

COMPETITIVE DAN GRADE SKILLS EXAMINATION FORM



Candidate's Name:		Memb. No.:	
Examiner's Name:		Current Grade:	
Exam Date:			
Candidate's Club:		Date of Birth:	
SECTION 1: Gokyo		SECTION 2: Renzoku-waza	
Nage-waza:		Nage-waza:	
Ne-waza:		Nage-waza:	
1st SET		1st SET	
O-goshi	Hon-kesa-gatame	Seoi-nage to Seoi-otoshi	Harai-goshi countered by Ushiro-goshi
Uki-goshi	Kuzure-kesa-gatame	O-uchi-gari to Ko-uchi-gari	Uchi-mata countered by Tai-otoshi
Tsurigoshi	Ushiro-kesa-gatame	Hiza-guruma to Ashi-guruma	Ko-uchi-gari c/b Harai-tsurigomi-ashi
Tsurigomigoshi	Makura-kesa-gatame	2nd SET	
Tai-otoshi	Mune-gatame	O-goshi to Uki-goshi	O-uchi-gari countered by Ko-soto-gari
Ippon-seoi-nage	Kata-gatame	O-uchi-gari to Ko-soto-gake	Ko-soto-gari countered by Uchi-mata
Morote-seoi-nage		O-soto-gake to O-soto-gari	O-soto-gari countered by O-soto-gaeshi
Seoi-otoshi		3rd SET	
2nd SET		3rd SET	
Ashiguruma	Hon-kami-shiho-gatame	Tai-otoshi to Uchi-mata	Hiza-guruma countered by O-uchi-gari
O-guruma	Kuzure-kami-shiho-gatame	Tai-otoshi to Seoi-nage	De-ashi-barai countered by Tsubame-gaeshi
Harai-goshi	Hon-yoko-shiho-gatame	Ko-soto-gari to Tani-otoshi	De-ashi-barai countered by Ko-uchi-gari
Hane-goshi	Kuzure-yoko-shiho-gatame	4th SET	
Uchi-mata	Hon-tate-shiho-gatame	O-soto-gari to Nidan-ko-soto-gari	Harai-goshi countered by Utsurigoshi
Haraimakikomi	Kuzure-tate-shiho-gatame	Ippon-seoi-nage to Uchi-makikomi	Koshi-guruma countered by Ura-nage
Hanemakikomi		Harai-goshi to Sotomakikomi	Uchi-mata c/b Uchi-mata-sukashi
Sotomakikomi		MARKS AWARDED FOR SECTION 2:	
3rd SET		MARKS AWARDED FOR SECTION 4:	
O-soto-gari	Nami-juji-jime	SECTION 3: Renraku-waza	
Ko-soto-gari	Gyaku-juji-jime	SECTION 5: Renraku, Kaeshi, Nogarekata	
O-uchi-gari	Kata-juji-jime	Nage-waza:	
Ko-uchi-gari	Tsukikomijime	1st SET	
O-uchi-gake	Ryote-jime	Ko-uchi-gari to Tai-otoshi	Kuzure-kesa-gatame to Ude-garami
Ko-soto-gake		Hiza-guruma to O-soto-gari	Escape Kesa-gatame to any Osaekomiwaza
O-soto-guruma		Ko-uchi-gari to Ippon-seoi-nage	
Sode-tsurigomigoshi		2nd SET	
4th SET		2nd SET	
De-ashi-barai	Hadaka-jime	Uchi-mata to Ko-uchi-gari	Kesa-gatame to Hiza-gatame
Okuri-ashi-barai	Okuri-erijime	O-uchi-gari to Tsurigomigoshi	Escape Yoko-shiho-gatame to Sangaku-jime
Sasae-tsurigomigoshi	Kata-hajime	Sasae-tsurigomigoshi to De-ashi-barai	
Haraitsurigomigoshi	Sode-gurumajime	3rd SET	
Hiza-guruma	Koshi-jime	3rd SET	
Uki-otoshi		Ashiguruma to Tani-otoshi	Kuzure-kami-shiho-gatame to Ushiro-kesa-gatame
Tomoe-nage		Harai-goshi to O-soto-gake	Kata-juji-jime countered by Hiza-gatame
Sumigaeshi		O-soto-gake to Seoi-otoshi	
5th SET		4th SET	
Kata-guruma	Ude-garami	Ko-uchi-gari to Yoko-tomoe-nage	Tate-shiho-gatame to Juji-gatame
Koshi-guruma	Juji-gatame	Ippon-seoi-nage to Ko-uchi-gake	Escape Yoko-shiho-gatame to Kata-te-kata-ashi-jime
Yama-arashi	Ude-gatame	O-soto-gari to Yoko-wakare	
Tani-otoshi	Hiza-gatame	MARKS AWARDED FOR SECTION 3:	
Yoko-otoshi	Waki-gatame	MARKS AWARDED FOR SECTION 5:	
Yoko-wakare		MARKING SUMMARY	
Yoko-gake		For promotion to 1st Dan	190
Uki-waza		For promotion to 2nd Dan	320
MARKS AWARDED FOR SECTION 1:		For promotion to 3rd Dan	520
		For promotion to 4th Dan	700
		For promotion to 5th Dan	800
		MARKS AWARDED FOR SECTION 6:	
		MARKS AWARDED FOR SECTION 6:	
MARKS AWARDED FOR SECTION 1:		TOTAL MARKS AWARDED:	
The Senior Examiner must be a minimum of 1 grade above the candidate's grade Marking will range from 0 to 10 points for each technique			
Examiner's signature and grade:		Memb. No.:	
		Date:	

