

# GUIDE FOR TECHNICAL DAN GRADE EXAMINATION



The Technical Dan grade is a qualification based on knowledge and understanding. There are many ways the exam may be carried out depending on any physical restrictions the candidate may have. These guidelines are a means of preparing both the candidate and the assessor for the performance of the exam. The list of requirements is not exhaustive or exclusive. The candidate is expected to have a greater depth of knowledge as they progress through the grades and will be examined on a progressively greater number of elements in each section to a progressively higher standard. Completion of each section is recorded on the exam sheet that is sent to the NDGA and also in the Technical Dan Grade Record Card that the candidate keeps in their Record Book. When all required sections in the card are complete and all other grading criteria has been achieved, this is submitted to the NDGA together with a fee of £40 and applicants' record book.

## SECTION 1

Candidate is expected to have knowledge of many of the key points of the Waza including:-  
The Waza in its traditional form,  
Kuzushi and an alternative Kuzushi,  
Tsukuri and an alternative Tsukuri,  
Renzoku with the selected Waza as 1<sup>st</sup> attack,  
Renzoku with the selected Waza as final throw,  
Renraku with the selected Waza as 1<sup>st</sup> attack,  
Renraku with the selected Waza as final throw,  
Kaeshi using the selected Waza as a counter and also as to how the Waza may be countered,  
Most suitable grip and an alternative grip,  
Any other information such as Uchikomi drills.

## SECTION 2

Candidate is expected to have knowledge of many of the key points of the Waza including:-  
Standard performance of the selected Waza  
Performance version,  
Method of escape,  
Uchikomi drill,  
Combinations either with Waza as 1<sup>st</sup> or 2<sup>nd</sup> Waza.  
Methods of transition from Tachi-waza

## SECTIONS 3, 4, 5 & 6

Candidate should understand the reasoning for linking the Waza together such as-  
Body contact, maintaining contact as Uke resists and reacts,  
Feint or action/reaction to set up Uke to change posture or position.  
Time phase using multiple attacks causing Uke to change posture or grip,  
Te-waza where a hand movement cause Uke to react and move into a weaker posture.

## SECTIONS 7, 8 & 9

Candidates are to be able to demonstrate knowledge by performing 1 complete Kata for 1<sup>st</sup> Dan, 2 Kata for 2<sup>nd</sup> Dan and 3 Kata for 3<sup>rd</sup> Dan. Alternatively candidate can use 2 judoka that they have coached, to demonstrate techniques so that she/he may discuss with the assessor major points and principles of the Kata demonstrated.

## SECTION 10

Candidate should have a thorough knowledge of the Waza, its development and influencing factors such as grip, movement and stance.

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