



COMPETITIVE DAN GRADE SKILLS EXAMINATION FORM

Candidate's name:		Memb No:			
		Current grade:			
Examiners' name:		Exam Date:			
Candidate's club:		Date of birth:			
SECTION 1- Gokyo		SECTION 2 – Renzoku-waza		SECTION 4 – Kaeshi-waza	
Nage-waza:		Nage-waza:		Nage-waza:	
1st SET		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	
Tsuri-goshi	Ushiro-kesa-gatame	Hiza-guruma to Ashi-guruma		Ko-uchi-gari c/b Harai-tsuri-komi-ashi	
Tsuri-komi-goshi	Makura-kesa-gatame	2nd SET		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		3rd SET	
2nd SET	2nd SET	Tai-otoshi to Uchi-mata		Hiza-guruma countered by O-uchi-gari	
Ashi-guruma	Hon-kami-shiho-gatame	Tai-otoshi to Seoi-nage		De-ashi-barai countered by Tsubame-gaeshi	
O-guruma	Kuzure-kami-shiho-gatame	Ko-soto-gari to Tani-otoshi		De-ashi-barai countered by Ko-uchi-gari	
Harai-goshi	Hon-yoko-shiho-gatame	4th SET		4th SET	
Hane-goshi	Kuzure-yoko-shiho-gatame	O-soto-gari to Nidan-ko-soto-gari		Harai-goshi countered by Utsuri-goshi	
Uchi-mata	Hon-tate-shiho-gatame	Ippon-seoi-nage to Uchi-maki-komi		Koshi-guruma countered by Ura-nage	
Harai-maki-komi	Kuzure-tate-shiho-gatame	Harai-goshi to Soto-maki-komi		Uchi-mata c/b Uchi-mata-sukashi	
Hane-maki-komi		MARKS AWARDED FOR SECTION 2:		MARKS AWARDED FOR SECTION 4:	
Soto-maki-komi					
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-tsuri-komi-goshi		O-uchi-gari to Tsuru-komi-ashi		Escape Yoko-shiho-gatame to Sangaku-jime	
4th SET	4th SET	Sasae-tsuri-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-tsuri-komi-ashi	Kata-ha-jime	Harai-goshi to O-soto-gake		Kata-juji-jime countered by Hiza-gatame	
Harai-tsuri-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	19 0	MARKS AWARDED FOR SECTION 1:	
Tani-otoshi	Hiza-gatame	For promotion to 2nd Dan	32 0	MARKS AWARDED FOR SECTION 2:	
Yoko-otoshi	Waki-gatame	For promotion to 3rd Dan	52 0	MARKS AWARDED FOR SECTION 3:	
Yoko-wakare		For promotion to 4th Dan	70 0	MARKS AWARDED FOR SECTION 4:	
Yoko-gake		For promotion to 5th Dan	80 0	MARKS AWARDED FOR SECTION 5:	
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					
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		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	One from each set	One from each set	One from each set	One from each set
	Examiners Choice	Examiners Choice	Examiners Choice	Examiners Choice	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		
	30	60	90	120	120
Section 3 – Renraku-waza	One set	Two sets	Three sets	All Four sets	All Four sets
	Candidates Choice	Candidates Choice	Candidates Choice		
	30	60	90	120	120
Section 4 - Kaeshiwaza	One set	Two sets	Three sets	All Four sets	All Four sets
	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		
	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 &
	Candidates Choice	Candidates 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, Kudhail House, 238 Birmingham Road, Great Barr, Birmingham, B43 7AH

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

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