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SECTION 6a: Nage-no-kata							
1st SET	Uki-otoshi		Ippon-seoi-nage		Kata-guruma		TOTAL
2nd SET	Uki-goshi		Harai-goshi		Tsuri-komi-goshi		TOTAL
3rd SET	Okuri-ashi-barai		Sasae-tsuri-komi-ashi		Uchi-mata		TOTAL
4th SET	Tomoe-nage		Ura-nage		Sumi-gaeshi		TOTAL
5th SET	Yoko-gake		Yoko-guruma		Uki-waza		TOTAL

Notes for the Examiner: Marking will range from 0 to 10 points for each technique, which must be demonstrated both right and left handed and the combined score for each technique recorded above.

SECTION 6b: Katame-no-kata							
1st SET		2nd SET			3rd SET		
Kuzure-kesa-gatame		Kata-juji-jime		Ude-garami			
Kata-gatame		Hadaka-jime		Juji-gatame			
Kami-shiho-gatame		Okuri-eri-jime		Ude-gatame			
Yoko-shiho-gatame		Kata-ha-jime		Hiza-gatame			
Kuzure-kami-shiho-gatame		Gyaku-juji-jime		Ashi-garami			
Presentation		Presentation		Presentation			
TOTAL		TOTAL			TOTAL		

Notes for the Examiner: Marking will range from 0 to 10 points for each technique and an additional mark out of ten is required for presentation. For kata the candidate can claim exemption by providing a BJA Kata certificate but the marks allocated will be 65%

OVERVIEW - Points Requirements					
	1st DAN	2nd DAN	3rd DAN	4th DAN	5th DAN
Section 1: Single Techniques	One from each set	One from each set	One from each set	One from each set	One from each set
	Examiner's choice	Examiner's choice	Examiner's choice	Examiner's choice	Examiner's choice
	100	100	100	100	100
Section 2: Renzoku-waza	One set	Two sets	Three sets	All four sets	All four sets
	Candidate's choice	Candidate's choice	Candidate's choice		
	30	60	90	120	120
Section 3: Renraku-waza	One set	Two sets	Three sets	All four sets	All four sets
	Candidate's choice	Candidate's choice	Candidate's choice		
	30	60	90	120	120
Section 4: Kaeshi-waza	One set	Two sets	Three sets	All four sets	All four sets
	Candidate's choice	Candidate's choice	Candidate's choice		
	30	60	90	120	120
Section 5: Renraku, Kaeshi, Nogarekata	One set	Two sets	Three sets	All four sets	All four sets
	Candidate's choice	Candidate's choice	Candidate's choice		
	20	40	60	80	80
Section 6: Kata	One set Nage-no-kata	Two sets Nage-no-kata	Three sets Nage-no-kata	Four sets Nage-no-kata	Complete Nage-no-kata &
	Candidate's choice	Candidate's choice	One set Katame-no-kata	Two sets Katame-no-kata	Complete Katame-no-kata
	60	120	240	360	480
Maximum Marks Possible	270	440	670	900	1020
Pass Mark	190	320	520	700	800

Notes for the Examiner: Marking will range from 0 to 10 points for each technique.

Return to: BJA NDGA, University of Wolverhampton (Walsall Campus), Gorway Road, Walsall, WS1 3B

For BJA NDGA Official Use Only: Date Received: _____ Notes:

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