIME IN RANK / POINTS

Table of Contest Points & Time Requirements

For Grade of	Time	Points
Sho Dan	1 year	150
	2 years	100

Table of Knowledge with Service to the Art

For Grade of	Time	Points
Sho Dan	3 years	150

Table of Knowledge to the Art

For Grade of	Time	Points
Sho Dan	5 years	N/A

8.2 SHO DAN EXAMINATION

Sho Dan (1st Dan) is the first of the degrees in Judo. As such, all Judoka must perform and be prepared to explain the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	
Osaekomi Waza	6	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	6	
Kansetsu Waza	6	
Renraku Waza	8	All techniques from the 1 st Go Kyo
Kaeshi Waza	8	All techniques from the 1 st Go Kyo
Kata	Nage No Kata	All sets of the Kata as Tori
Additional Knowledge	Refereeing and Coaching Courses	Judoka will be required to sit a theoretical refereeing paper and be able to explain coaching principles Complete a Coaching Course

8.3 NI DAN – TIME IN RANK / POINTS**Contest Points & Time Requirements**

For Grade of	Time	Points
Ni Dan	2 years 3 years	150 100

Table of Knowledge with Service to the Art

For Grade of	Time	Points
Ni Dan	4 years	150

Table of Knowledge to the Art

For Grade of	Time	Points
Ni Dan	6 years	N/A

8.4 NI DAN EXAMINATION

Ni Dan (2nd Dan) is the second of the degrees in Judo. As such, all Judoka must perform and be prepared to explain and demonstrate increased knowledge of all the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	
Osaekomi Waza	6	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	6	
Kansetsu Waza	6	
Renraku Waza	8	Techniques may be chosen from the 1 st and 2 nd Go Kyos
Kaeshi Waza	8	Techniques may be chosen from the 1 st and 2 nd Go Kyos
Kata	Nage No Kata	All sets of Nage No Kata as Tori & Uki
	Katame No Kata	All sets as Tori
Additional Knowledge	Refereeing and Coaching	Judoka will be required to sit a theoretical refereeing paper and be able to explain coaching principles

		Complete a Coaching Course
--	--	----------------------------

Special note: JFA Club Coaches who have attended and passed the IJF Academy Level One Course are eligible to sit for Ni Dan promotion via the Knowledge only pathway, provided time in grade and other criteria have been met.

8.5 SAN DAN – TIME IN RANK / POINTS

Contest Points & Time Requirements

For Grade of	Time	Points
San Dan	3 years 4 years	150 100

Table of Knowledge with Service to the Art

For Grade of	Time	Points
San Dan	5 years	150

Table of Knowledge to the Art

For Grade of	Time	Points
San Dan	7 years	N/A

8.6 SAN DAN EXAMINATION

San Dan (3rd Dan) is the third of the degrees in Judo. As such, all Judoka must perform and be prepared to explain and demonstrate increased knowledge of all the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	
Osaekomi Waza	6	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	6	
Kansetsu Waza	6	
Renraku Waza	8	Techniques may be chosen from the 1 st and 2 nd Go Kyos
Kaeshi Waza	8	Techniques may be chosen from the 1 st and 2 nd Go Kyos

Kata	Nage No Kate	All sets as Tori and Uki
	Katame No Kata	All sets as Tori and Uki
Additional Knowledge	Refereeing and Coaching Courses	Judoka will be required to sit a theoretical refereeing paper and be able to explain coaching principles. Complete a Coaching Course.

Special note: JFA Club Coaches who have attended and passed the IJF Academy Level Two Course are eligible to sit for San Dan promotion via the Knowledge only pathway, provided time in grade and other criteria have been met.

8.7 YON DAN – TIME IN RANK /POINTS

Contest Points & Time Requirements

For Grade of	Time	Points
Yon Dan	4 years 5 years	150 100

Table of Knowledge with Service to the Art

For Grade of	Time	Points
Yon Dan	6 years	150

8.8 YON DAN EXAMINATION

Yon Dan (4th Dan) is the fourth of the degrees in Judo. As such, all Judoka must perform and be prepared to explain and demonstrate increased knowledge of all the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	Additional techniques must be shown from the Shimmeisho No Waza
Osaekomi Waza	8	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	8	
Kansetsu Waza	8	
Renraku Waza	8	Techniques may be chosen from the 1 st to 3 rd Go Kyos
Kaeshi Waza	8	Techniques may be chosen from the 1 st to 3 rd Go Kyos

Kata	Kime No Kata	All sets as Tori and Uki
Additional Knowledge	Refereeing and Coaching Courses	Judoka will be required to sit a theoretical refereeing paper and be able to explain coaching principles. Complete a Coaching Course

8.9 GO DAN – TIME IN RANK /POINTS

Contest Points & Time Requirements

For Grade of	Time	Points
Go Dan	5 years 6 years	150 100

Table of Knowledge with Service to the Art

For Grade of	Time	Points
Go Dan	6 years	150

8.10 GO DAN EXAMINATION

Go Dan is the fifth of the degrees in Judo. As such, all Judoka must perform and be prepared to explain and demonstrate increased knowledge of all the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	Additional techniques must be shown from the Shimmeisho No Waza
Osaekomi Waza	8	
Turn Over Techniques	4	
Moving Past the Legs	4	
Shime Waza	8	
Kansetsu Waza	8	
Renraku Waza	10	Techniques may be chosen from the 1 st to 4 th Go Kyos
Kaeshi Waza	10	Techniques may be chosen from the 1 st to 4 th Go Kyos
Kata	Ju No Kata	All sets of as Tori and Uki.
Additional Knowledge	Refereeing and Coaching Courses	Judoka at this level will be required to update their referring knowledge and explain coaching principles.

8.11 ROKU DAN – TIME IN RANK /POINTS

Contest Points & Time Requirements

For Grade of	Time	Points
Roku Dan	7 years	150
	8 years	100

Table of Knowledge with Service to the Art

For Grade of	Time	Points
Roku Dan	“A” Class 7 years	150
Roku Dan	“B” Class 8 years	150
Roku Dan	“C” Class 9 years	150
Roku Dan	“D” Class 10 years	150

8.12 ROKU DAN EXAMINATION

Roku Dan (6th Dan) is the sixth of the degrees in Judo. As such, all Judoka must perform and be prepared to explain and demonstrate increased knowledge of all the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	All Go Kyo No Waza	All techniques from the Shimmeisho No Waza
Kata	Kodokan Goshin Jutsu	All sets as Tori and Uke
	Itsutsu No Kata	All sets as Tori
Additional Knowledge	Refereeing and Coaching Courses	Judoka at this level will be required to update their refereeing knowledge and understand current coaching principles.

8.13 SHICHI DAN – TIME IN RANK /POINTS

Contest Points & Time Requirements

For Grade of	Time	Points
Shichi Dan	7 years	150
	8 years	100

Table of Knowledge with Service to the Art

For Grade of	Time	Points
Shichi Dan	“A” Class 7 years	150
Shichi Dan	“B” Class 8 years	150
Shichi Dan	“C” Class 9 years	150
Shichi Dan	“D” Class 10 years	150

8.14 SHICHI DAN EXAMINATION

Shichi Dan (7th Dan) is the seventh of the degrees in Judo. As such, all Judoka must perform and be prepared to explain and demonstrate increased knowledge of all the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	As determined by the NGC	All techniques from the Shimmeisho No Waza
Kata	Koshiki No Kata	All sets as Tori
Additional Knowledge	Refereeing and Coaching Courses	Judoka at this level will be required to update their refereeing knowledge and understand current coaching principles.

