



# NATIONAL GRADING GUIDELINES

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January 1<sup>st</sup> 2021

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## INTRODUCTION

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The purpose of this document is to ensure a consistent understanding and application of the measures to be taken to hold Dan grade exams across Canada.

The National Grading Committee (NGC) is the only committee with authority for the promotion of Dan grades in Canada. The NGC may delegate its authority to the Provincial/Territorial Grading committee (PGC/TGC) for examination. To this end, the NGC must:

- Ensure adherence to all rules set forth in the National Grading Syllabus.
- Establish, implement, and enforce minimum standards for Dan ranks in Canada.
- Ensure Dan promotions made by PGCs/TGCs are in accordance with the authority delegated to them.

The PGC/TGC is responsible for:

- Validating the information entered on Judo Canada's on-line application form by the candidate.
- Applying the formal examination and prerequisites stated in the National Grading Syllabus.
- Making a request to the NGC for any non-formal examinations prior to the examination.
- Appointing a minimum of three (3) persons on the jury.
- Organizing kata, tachi-waza and ne-waza clinics for candidates in the competitive stream, with a minimum of 2 clinic conductors that are members of the respective PGC/TGC.
- Ensuring that jury members are nationally certified Kata judges (by 2023).
- Ensuring that the jury has at least two (2) members higher in rank than the level being examined, with the third person of no lower rank than the rank being sought, e.g., to evaluate a candidate to the level of Sandan requires a jury comprised of at least two Yondan and one Sandan.
- Taking all necessary measures to avoid situations where there is potential for conflict of interest, e.g., jury member evaluating a student or another family member, etc.
- Making sure judges are always fair, honest, and impartial.
- Permitting the Head Sensei or a designated representative to attend his/her students' exams.
- Ensuring that all examinations are open to the public.
- Providing pass/fail results with constructive feedback to the candidate at the examination upon completion of their assessment.
- Setting up a grading examination venue that is conducive for fair assessment:
  - a mat area of 8 x 8 metres
  - ceiling of at least 2,4 metres
  - table(s), pencils and chairs for the jury
  - Enough room for any spectators to view
  - A chair for the Head sensei opposite to the jury table.

## GRADING EXAMINATIONS

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To offer to our membership a transparent, uniform and rigorous approach, a bank of exam forms for the different Dan grades (Appendix B) and exam forms for the kata (Appendix C) are in the following pages of this document. **You are required to use them and return them completed with the Grading Examination form (appendix A) to the National Office ([info@judocanada.org](mailto:info@judocanada.org)) to complete the formal requirements of the PGC/TGC for that grading.**

## Evaluation Principles

The NGC is introducing a new, standardized grading evaluation approach that is aligned to Judo Canada’s mandate and values to guarantee more consistency in the application of grading standards across the country. The examination jury reserves the right to probe, challenge, discuss any technique or part of a kata with a candidate before a final decision is rendered.

## Errors in Examinations

In the new system, each technique during the evaluation is judged by starting with full marks (10 points). Judges then deduct from the full 10 points when there are any errors or mistakes.

In performing their examination (which includes the required Kata, Nage-waza and Katame-waza), a candidate will be allowed a maximum number of errors, after which they will be deemed to have failed this section of the examination.

## How to evaluate an error

To be successful on a technique, a candidate must score 6 points out of 10 or above on that technique by at least 2 out of 3 judges. A failed technique counts as an error. The number of errors allowed by a candidate for a particular Dan examination can be found in the Dan Grading Exam scale found below.

**In Nage-waza and Katame-waza**, a judge must take into consideration the following elements: Kuzushi, Tsukuri, Kake, Tai-sabaki, Hikite, Tsurite, Body position, Control, Fluidity, Realism, Tsugi-ashi, Ayumi-ashi, Suri-ashi, Bowing, Speed of execution, Sincerity, Carrying weapons, Handling weapons, Ukemi, Atemi, Escape attempts etc.

In one of the above elements, a small mistake: deduct 1 point, a medium mistake: deduct 2 points and a big mistake: deduct 3 points.

**In Kata**, a judge must refer to the IJF kata rules of evaluation: A medium mistake on a technique will mean a deduction of 2 points, and a big mistake will mean a deduction of 3 points.

A forgotten technique is an automatic failure of these sections of the examination.

**In Randori**, a candidate is expected to show the elements mentioned in the Syllabus lexicon (Appendix D). A candidate needs to be accepted by 2 or more judges to pass this section.

**In personal demonstration**, a candidate must perform a demonstration relevant to judo and defend their presentation to the panel of judges. A candidate needs to be accepted by 2 or more judges to pass this section.

Dan Grading Exam Scale (number of errors allowed)						
	Nage/Katame Waza	Kata	Kata	Kata as Uke	Randori	Personal demo
Shodan	2	2			0	
Nidan	2	2			0	
Sandan	1	2		1	0	
Yondan	1	2		1	0	
Godan	1	1	1			0
Rokudan		1	1	1		0

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Shichidan		1	1	1		
Hachidan		1				
Kudan						
Judan						
<b>Maximum number of errors accepted per section for a successful exam.</b>						

## REFERENCE TOOLS

With the aim of standardizing the grading examinations across the country, the NGC offers reference tools that cover the basic knowledge necessary for the evaluation of candidates. These different tools include the techniques of Nage-waza and Katame-waza as well as the different katas and evaluation criteria.

