

COMPETITIVE DAN GRADE SKILLS EXAMINATION FORM



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| Candidate's name: | | Memb No: | |
| | | Current grade: | |

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| Candidate's address: | | Exam Date: | |
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| Candidate's club: | | Date of birth: | |
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| SECTION 1 - Gokyo | | SECTION 2 – Renzoku-waza | | SECTION 4 – Kaeshi-waza | |
|------------------------------|--|--------------------------|--|---|--|
| Nage-waza: | | Ne-waza: | | Nage-waza: | |
| 1st SET | | 1st SET | | 1st SET | |
| O-goshi | | Hon-kesa-gatame | | Harai-goshi countered by Ushiro-goshi | |
| Uki-goshi | | Kuzure-kesa-gatame | | Uchi-mata countered by Tai-otoshi | |
| Tsuri-goshi | | Ushiro-kesa-gatame | | Uchi-gari c/b Harai-tsuru-komi-ashi | |
| Tsuru-komi-goshi | | Makura-kesa-gatame | | 2nd SET | |
| Tai-otoshi | | Mune-gatame | | O-uchi-gari countered by Ko-soto-gari | |
| Ippon-seoi-nage | | Kata-gatame | | Ko-soto-gari countered by Uchi-mata | |
| Morote-seoi-nage | | | | O-soto-gari countered by O-soto-gaeshi | |
| Seoi-otoshi | | | | 3rd SET | |
| 2nd SET | | 2nd SET | | Hiza-guruma countered by O-uchi-gari | |
| Ashi-guruma | | Hon-kami-shiho-gatame | | De-ashi-barai countered by Tsubame-gaeshi | |
| O-guruma | | Kuzure-kami-shiho-gatame | | De-ashi-barai countered by Ko-uchi-gari | |
| Harai-goshi | | Hon-yoko-shiho-gatame | | 4th SET | |
| Hane-goshi | | Kuzure-yoko-shiho-gatame | | O-soto-gari to Nidan-ko-soto-gari | |
| Uchi-mata | | Hon-tate-shiho-gatame | | Ippon-seoi-nage to Uchi-maki-komi | |
| Harai-maki-komi | | Kuzure-tate-shiho-gatame | | Harai-goshi to Soto-maki-komi | |
| Hane-maki-komi | | | | MARKS AWARDED FOR SECTION 2: | |
| Soto-maki-komi | | | | MARKS AWARDED FOR SECTION 4: | |
| 3rd SET | | 3rd SET | | SECTION 3 – Renraku-waza | SECTION 5 – Renraku, Kaeshi, Nogarekata |
| O-soto-gari | | Nami-juji-jime | | Nage-waza: | Ne-waza: |
| Ko-soto-gari | | Gyaku-juji-jime | | 1st SET | 1st SET |
| O-uchi-gari | | Kata-juji-jime | | Ko-uchi-gari to Tai-otoshi | Kuzure-kesa-gatame to Ude-garami |
| Ko-uchi-gari | | Tsuki-komi-jime | | Hiza-guruma to O-soto-gari | Escape Kesa-gatame to any Osaekomi-waza |
| O-uchi-gake | | Ryote-jime | | Ko-uchi-gari to Ippon-seoi-nage | |
| Ko-soto-gake | | | | 2nd SET | 2nd SET |
| O-soto-guruma | | | | Uchi-mata to Ko-uchi-gari | Kesa-gatame to Hiza-gatame |
| Sode-tsuru-komi-goshi | | | | O-uchi-gari to Tsuru-komi-ashi | Escape Yoko-shiho-gatame to Sangaku-jime |
| 4th SET | | 4th SET | | Sasae-tsuru-komi-ashi to De-ashi-barai | |
| De-ashi-barai | | Hadaka-jime | | 3rd SET | 3rd SET |
| Okuri-ashi-barai | | Okuri-eri-jime | | Ashi-guruma to Tani-otoshi | Kuzure-kami-shiho-gatame to Ushiro-kesa-gatame |
| Sasae-tsuru-komi-ashi | | Kata-ha-jime | | Harai-goshi to O-soto-gake | Kata-juji-jime countered by Hiza-gatame |
| Harai-tsuru-komi-ashi | | Sode-guruma-jime | | O-soto-gake to Seoi-otoshi | |
| Hiza-guruma | | Koshi-jime | | 4th SET | 4th SET |
| Uki-otoshi | | | | Ko-uchi-gari to Yoko-tomoe-nage | Tate-shiho-gatame to Juji-gatame |
| Tomoe-nage | | | | Ippon-seoi-nage to Ko-uchi-gake | Escape Yoko-shiho-gatame to Kata-te-kata-ashi-jime |
| Sumi-gaeshi | | | | O-soto-gari to Yoko-wakare | |
| 5th SET | | 5th SET | | MARKS AWARDED FOR SECTION 3: | MARKS AWARDED FOR SECTION 5: |
| Kata-guruma | | Ude-garami | | | |
| Koshi-guruma | | Juji-gatame | | PASS MARKS | MARKING SUMMARY |
| Yama-arashi | | Ude-gatame | | For promotion to 1st Dan | 190 |
| Tani-otoshi | | Hiza-gatame | | For promotion to 2nd Dan | 320 |
| Yoko-otoshi | | Waki-gatame | | For promotion to 3rd Dan | 520 |
| Yoko-wakare | | | | For promotion to 4th Dan | 700 |
| Yoko-gake | | | | For promotion to 5th Dan | 800 |
| Uki-waza | | | | | 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 candidates grade. Marking will range from 0 to 10 points for each technique

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| Examiner's name, 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 | | Uchimata | | 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 the minimum pass mark set for that level | | | | | |

OVERVIEW – Points requirements

| | 1st DAN | 2nd DAN | 3rd DAN | 4th DAN | 5th DAN |
|---|---|--|---|---|--|
| Section 1 – Single Techniques | One from each set Examiners Choice | One from each set Examiners Choice | One from each set Examiners Choice | One from each set Examiners Choice | One from each set Examiners Choice |
| | 100 | 100 | 100 | 100 | 100 |
| Section 2 – Renzoku-waza | One set | Two sets | Three sets | All Four sets | All Four sets |
| | Candidates Choice | Candidates Choice | Candidates Choice | | |
| Section 3 – Renraku-waza | 30 | 60 | 90 | 120 | 120 |
| | One set | Two sets | Three sets | All Four sets | All Four sets |
| Section 4 - Kaeshiwaza | Candidates Choice | Candidates Choice | Candidates Choice | | |
| | 30 | 60 | 90 | 120 | 120 |
| Section 5 – Renraku/Kaeshi/Nogarekata | One set | Two sets | Three sets | All Four sets | All Four sets |
| | Candidates Choice | Candidates Choice | Candidates Choice | | |
| Section 6 - Kata | 20 | 40 | 60 | 80 | 80 |
| | One set Nage-no-kata Candidates Choice | Two sets Nage-no-kata Candidates Choice | Three sets Nage-no-kata One set Katame-no-kata | Four sets Nage-no-kata Two sets Katame-no-kata | Complete Nage-no-kata & Complete Katame-no-kata |
| 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, Suite B, Technology Centre, Epinal way, Loughborough, LE11 3GE | | | | | |

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