8.15 HACHI DAN – TIME IN RANK /POINTS

Contest Points & Time Requirements

For Grade of	Time	Points
Hachi Dan	7 years	150
	8 years	100

Table of Knowledge with Service to the Art

For Grade of	Time	Points
Hachi Dan	“A” Class 7 years	150
Hachi Dan	“B” Class 8 years	150
Hachi Dan	“C” Class 9 years	150
Hachi Dan	“D” Class 10 years	150

8.16 HACHI DAN EXAMINATION

Hachi Dan (8th) is the eighth of the degrees in Judo. As such, all Judoka must perform and be prepared to explain and demonstrate increased knowledge of all the dynamics of the techniques (left and right handed) required to be displayed during the examination as shown below:

Examination Category	No. of Techniques	Specific Requirements
Nage Waza	As determined by the NGC	
Kata	As determined by the NGC	All sets as Tori and Uki
Additional Knowledge	Refereeing and Coaching Courses	Judoka at this level will be required to update their referring knowledge and explain coaching principles

Note: Hachi Dan (8th Dan) Ku Dan (9th Dan) and Ju Dan (10th Dan) will be recommended by the NGC, approved by the JFA and follow IJF guidelines.

SECTION 9 - SUMMARY OF MAJOR TECHNIQUES

9.1 GO KYO NO WAZA (Traditional Throwing Techniques)

The Go Kyo No Waza is divided into five groups of eight throws. Techniques should always be executed with more emphasis on control, style and finish, rather than absolute speed. Apart from the requirement for speed, the Go Kyo No Waza should be displayed with all of the requirements that would constitute the awarding of an Ippon during competition.

Judoka being examined for more senior grades should be able to perform Go Kyo No Waza techniques whilst on the move, so as to demonstrate a greater understanding of the body dynamics and requirements of Kuzushi (breaking balance). Greater knowledge of variations to techniques is also expected (all methods of promotion) and Judoka should also be able to explain and demonstrate the practical requirements to instruct on the teaching elements of techniques (mandatory for Knowledge Only Examinees).

The **Go Kyo No Waza** is shown below:

1 st Go Kyo	
Technique	English Translation
De Ashi Harai	Advanced Foot Sweep
Hiza Guruma	Knee Wheel
Sasae Tsurikomi Ashi	Propping Drawing Ankle Throw
Uki Goshi	Floating Hip Throw
O Soto Gari	Major Outer Reaping Throw
O Goshi	Major Hip Throw
O Uchi Gari	Major Inner Reaping Throw
Seoi Nage	Shoulder Throw

2 nd Go Kyo	
Technique	English Translation
Ko Soto Gari	Minor Outer Reaping Throw
Ko Uchi Gari	Minor Inner Reaping Throw
Koshi Guruma	Loin Wheel
Tsurikomi Goshi	Lifting Pulling Hip Throw
Okuri Ashi Harai	Sweeping Ankle Throw
Tai Otoshi	Body Drop
Harai Goshi	Sweeping Hip Throw
Uchi Mata	Inner Thigh Throw

3 rd Go Kyo	
Technique	English Translation
Ko Soto Gake	Minor Outer Hook
Tsuri Goshi	Lifting Hip Throw
Yoko Otoshi	Side Drop
Ashi Guruma	Leg Wheel
Hane Goshi	Spring Hip Throw
Harai Tsurikomi Ashi	Sweeping Drawing Ankle Throw
Tomoe Nage	Stomach Throw
Kata Guruma	Shoulder Wheel
4 th Go Kyo	

Technique	English Translation
Sumi Gaeshi	Corner Throw
Tani Otoshi	Valley Drop
Hane Makikomi	Outer Winding Spring Throw
Sukui Nage	Scooping Throw
Utsuri Goshi	Changing Hip Throw
O Guruma	Major Wheel
Soto Makikomi	Outer Winding Throw
Uki Otoshi	Floating Drop

5 th Go Kyo	
Technique	English Translation
O Soto Guruma	Major Outer Wheel
Uki Waza	Floating Throw
Yoko Wakare	Side Separation
Yoko Guruma	Side Wheel
Ushiro Goshi	Rear Hip Throw
Ura Nage	Rear Throw
Sumi Otoshi	Corner Drop
Yoko Gake	Side Hook

9.2 SHIMMEISHO NO WAZA (Additional Throwing Techniques)

The Shimmeisho No Waza is made up of an additional 19 throws recognised by the Kodokan. These throws are in addition to the variations of those throws currently recognised within the Go - Kyo No Waza. For example, Seoi Nage (1st Go Kyo) can be executed in the forms of either Morote Seoi Nage or Ippon Seoi Nage. Both forms of the throw are legitimate within the Go Kyo No Waza as variations of Seoi Nage and do not constitute a separate form of throw within the Shimmeisho No Waza. Execution of the techniques within the Shimmeisho No Waza during the examination should be conducted in the same manner as the Go Kyo No Waza techniques.

All Judoka being examined for Dan grades should be able to demonstrate techniques from the Shimmeisho No Waza, which is shown below:

TE WAZA (Hand Techniques)	
Technique	English Translation
Morote Gari	Two Hand Reap
Kuchiki Taoshi	One Hand Drop
Kibisu Gaeshi	Heel Trip
Uchi Mata Sukashi	Inner Thigh Reaping Throw Slip
Ippon Seoi Nage	One Arm Shoulder Throw

KOSHI WAZA (Hip Techniques)	
Sode Tsurikomi Goshi	Sleeve Lifting and Pulling Hip Throw
Dakiage	High Lift (No longer performed during tournaments or in Randori)

ASHI WAZA (Foot Or Leg Techniques)	
Tsubame Gaeshi	Swallow Counter (De Ashi Harai counter to De Ashi Harai)
Ko Ouchi Gaeshi	Minor Inner Reaping Counter Throw
O Ouchi Gaeshi	Major Inner Reaping Counter Throw
O Soto Gaeshi	Major Outer Reaping Counter Throw
Harai Goshi Gaeshi	Sweeping Hip Counter
Hane Goshi Gaeshi	Spring Hip counter
Kawazu Gake (Illegal)	One Leg Entanglement
Uchi Mata Gaeshi	Inner Thigh Reaping Throw Counter

YOKO SUTEMI WAZA (Side Sacrifice Techniques)	
O Soto Makikomi	Major Outer Winding Throw
Kani Basami (Illegal)	Scissors Throw
Uchi Mata Makikomi	Inner Thigh Winding Throw
Harai Makikomi	Sweeping Hip Winding Throw

ADDITIONAL TECHNIQUES	
Seoi Otoshi	Shoulder Drop
Obi Otoshi	Belt Throw
Yama Arashi	Mountain Storm
O Soto Otoshi	Major Outer Drop
Ken Ken Uchi Mata	Hopping Inner Thigh Throw
Hikkomi Gaeshi	Take Down Technique
Tawara Gaeshi	Rice Bag Throw
Daki Wakare	Rear Trunk Turnover
Uchi Makikomi	Inner Winding Technique

9.3 OSAE KOMI WAZA (Hold Down Techniques)

Osae Komi Waza utilises many different methods of restraining an opponent on the ground. Each technique executed during examination should exemplify the particular attributes of the technique. Of most importance is the maintenance of control of an opponent on entry into and during the execution of the technique, to prevent the opponent from escaping.

Judoka being examined for more senior grades should be able to perform these techniques and maintain control over the opponent whilst transitioning from one hold down technique to another. To facilitate this Osae Komi Waza is written in a progressive form, from Kesa Gatame (Scarf Hold) through all techniques around the body in a clockwise direction concluding with Kata Gatame.

OSAE KOMI WAZA (Hold Down Techniques)	
Technique	English Translation
Kesa Gatame	Scarf Hold
Kuzure Kesa Gatame	Broken Scarf Hold
Kuzure Kami Shiho Gatame	Broken Upper Four Quarter Hold
Kami Shiho Gatame	Upper Four Quarter Hold
Ushiro Kese Gatame	Reverse Scarf Hold
Kuzure Yoko Shiho Gatame	Broken Side Four Quarters Hold
Yoko Shiho Gatame	Side Four Quarters Hold
Tate Shiho Gatame	Vertical Four Quarters Hold
Kuzure Tate Shiho Gatame	Broken Four Quarters Hold
Kata Gatame	Shoulder Hold

ADDITIONAL TECHNIQUES	
Technique	English Translation
Tate Sankaku Gatame	Lengthwise Triangular Hold
Kami Sankaku Gatame	Upper Triangular Hold

9.4 SHIME WAZA (Strangulation Techniques)

Shime Waza, as previously described is dangerous and potentially fatal. All Judoka must ensure that techniques are performed with care and with due regard to their grading partner. Unlike competition, the performance of Shime Waza under grading conditions is designed to examine the Judoka's technical knowledge and expertise of the techniques, for without these; application of Shime Waza in competition will be invariably poor or ineffectual.

Judoka being examined for more senior grades should be prepared to explain the differences between Shime Waza applied as a strangle and that which is applied as a choke. In addition, Dan grades examinations may include the requirements to explain the basic first aid principles to revive Judoka, who may have succumbed to the effects of Shime Waza.

Shime Waza Techniques are detailed below:

Technique	English Translation
Nami Juji Jime	Normal Cross Lock
Gyaku Juji Jime	Reverse Cross Lock
Kata Juji Jime	Half Cross Lock
Hadaka Jime	Naked Arm Lock
Okuri Eri Jime	Sliding Lapel Lock
Kata Ha Jime	Single Wing Lock
Sankaku Jime	Triangular Lock
Yoko Sankaku Jime	Side Triangular Lock
Ura Sankaku Jime	Rear Triangular Lock
Mae Hadaka Jime	Front Triangular Lock
Ryote Jime	Both Hand Lock
Sodeguruma Jime	Sleeve Looping Lock
Tsukomi Jime	Lapel Thrust Lock

9.5 KANSETSU WAZA (Armlock Techniques)

Kansetsu Waza, as previously described is dangerous and can result in serious injury to Judoka. All judoka must ensure that techniques are performed with care and with due regard to their grading partner. Unlike competition, the performance of Kansetsu Waza under grading conditions is designed to examine the judoka's technical knowledge and expertise of the techniques, for without these; application of Kansetsu Waza in competition will invariably be poor or ineffectual.

Judoka being examined for more senior grades should be prepared to demonstrate alternative methods of execution for Kansetsu Waza.

Kansetsu Waza techniques are detailed below:

Technique	English Translation
Ude Hishigi Juji Gatame	Cross Armlock
Ude Garami	Entangled Armlock
Ude Hishigi Ude Gatame	Elbow Lock
Ude Hishigi Hiza Gatame	Knee Armlock
Waki Gatame	Armpit Armlock
Ude Hishigi Hara Gatame	Stomach Armlock
Ude Hishigi Zempaku Gatame	Forearm Armlock
Ude Hishigi Sankaku Gatame	Triangular Armlock
Kesa Garami	Holding Armlock
Gyaku Juji Gatame	Reverse Cross Armlock
Kuzure Kami Shiho Garami	Upper Four Quarter Armlock
Othen Gatame	Lateral Turning Entangled Armlock

9.6 KAESHI WAZA (Counter Techniques)

Like Renraku Waza, Kaeshi Waza is fundamental to a judoka's success in competition. It should be taught to students as early as possible.

Judoka undertaking examination for senior promotion must be able to show the fundamentals of Kaeshi Waza. As with the performance of Nage Waza, the execution of Kaeshi Waza should concentrate on control, technique and finish, rather than absolute speed. In addition to these aspects of the execution, judoka must also display flow and logical progression from one technique to the next. That is, Kaeshi Waza must be based on the premise of Uke's preliminary technique and subsequent weaknesses to a counter technique.

The choice of counter throw to a preliminary throw will vary, depending upon the individual stature and physique of the judoka. Although not exhaustive and by no means the technically perfect solution, shown below is a list of the Kaeshi Waza for the throws of the 1st and 2nd Kyo.

1 st Go Kyo	
Preliminary Technique	Counter Technique
De Ashi Harai	Tsubame Gaeshi / Tai Otoshi
Hiza Guruma	Hiza Guruma / Sasae Tsuru Komi Ashi
Sasae Tsuru Komi Ashi	Sasae Tsuru Komi Goshi / Yoko Gake
Uki Goshi	Ushiro Goshi / Ko Soto Gake
O Soto Gari	O Soto Gari / O Soto Gaeshi
O Goshi	Tani Otoshi / Utsuri Goshi
O Uchi Gari	O Soto Gari / Uchi Mata
Seoi Nage	Okuri Ashi Harai / Harai Tsuru Komi Ashi

2 nd Go Kyo	
Preliminary Technique	Counter Technique
Ko Soto Gari	Ko Uchi Gari / Ko Soto Gake
Ko Uchi Gari	Sumi Otoshi / Uchi Mata
Koshi Guruma	Tani Otoshi / Sumi Gaeshi
Tsuru Komi Goshi	Ushiro Goshi / Ko Soto Gari
Okuri Ashi Harai	O Soto Guruma / Tai Otoshi
Tai Otoshi	Sumi Gaeshi / Ko Soto Gari
Harai Goshi	Harai Goshi Gaeshi / Utsuri Goshi
Uchi Mata	Uchi Mata Sukashi / Tai Otoshi

9.7 RENRAKU WAZA (Combination Techniques)

Renraku or Renraku Waza is fundamental to a judoka's success in competition. It should be taught to students as early as possible.

Judoka undertaking examination for senior promotion must be able to show the fundamentals of Renraku Waza. As with the performance of Nage Waza, the execution of Renraku Waza should concentrate on control, technique and finish, rather than absolute speed. In addition to these aspects of the execution, judoka must also display flow and logical progression from one technique to the next. That is, Renraku Waza must be based on the premise of Uke's reaction to the preliminary technique and subsequent weaknesses to another technique as a result of that action.

The choice of follow up throw from a preliminary throw will vary, depending upon the individual stature and physique of the judoka. Although not exhaustive and by no means the technically perfect solution, shown below is a list of the Renraku Waza for the throws of the 1st and 2nd Kyo.

1 st Go Kyo	
Preliminary Technique	Follow up Technique
De Ashi Harai	Tai Otoshi / Harai Goshi
Hiza Guruma	Hiza Guruma / Okuri Ashi Harai
Sasae Tsurikomi Ashi	Ko Uchi Gari / Sasae Tsurikomi Ashi
Uki goshi	Harai Goshi / O Uchi Gari
O Soto Gari	O Soto Guruma / Yoko Wakare
O Goshi	Harai Goshi / Uchi Mata
O Uchi Gari	Ko Uchi Gari / Sumi Gaeshi
Seoi Nage	Seoi Otoshi / O Uchi Gari

2 nd Go Kyo	
Preliminary Technique	Follow Up Technique
Ko Soto Gari	Ko Uchi Gari / Sasae Tsurikomi Ashi
Ko Uchi Gari	O Uchi Gari / Tai Otoshi
Koshi Guruma	Soto Makikomi / Tai Otoshi
Tsurikomi Goshi	Soto Makikomi / Sasae Tsurikomi Ashi
Okuri Ashi Harai	Tai Otoshi / Sasae Tsurikomi Ashi
Tai Otoshi	O Uchi Gari / O Guruma
Harai Goshi	Seoi Otoshi / Harai Makikomi
Uchi Mata	Tai Otoshi / Ko Uchi Gari

SECTION 10 - SUMMARY OF JUDO KATA

10.1 NAGE NO KATA (Prearranged Forms of Throwing)

It is impossible to acquire the essentials of Nage No Kata unless it is studied and practiced utilising the principles of Kuzushi (breaking balance). It is necessary to practice each of the throws in the five groups in the prescribed manner, concentrating on form, balance and flow during the execution.

TE WAZA (Hand Techniques)	
Uki Otoshi	Floating Drop
Seoi Nage	Shoulder Throw
Kata Guruma	Shoulder Wheel

KOSHI WAZA (Hip or Loin Techniques)	
Uki Goshi	Floating Hip Throw
Harai Goshi	Sweeping Loin Throw
Tsuri Komi Goshi	Lifting Pulling Hip Throw

ASHI WAZA (Foot or Leg Techniques)	
Okuri Ashi Harai	Sweeping Ankle Throw
Sasae Tsuri Komi Goshi	Propping Drawing Ankle Throw
Uchi Mata	Inner Thigh Throw

MATSUTEMI WAZA (Sacrifice Techniques)	
Tomoe Nage	Stomach Throw
Ura Nage	Rear Throw
Sumi Gaeshi	Corner Throw

YOKO SUTEMI WAZA (Side Sacrifice Techniques)	
Yoko Gake	Side Hook
Yoko Guruma	Side Wheel
Uki Waza	Floating Throw

10.2 KATAME NO KATA (Prearranged Forms of Ground Techniques)

Katame Waza is comprised of the three groups of techniques, namely, Osae Waza (Holding Techniques), Shime Waza (Strangulation Techniques) and Kansetsu Waza (Armlock Techniques – Elbow Joint Only).

OSAE KOMI WAZA (Hold Down Techniques)

Katame No Kata is formulated with the five representative techniques in each of the previously mentioned three groups. You must aim to control your opponent's movements and anticipate the moves your opponent may make for escaping or countering the holding technique. For this purpose, you must keep your body as low as possible, control your opponent's head at all times so as to prevent them from using their head to escape from your holding technique. Always maintain contact with your opponent to control their movements using the strength of your whole body and anticipate the movements of your opponent.

OSAE WAZA	
Kesa Gatame	Scarf Hold
Kata Gatame	Shoulder Hold
Kami Shiho Gatame	Locking of the Upper Four Quarters
Yoko Shiho Gatame	Locking of the Side Four quarters
Kuzure Kami Shiho Gatame	Modified Locking of the Upper Four Quarters

SHIME WAZA (Strangulation Techniques)

In performing Shime Waza it is important to apply pressure to your opponent's neck, on either or both of the carotid arteries, by placing the edge of your arm, thumb, little finger or edge of the outer wrist. It is necessary to control the opponent's body before applying the Shime Waza techniques. For Shime Waza to be effective, it is necessary to pull your opponent's neck toward your chest whilst applying the technique.

SHIME WAZA	
Kata Juji Jime	Single Cross Choke or Lock
Hadaka Jime	Naked Neck Choke or Lock
Okuri Eri Jime	Sliding Lapel Choke or Lock
Kata Ha Jime	Single Wing Choke or Lock
Gyaku Jiji Jime	Reverse Cross Choke or Lock

KANSETSU WAZA (Armlock Techniques)

In performing Kansetsu Waza, it is important to apply the principle of leverage. During the execution of Kansetsu Waza, the occurrence of injury is highly likely unless the techniques are applied correctly. At the same time, it is imperative that the techniques are applied with care. The pressure applied during the execution of Kansetsu Waza techniques, particularly arm bars, must be released immediately when your opponent submits.

KANSETSU WAZA	
Ude Garami	Entangled Armlock
Ude Hishigi Juji Gatame	Cross Armlock
Ude Hishigi Ude Gatame	Arm Armlock
Ude Hishigi Hiza Gatame	Knee Armlock
Ashi Garami	Entangled Leg lock

10.3 KIME NO KATA (Prearranged Forms of Self Defence)

The Kime No Kata is formulated to allow the judoka to acquire the most basic and effective way of defending yourself from attack. This Kata comprises eight kneeling techniques and twelve standing techniques. The practice of Kime No Kata aims to study, not only the principles of self defence and counter attack, but also the principle of using your opponent's movements to your own advantage.

IDORI (Techniques from the Kneeling Position) Against an Attack with a Bare Hand	
Ryote Dori	Both Wrists Seizure
Tsukkake	Stomach Punch
Suri Age	Thrust at Forehead
Yoko Uchi	Blow at Left Temple
Ushiro Dori	Shoulder Seizure from Behind

Against an Attack with a Knife	
Tsukkake	Dagger Thrust at Stomach
Kiri Komi	Downward Blow at Head with Dagger
Yoko Tsuki	Side Thrust with a Dagger

TACHIAI (Techniques in the Standing Position) Against an Attack with Bare Hand or Foot	
Ryote Dori	Both Wrists Seizure
Sode Dori	Sleeve Seizure from the Side
Tsukkake	Straight Strike to the Face
Tsuki Age	Upper Cut
Suri Age	Thrust to the Forehead
Yoko Uchi	Blow at Left Temple
Keage	Testicles Kick
Ushiro Dori	Shoulder Seizure from Behind

Against an Attack with a Dagger or Sword	
Tsukkomi	Dagger Thrust to Stomach
Kiri Komi	Downwards Blow to Head with Dagger
Nuki Gake	Sword Unsheathing
Kiri Oroshi	Downwards Blow with a Sword

10.4 KODOKAN GOSHIN JUTSU (Prearranged Forms of Self Defence of Kodokan Judo)

Kodokan Goshin Jutsu has been formulated to defend against an unexpected attack. 21 techniques have been selected for inclusion in this Kata.

The aim of practicing this Kata is to become proficient in the techniques of self defence ensuring that the techniques are applied effectively and at the right time in order to overcome the unexpected attack of an assailant.

Defence against an Attack with Bare Hand and Knees on Close Contact	
Ryote-dori	Both Hands Seizure
Hidari-eri-dori	Left Lapel Seizure
Migi-eri-dori	Right Lapel Seizure
Kata-ude-dori	Single Elbow Seizure
Ushiro-eri-dori	Back Collar Seizure
Ushiro-jime	Naked Neck Lock from Behind
Kakae-dori	Body Seizure from Behind

Defence against an Attack with Bare Hands and Knees in from Apart	
Naname-uchi	Oblique Blow to the Left Temple
Ago-tsuki	Uppercut to the Chin
Ganmen-tsuki	Thrust at the Face
Mae-geri	Testicles Kick
Yoko-geri	Side Kick

Defence against a Knife Attack	
Tsukkake	Before Stomach Thrust with a Knife
Chokuzuki	Stomach Thrust with a Knife
Naname-zuki	Oblique Thrust to the Side of the Neck with a Knife

Defence against Blows with a Cane	
Furi-age	Upwards Blow with a Cane
Furi-oroshi	Downwards Blow with a Cane
Morote-zuki	Stomach Thrust with a Cane

Defence against a Pistol Attack	
Shomen – zuki	Pistol Attack from the Front
Koshi-gamae	Pistol Attack from the Side
Haimen-zuki	Pistol Attack from Behind

10.5 JU NO KATA (Prearranged Forms of Gentleness)

The Ju No Kata incorporates gentle movements, which are designed to train the body for attack and defence and use the body's strength effectively at the decisive moment.

Ju No Kata Set 1	
Tsuki-dashi	Hand Thrusting
Kata-oshi	Shoulder Push
Ryote-dori	Both Hands Seizure
Kata-mawashi	Shoulders Turning
Ago-oshi	Jaw Twisting

Ju No Kata Set 2	
Kiri-oroshi	Direct Head Cut with a Weapon
Ryokata-oshi	Both Shoulders Pressing Down
Naname-uchi	Nasion Strike (horizontal strike against the bridge of the nose)
Katate-dori	Single Hand Seizure from the Side
Katate-age	Single Hand Raising

Ju No Kata Set 3	
Obitori	Belt Seizure
Mune-oshi	Chest Push or Press
Tsuki-age	Upper Cut
Uchi-oroshi	Direct Head Strike
Ryogan-tsuki	Both Eyes Poke

10.6 KOSHIKI NO KATA (Prearranged Antique Forms)

Koshiki No Kata represents the ancient forms of Judo, which were derived from Ju-jitsu. It was included to ensure that preservation of the original antique forms of Judo, which represent the principles, and techniques of Kodokan Judo.

This Kata is broken into two sets called Omote, meaning “obverse” (Set 1), and URA, meaning, “Reverse” (Set 2). These forms are divided into 21 techniques, 14 in Set 1 and 7 in Set 2. Since these forms of Judo were intended for the Kumiuchi (Armored Warriors of the Feudal Age) it is essential to perform the movements imagining that you are clad in heavy armor. As a result this Kata is performed slowly.

Koshiki No Kata Set 1	
Tai	Ready Posture
Yume-No-Uchi	Amidst Dream
Ryokuhi	Strength Dodging
Miza-Guruma	Water Wheel
Mizu-Nagare	Water Flow
Hiki-Otoshi	Drawing Drop
Kodaore	Log Fall
Uchi-Kudaki	Smashing
Tani-Otoshi	Valley Drop
Kuruma-Daoshi	Wheel Throw
Shikoro-Dori	Neck-plates (Seizure)
Shikoro-Gaeshi	Neck-plates (Twisting)
Yudachi	Shower
Taki-Otoshi	Waterfall Drop

Koshiki No Kata Set 2	
Mi-Kudaki	Body Smashing
Kuruma-Gaeshi	Wheel Throw
Mizu-Iri	Water Plunging
Ryu-Setsu	Willow Snow
Saka-Otoshi	Headlong Fall
Yuki-Ore	Snow Break
Iwa-Nami	Breaker on the Rock

10.7 ITSUTSU NO KATA (Prearranged Forms of Five)

This Kata is named simply because the Kata consists of five techniques. Dr Jigoro Kano intended to name the technique of this Kata but passed away before being able to do so. As such the techniques of the Kata are simply called The First Form through to the Fifth Form, which are intended to explain the principle of maximum efficiency and to represent the movements of the universe through these Judo techniques.

The First Form

This form simply resembles the Kuzushi exercise performed by all judoka when learning the forms of balance. Judoka stand facing one another. Tori place a hand on Uke's chest and pushes to the rear, resulting in Uke falling into a back-break fall.

The Second Form

This is a technique, which resembles Uki - Otoshi. Uke commences the technique from one knee rising to strike Tori with a bladed hand to the chest. Tori moves forward, drops to one knee, grips the striking hand in the same motion of blocking the strike and executes an Uki - Otoshi.

The Third Form

This technique is finished with a form of Yoko-Wakare. Both judoka commence facing apart on their knees. Both judoka raise and turn anti-clockwise to face one another with arms outstretched. Tori grasp the extended arms of Uke and perform a version of Yoko-Wakare.

The Fourth Form

This technique is a form of reward strike. Details of this technique should be sought from the Illustrated Kodokan Judo or the Kodokan digital video series.

The Fifth Form

This technique is detailed in execution and judoka should refer to the Illustrated Kodokan Judo or the Kodokan digital video series to gain knowledge of its performance.

10.8 SEIROKO ZENYO KOKUMIN TAIKU NO KATA (Prearranged Form of Exercise)

The exercises in this Kata are divided into two groups:

- a) Tendoku-renshu (Individual Exercises); and
- b) Sotu-renshu (Combined Exercises).

In addition, the second group is each divided into:

- a) Kime-shiki and Ju-shiki (Forms of Decision); and

TENDOKU-RENSHU (Individual Exercises)	
Goho-ate	Five Direction Attack (performed in Shizentai)
Hidari-mae-naname-ate	Left Oblique Blow
Migi-ate	Right Side Blow
Ushiro-ate	Rear Thrust
Mae-ate	Front Blow
Ue-ate	Upward Blow
O-Goho-ate	Major Five Directions Attack (performed moving)
O-Hidari-mae-naname-ate	Major Left Oblique Blow
O-Migi-ate	Major right Oblique Blow
O-Ushiro-ate	Major Rear Thrust
O-Mae-ate	Major Front Blow
O-Ue-ate	Major Upward Blow
Goho-geri	Five Directions Kick (performed from shizentai)
Mae-geri	Front Kick
Ushiro-geri	Rear Kick
Hidari-mae-nana, me-geri	Left Oblique Kick
Migi-mae-naname-geri	Right Oblique Kick
Taka-geri	High Front Kick
Kagami-migaki	Mirror Polishing
Sayu-uchi	Both Sides Blow
Zengo-tsuki	Front and Rear Blow
Ryote-uetsuki	Both Hands upward Blow
O-Ryote-ue-tsuki	Major Both Hands Upwards Blow
Sayu-kogo-shita-tsuki	Alternate Sides Downwards Blow
Ryote-shita-tsuki	Both Hands downwards Blow
Naname-ue-uchi	Oblique Upward Cut
Naname-shita-uchi	Oblique Downward Cut
O-Naname-ue-uchi	Major Oblique Upward Cut
Ushiro-sumi-tsuki	Rear Corner Blow
Ushiro-uchi	Rear Blow
Ushiro-tsuki-mae-shita- tsuki	Back and Front Downward Blow

10.9 SOTAI-RENSHU (Dual Exercises)

SOTAI-RENSHU (Dual Exercises)	
Kime-shiki	Forms of Decision
Idori	Movements in a Kneeling Position
Ryote-dori	Both Hands Seizure
Furi-hanashi	Shaking Off
Gyakute-dori	Reverse Both Hands Seizure
Tsuki-kake	Stomach Thrust
Kiri-kake	Direct Head Cut with a Dagger
Tachiai	Movements in a Standing Position
Tsuki-age	Upper Cut
Yoko-uchi	Temple Blow
Ushiro-dori	Shoulder Seizure from Behind
Naname-tsuki	Carotid Cut with a Dagger
Kiri-oroshi	Direct Head Cut with a Sword

10.10 JUSHIKI (Forms of Gentleness)

JUSHIKI (Forms of Gentleness)	
As per the Ju No Kata	

10.11 JOSHI JUDO GOSHINHO (Prearranged Form of Self Defence for Women)

Joshi Judo Goshincho is designed for women's self defence where the power and strength of the attacker is superior to the assailant. In this case the forms of techniques, use of power at the critical moment and utilisation of the attacker's force must be emphasised during the performance of this Kata.

TAISABAKI (Manipulative Body Movement whilst Maintaining Balance)	
Tai-no-ido	Movement forward, backwards and sideways
Tsugi-ashi	Successive Foot movements
Migi/Hidari-sabake	Turning Right/Left by 90 degrees
Migi/Hidari-mae-sabake	Turning Right/Left by bringing Left/Right Foot Forward
Migi/Hidare Harae	Cutting Down with the Little Finger Leading
Migi/Hidari Maware	Turning Backwards Clockwise or Counter clockwise
Mea-shizume	Sinking body Forward
Migi/Hidari-shizume	Sinking Body obliquely forward
Hiza-ate	Kick with Knee

RIDATSUHO (Escape from an Opponent's Seizure with the Hand)	
Katate-tebuki-dori	Wrist Seizure with Right Hand
Ryote-dori	Wrist Seizure with Both Hands
Shushi-gyaku-dori	Upright Seizure of Four Fingers with the Right Hand
Ude-kakae-dori	Holding Arm from the Left Side
Ushiro-dori	Body Seizure from Behind

SEIGOHO (Defence by Counter Attack)	
Ude-gyaku-dori	Holding Arm against Normal Movement
Ushiro-eri-dori	Back Collar Seizure
Ushiro-kubi-himi-shime	Choking from behind with a Towel
Ushiro-dori	Body Seizure from behind
Kyohaku-dori	Threatening to Extort

SECTION 11 - TERMINOLOGY

11.1 BASIC JUDO TERMINOLOGY

ELEMENTARY JUDO TERMS	
Ayumi ashi	Normal walking on the mat
Butsukari	Positioning of throw to point of balance
Dan	Black belt grade
Dojo	Judo hall
Hidari	Left
Hidari Shizen tai	Left Natural Posture
Jigotai	Defensive posture
Judo	Gentle way, soft way
Judogi	Judo suit
Judoka	One who practices Judo
Kaeshi Waza	Counter techniques
Take	Throw following Tsukuri
Kansetsu Waza	Arm locks
Kata	Formal techniques of Kodokan Judo
Katame Waza	Grappling Techniques
Kiai	Shout or cry from the abdomen
Kumi Kata	Forms of gripping
Kuzushi	Breaking balance
Kyu	Grade – coloured belt system
Migi	Right
Migi Shizen tai	Right Natural Posture
Nage	Throw
Nage komi	Throwing drill
Nage No Kata	Pearranged forms of throwing
Nage waza	Throwing techniques
Ne waza	Ground work
Obi	Belt
Osae komi	Hold down
Osae komi waza	Holding techniques
Professor Jigoro Kano	Founder of Judo in 1882, Tokyo, Japan
Randori	Free practice (fight)
Rei	Bow
Renraku waza	Combination techniques
Sensei	Teacher
Shiai	Contest
Shime Waza	Strangulation techniques
Shizen hontai	Main natural posture / stance
Shizen tai	Natural posture

ELEMENTARY JUDO TERMS (continued)	
Tai sabaki	Standing body movements
Tandoku renshu	Solo exercises
Tatami	Judo mats
Tatchi waza	Standing techniques
Tokui waza	Favourite technique
Tori	The thrower
Tsugi ashi	Following-foot walking
Tsukuri	Entry in to a throwing technique
Uchi komi	Skill drills
Uke	The receiver
Ukemi	Breakfalls
Yoko	Side

11.2 REFEREEING TERMS

REFEREEING TERMS	
Fusen gachi	Win by default
Hajime	Begin
Hansoku make	Disqualification
Hike Wake	Draw
Hantai	Call for a decision
Ippon	Full point win
Kiken gachi	Win due to withdrawal of injured opponent
Matte	Stop
Osaekomi	Holding technique
Osaekomi toketa	Holding technique broken
Shido	Penalty in contest
Sono mama	Do not move – stay as you are
Sore made	End of contest
Toketa	Hold broken or escaped from by opponent
Waza ari	Half point score
Yoshi	Continue

SECTION 12 - APPENDICES

APPENDIX A – Application Form – 1st Dan to 3rd Dan Grading



Judo Federation of Australia

Sho Dan to San Dan Grading Application Form





**Judo Federation of Australia Ltd
Sho Dan to San Dan Grading Application Form**

PLEASE PRINT CLEARLY & TICK BOXES

Rank applying for:	<input type="checkbox"/> Sho - Dan		<input type="checkbox"/> Ni - Dan		<input type="checkbox"/> San - Dan		Please insert a passport size photo here. (3.8cm x 2.5cm)	
In the Category of	<input type="checkbox"/> (a) Contest Points and Knowledge				<input type="checkbox"/> (b) Knowledge and Service points			
	<input type="checkbox"/> (c) Knowledge only				<input type="checkbox"/> (d) Batsugun and Knowledge			
	<input type="checkbox"/> (e) Ratification							
Family Name								
Given Name					Gender			
Address					City			Post Code
Date of Birth			Nationality			Occupation		
Telephone	(H)			(B)			(M)	
Email								
Current Judo Club					Name of Coach			
Judo Career Commenced			State Registration No			Expiry Date		
Previous Gradings								
Grade	Date	Location of Grading			JFA Cert No	Remarks		
Ik-Kyu								
Sho-Dan								
Ni-Dan								
Summary of Points Claimed Since Attaining Present Grade.								
Contest	Complete points table over leaf and place total here				Total Points			
Coach/Manager	Complete points table over leaf and place total here				Total Points			
Refereeing	Complete points table over leaf and place total here				Total Points			
Administration	Complete points table over leaf and place total here				Total Points			
You may be asked to verify any or all points claimed with supporting documentation.					Total Points Claimed			
Applicants Signature							Date	
Coach Name								
Coach Signature							Date	
State President Name								
State President Signature							Date	

Please note: The President's signature endorses that the applicant is a member in good standing and meets the JFA grade criteria relevant to the application.

Category A - Contest Record Since Attaining Present Grade						
Tournament	Date	Place	Defeated	Grade	Score	Points
TOTAL CONTEST POINTS						

Category B & Category C – Knowledge with Service Since Attaining Present Grade				
Administration:				
Year	Club	State	National	Points
Total administration service points				
Coaching:				
Year(s)	Club	State	National	Points
Total coaching service points				
Team Management:				
Year(s)	Club	State	National	Points
Total team management service points				
Refereeing:				
Year(s)	Club	State	National	Points
Total refereeing service points				

JUDO BIOGRAPHY FOR PROMOTION

Applicants are to fill out below, the one page typed biography on their personal journey in Judo to date as well as outline specific information when answering the 3 questions below.

1. What Judo skills and knowledge have you developed since your last grade promotion?
2. What have you contributed to Judo since the attainment of your last grade?
3. Please add any additional information that supports your application.

Examination Results					
Date of Examination		Place			
Convener:			Signature:		
Name:			Signature:		
Name:			Signature:		
Name:			Signature:		
Examination Results:		Competent		Not Yet Competent	
Examination Area	(C) Competent	(NYC) Not Yet Competent	Comments		
Nage Waza					
Osae Komi Waza					
Turn Over Techniques					
Moving Past Legs					
Shime Waza					
Kansetsu Waza					
Renraku Waza					
Kaeshi Waza					
Nage No Kata					
Katame No Kata					
Coaching					
Referee Certification					
Contest/Service Points					

State Recommendation to the NGC					
State approval given by State Grades Committee Chair				Yes	No
Name		Signature		Date	
State approval given by Board of Management				Yes	No
State President (Please Print Name Clearly)					
Name		Signature		Date	

OFFICE USE ONLY

State Office Use Only			
Applicant Name			
Received by State (insert name of state)		Date	
Received by (insert name of receiver)		Date	
Application data verified by		Date	
Application Sent to JFA for Processing by		Date	

JFA Office Use Only			
Received from State (insert name of state)		Date	
Received by JFA Office (insert name of receiver)		Date	
Received by JFA National Grades Committee Chair		Date	
Application data verified by		Date	
Grading Awarded by		Date	
JFA Ratification of Grading		Date	
JFA Grading Certificate Number		Date	

JFA National Grades Committee Recommendation							
Applicant is deemed		Competent		Not Yet Competent		Deferred for NGC Investigation	
For the Rank of							
Chairman of the NGC Name						Rank	
Signature						Date	
Processed under the current JFA National Grading Policy						Date	

Dan Grading Application Checklist

Applicant Check List	
All data fields required have been filled in	
Pass port size photo attached (3.8cm x 2.5cm)	
Application fee paid	
Supporting document attached	
Judo Biography attached	
Applicant signature is on form	
Coach signature on form	
Send completed application form to your relevant State Grades Authority	
State Check List	
Check application is completed with all required information	
Check all required signatures are on form	
Verify all points claimed	
Send completed application form to the JFA Office	
JFA Check List	
Register application for grading	
Send application to National Grading Committee Chair for distribution to the NGC members	

Note:

- a) All grading applications must be submitted to the relevant state authority for approval before being sent to the JFA National Grading Committee for processing.
- b) An Examination of Technical Knowledge and demonstration of KATA required for the grade being attempted MUST be done by all applicants.
- c) The required State grading fee must be paid prior to undertaking the grading examination.
- d) Applicants can request an International Judo Federation Certificate at an additional cost.

APPENDIX B – Application Form – 4th Dan to 5th Dan Grading



Judo Federation of Australia

Yon Dan to Go Dan Grading Application Form





Judo Federation of Australia Ltd
Yon Dan to Go Dan Grading Application Form

The application form will need to be submitted in duplicate

PLEASE PRINT CLEARLY & TICK BOXES

Rank applying for:	Yon - Dan		Go - Dan		Please insert a passport size photo here. (3.8cm x 2.5cm)	
In the Category of	(a) Contest Points and Knowledge		(b) Knowledge and Service points			
	(c) Knowledge only		(d) Batsugun and Knowledge			
	(e) Ratification					
Family Name						
Given Name			Gender			
Address			City		Post Code	
Date of Birth		Nationality		Occupation		
Telephone	(H)		(B)		(M)	
Email						
Current Judo Club			Name of Coach			
Judo Career Commenced		State Registration No		Expiry Date		
Previous Gradings						
Grade	Date	Location of Grading	JFA Cert No	Remarks		
Sho-Dan						
Ni-Dan						
San Dan						
Summary of Points Claimed Since Attaining Present Grade.						
Contest	Complete points table over leaf and place total here		Total Points			
Coach/Manager	Complete points table over leaf and place total here		Total Points			
Refereeing	Complete points table over leaf and place total here		Total Points			
Administration	Complete points table over leaf and place total here		Total Points			
You may be asked to verify any or all points claimed with supporting documentation.			Total Points Claimed			
Applicants Signature				Date		
Coach Name						
Coach Signature				Date		
State President Name						
State President Signature				Date		

Please note: The President's signature endorses that the applicant is a member in good standing and meets the JFA grade criteria relevant to the application.

Category A - Contest Record Since Attaining Present Grade						
Tournament	Date	Place	Defeated	Grade	Score	Points
TOTAL CONTEST POINTS						

Category B & Category C – Knowledge with Service Since Attaining Present Grade				
Administration:				
Year	Club	State	National	Points
Total administration service points				
Coaching:				
Year(s)	Club	State	National	Points
Total coaching service points				
Team Management:				
Year(s)	Club	State	National	Points
Total team management service points				
Refereeing:				
Year(s)	Club	State	National	Points
Total refereeing service points				

JUDO BIOGRAPHY FOR PROMOTION

Applicants are to fill out below, the one page typed biography on their personal journey in Judo to date as well as outline specific information when answering the 3 questions below.

1. What Judo skills and knowledge have you developed since your last grade promotion?
2. What have you contributed to Judo since the attainment of your last grade?
3. Please add any additional information that supports your application.

Examination Results					
Date of Examination		Place			
Convener:			Signature:		
Name:			Signature:		
Name:			Signature:		
Name:			Signature:		
Examination Results:		Competent		Not Yet Competent	
Examination Area	(C) Competent	(NYC) Not Yet Competent	Comments		
Nage Waza					
Osae Komi Waza					
Turn Over Techniques					
Moving Past Legs					
Shime Waza					
Kansetsu Waza					
Renraku Waza					
Kaeshi Waza					
Kime No Kata					
Ju No Kata					
Coaching					
Referee Certification					
Contest/Service Points					

State Recommendation to the NGC					
State approval given by State Grades Committee Chair			Yes	No	
Name		Signature			Date
State approval given by Board of Management			Yes	No	
State President (Please Print Name Clearly)					
Name		Signature			Date

OFFICE USE ONLY

State Office Use Only			
Applicant Name			
Received by State (insert name of state)		Date	
Received by (insert name of receiver)		Date	
Application data verified by		Date	
Application Sent to JFA for Processing by		Date	

JFA Office Use Only			
Received from State (insert name of state)		Date	
Received by JFA Office (insert name of receiver)		Date	
Received by JFA National Grades Committee Chair		Date	
Application data verified by		Date	
Grading Awarded by		Date	
JFA Ratification of Grading		Date	
JFA Grading Certificate Number		Date	

JFA National Grades Committee Recommendation						
Applicant is deemed		Competent		Not Yet Competent		Deferred for NGC Investigation
For the Rank of						
Chairman of the NGC Name					Rank	
Signature					Date	
Processed under the current JFA National Grading Policy					Date	

Dan Grading Application Checklist

Applicant Check List	
All data fields required have been filled in	
Pass port size photo attached (3.8cm x 2.5cm)	
Application fee paid	
Supporting document attached	
Judo Biography attached	
Applicant signature is on form	
Coach signature on form	
Send completed application form together with duplicate to your relevant State Grades Authority	
State Check List	
Check application is completed with all required information	
Check all required signatures are on form	
Verify all points claimed	
Send completed application form to the JFA Office	
JFA Check List	
Register application for grading	
Send application to National Grading Committee Chair for distribution to the NGC members	

Note:

- e) All grading applications must be submitted to the relevant state authority for approval before being sent to the JFA National Grading Committee for processing.
- f) An Examination of Technical Knowledge and demonstration of KATA required for the grade being attempted MUST be done by all applicants.
- g) The required State grading fee must be paid prior to undertaking the grading examination.
- h) Applicants can request an International Judo Federation Certificate at an additional cost.

APPENDIX C - Application Form for Master Grade – 6th Dan & Above



Judo Federation of Australia

Roku Dan and Above Grading Application Form





**Judo Federation of Australia Ltd.
Master Grade 6th Dan & Above- Application Form**



PLEASE PRINT CLEARLY

Rank applying for:						Please insert a passport size photo here. (3.8cm x 2.5cm)		
In the Category of	A) Olympic / International		B) International					
	C) Continental Union		D) National					
Family Name								
Given Name				Gender				
Address				City			Post Code	
Date of Birth			Nationality			Occupation		
Telephone	(H)			(B)			(M)	
Email								
Current Judo Club					Name of Coach			
Judo Career Commenced		State Registration No			Expiry Date			
Previous Gradings – Applicants must have gained their San-Dan via the Contest Category to be eligible.								
Grade	Date	Location of Grading		JFA Cert No		Remarks		
Sho-Dan								
Ni-Dan								
San-Dan								
Yon-Dan								
Go-Dan								
Roku-Dan								
Shichi-Dan								
Summary of Points Claimed Since Attaining Present Grade								
Coach/Manager	Complete points table over leaf and place total here			Total Points				
Refereeing	Complete points table over leaf and place total here			Total Points				
Administration	Complete points table over leaf and place total here			Total Points				
You may be asked to verify any or all points claimed with supporting documentation.				Total Points Claimed				
Applicants Signature						Date		
Coach Name								
Coach Signature						Date		
State President Name								
State President Signature						Date		

Please note: The President's signature endorses that the applicant is a member in good standing and meets the JFA grade criteria relevant to the application.

Please list points claimed in the appropriate section for this application				
Name				
Administration:				
Year	Club	State	National	Points
Total administration service points				
Coaching:				
Year(s)	Club	State	National	Points
Total coaching service points				
Team Management:				
Year(s)	Club	State	National	Points
Total team management service points				
Refereeing:				
Year(s)	Club	State	National	Points
Total refereeing service points				

Note: 1. All applicants are encouraged to read Section Seven (7) of the JFA National Grading Policy to ensure they meet the eligibility requirements.

2. The applicant must be a continuous member of the Judo Federation of Australia or other International Federation for twenty (20) years or more.

JUDO BIOGRAPHY FOR PROMOTION

Applicants are to fill out in the space provided, a typed biography on their personal journey in Judo to date, as well as outline specific information when answering the 3 questions below.

1. What Judo skills and knowledge have you developed since your last grade promotion?

2. What have you contributed to Judo since the attainment of your last grade?

3. Please add any additional information that supports your application.

Name: _____ Signature: _____

Examination Results					
Date of Examination			Place		
Convener:				Signature:	
Name:				Signature:	
Name:				Signature:	
Name:				Signature:	
Examination Results:			Competent		Not Yet Competent
Examination Area		(C) Competent	(NYC) Not Yet Competent	Comments	
Nage Waza					
Renraku Waza					
Kaeshi Waza					
Osae Komi Waza					
Shime Waza					
Kansetsu Waza					
Kodokan Goshinjitsu					
Itsutsu No Kata					
Ko Shiki No Kata					
Referee Certification					
Coaching Certification					
Contest/Service Points					

State Recommendation to the JFA NGC					
State approval given by State Grades Committee Chair				Yes	No
Name			Signature		Date
State approval given by Board of Management				Yes	No
State President (Please Print Name Clearly)					
Name			Signature		Date

OFFICE USE ONLY

State Office Use Only			
Applicant Name			
Received by State (insert name of state)		Date	
Received by (insert name of receiver)		Date	
Application Fee Received	Amount: \$	Date	
Receipt Number		Date	
Application data verified by		Date	
Application Sent to JFA for Processing by		Date	

JFA Office Use Only			
Received from State (insert name of state)		Date	
Received by JFA Office (insert name of receiver)		Date	
Received by JFA National Grades Committee Chair		Date	
Application data verified by		Date	
Application Fee Received	Amount: \$	Date	
Receipt Number		Date	
JFA Ratification of grade		Date	
Grading Awarded by		Date	
JFA Grading Certificate Number		Date	

JFA National Grading Committee Recommendation							
Applicant is deemed		Competent		Not Competent		Deferred for NGC Investigation	
For the Rank of							
Chairman of the NGC Name						Rank	
Signature						Date	
Processed under the JFA National Grading Policy	Version No				Date		

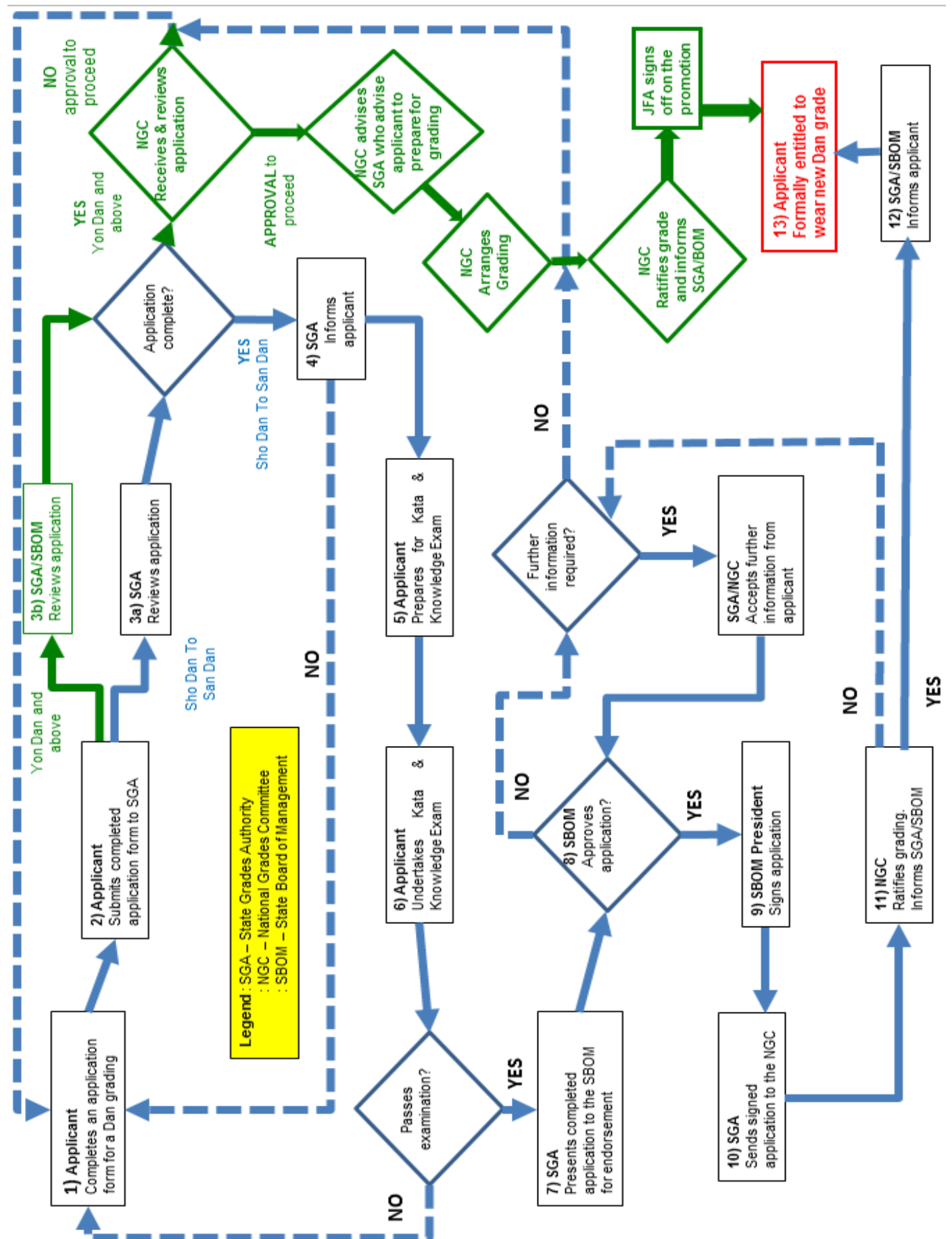
Dan Grading Application Checklist

Applicant Check List	
All data fields required have been filled in	
Pass port size photo attached (3.8cm x 2.5cm)	
Application fee of \$50.00 attached	
Supporting document attached	
Judo biography attached	
Coach signature on form Judo Biography attached	
Applicant signature is on form	
Send completed application form together with duplicate to your relevant State Grades Committee	
State Check List	
Check application is completed with all required information	
Check all required signatures are on form	
Verify all points claimed	
Send completed application form to the JFA Office	
JFA Check List	
Register application for grading	
Send application to National Grading Committee Chair for distribution to the NGC members	

Note:

- a) All grading applications must be submitted to the relevant state for approval to proceed before being sent to the JFA National Grading Committee for processing.
- b) An Examination of Technical Knowledge and demonstration of KATA required for the grade being attempted MUST be done by all applicants.
- c) The required State grading fee must be paid prior to undertaking the grading examination.
- d) Applicants can request an International Judo Federation Certificate at an additional cost.

APPENDIX D - Dan Grade Flow Chart



APPENDIX E – JFA Schedule of Fees

JFA Dan Grade Certificates	\$ 50.00
IJF Grading Certificate	\$190.00

APPENDIX F – JFA Office Process

JFA Office Procedure for Dan Grading Applications	
1.	Received grading matters correspondence is forwarded to the National Grading Committee Chair for action and circulation to the NGC members.
2.	Grading recommendations are made by the NGC to the JFA for approval.
3.	The JFA invoices Member States as appropriate.
4.	The certification process is commenced for requested JFA and IJF certificates.
5.	Completed certificates are forwarded to Member States.
6.	The National Dan Grade Register is updated by the JFA.

APPENDIX G – Special Notes

1. This document is referenced against the Victorian Civil Administration Tribunal (VCAT) Reference number H141/2015 hearing on 25 February 2016 with the date of written reasons dated 8 April 2016, that uphold the Judo Federation of Australia's National Grading Policy in respect of the requirement that to progress to 6th Dan one must have obtained one's 3rd Dan with open contest points.
2. This policy replaces all previous JFA National Grading Policies. Specifically, the 2011 Junior Grades Policy and the 2006 Grading Policy, Procedures and Guidelines Policy, including the 2008 and 2014 revised policies.
3. The review of the JFA National Grading Policy was undertaken by the following JFA Members in consultation with other JFA members and Member States:

Akira Yamada
National Grading Committee Member
Kodokan 7th Dan

John Whipp AM, CSM JP (Qual)
National Grading Committee Member
JFA Life Member
7th Dan IJF and Kodokan 6th Dan

Michael Picken
National Grading Committee Member
6th Dan IJF

Alan Broadhead
National Grading Committee Chair
Kodokan 6th Dan

APPENDIX H - Document Version Control

Date	Version	Details	Approved by:
2011	001	National Junior Grading Policy (June 2011)	JFA
2014	001	National Grading Policy, Procedures & Guidelines Policy (Nov 2014)	JFA
2017	001	JFA National Grading Policy (August 2017)	JFA

Related Documents:
JFA Constitution
International Judo Federation Constitution
International Judo Federation Dan Ranks and Grades Committee Charter
Oceania Judo Union Statutes
JFA NGC Charter
JFA NGC Grading Application Forms

This page left intentionally blank