### Nage-waza and Katame-waza

- Kodokan Judo book by Kano Jigoro (ISBN 9781568365398)
- Kodokan Judo Throwing Techniques by Toshiro Daigo (ISBN 9781568365770)
- IJF Academy and Kodokan website: Judo techniques
- Kodokan Channel Youtube: <https://www.youtube.com/channel/UCtF6tu7GuZYkZzht5Mlv8UQ>

### Katas

Kodokan Kata textbooks:

- Nage-no-kata: [Nage-no-kata textbook](#)
- Katame-no-kata: [Katame-no-kata textbook](#)
- Ju-no-kata: [Ju-no-kata textbook](#)
- Kime-no-kata: [Kime-no-kata textbook](#)
- Kodokan Goshin-jutsu: [Kodokan Goshin-jutsu textbook](#)

IJF Kata evaluation rules: [IJF kata evaluation rule book](#)

# APPENDIX A – EXAMINATION FORM



**GRADING EXAMINATION FORM**

Technical stream  Competitive stream  Batsugun  Special case

Candidate for \_\_\_\_\_ Dan Examination date: \_\_\_\_\_

Name of Candidate: \_\_\_\_\_

Name of partner(s): \_\_\_\_\_

Name of examiners: \_\_\_\_\_

Signature of examiners: \_\_\_\_\_

**EVALUATION (PASS or FAIL)**

	Pass	Fail		Pass Tori	Pass Uke	Fail Tori	Fail Uke
Nage-waza	<input type="checkbox"/>	<input type="checkbox"/>	Nage-no-kata	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Osae-waza	<input type="checkbox"/>	<input type="checkbox"/>	Katame-no-kata	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shime-waza	<input type="checkbox"/>	<input type="checkbox"/>	Ju-no-kata	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Kansetsu-waza	<input type="checkbox"/>	<input type="checkbox"/>	Kodokan Goshin-jutsu	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Randori	<input type="checkbox"/>	<input type="checkbox"/>	Kime-no-kata	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Technical presentation	<input type="checkbox"/>	<input type="checkbox"/>	Itsutsu-no-kata	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
			Koshiki-no-kata	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**PASS**  **FAIL**

**APPROVED**

Chair Provincial/Territorial grading committee signature \_\_\_\_\_ Province/Territory \_\_\_\_\_ Date \_\_\_\_\_

Chair National grading committee signature \_\_\_\_\_ Date \_\_\_\_\_

**COMMENTS:** \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**ALL FORMS MUST BE CORRECTLY COMPLETED WITHOUT ERRORS OR OMISSIONS**

## APPENDIX B – NAGE-WAZA AND KATAME-WAZA EXAMINATION FORMS

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Shodan.....	9
Nidan.....	11
Sandan.....	13
Yondan.....	15
Godan.....	17

NATIONAL GRADING GUIDELINES



EXAM FORM

SHODAN

CANDIDATE :

\_\_\_\_\_

Date : \_\_\_\_\_

TACHI-WAZA

Exam 1	1	2	3	4	5	6	7	8	9	10	Exam 3	COMMENTS
Uki-goshi											Ippon-seoi-nage	
O-guruma											Kata-guruma	
Seoi-nage											O-goshi	
Tani-otoshi											Ashi-guruma	
Uki-otoshi											Sumi-gaeshi	
O-uchi-gari											Tsurikomi-goshi	
Tomoe-nage											O-soto-gari	
Ushiro-goshi											Yoko-wakare	

Exam 2	1	2	3	4	5	6	7	8	9	10	Exam 4	COMMENTS
Sukui-nage											Seoi-nage	
Harai-goshi											Hane-goshi	
De-ashi-barai											Harai-tsurikomi-ashi	
Hane-makikomi											Soto-makikomi	
Uchi-mata											Utsuri-goshi	
Tsuri-goshi											Hiza-guruma	
Sasae-tsurikomi-ashi											Yoko-otoshi	
Ippon-seoi-nage											Okuri-ashi-barai	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Yoko-shiho-gatame	
Kata-gatame											Kami-shiho-gatame	
Yoko-shiho-gatame											Tate-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Tate-shiho-gatame											Kata-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Gyaku-juji-jime											Nami-juji-jime	
Kata-juji-jime											Hadaka-jime	
Okuri-eri-jime											Kata-ha-jime	
Nami-juji-jime											Gyaku-juji-jime	
Hadaka-jime											Okuri-eri-jime	

KANSETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-garami											Ude-hishigi-hiza-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-juji-gatame	
Ude-hishigi-ude-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-hiza-gatame											Ude-garami	
Ude-hishigi-juji-gatame											Ude-hishigi-hara-gatame	

GENERAL COMMENTS :

\_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

RESULT :

PASS

FAIL



NATIONAL GRADING GUIDELINES



EXAM FORM

SHODAN

CANDIDATE : \_\_\_\_\_

Date : \_\_\_\_\_

TACHI-WAZA

Exam 5	1	2	3	4	5	6	7	8	9	10	Exam 7	COMMENTS
O-uchi-gari											De-ashi-barai	
Hane-goshi											Tsurikomi-goshi	
Soto-makikomi											Ko-uchi-gari	
Sukui-nage											Hane-makikomi	
Ko-soto-gari											Ko-soto-gake	
Tsuri-goshi											Utsuri-goshi	
Ippon-seoi-nage											Seoi-nage	
Tai-otoshi											Sumi-otoshi	

Exam 6	1	2	3	4	5	6	7	8	9	10	Exam 8	COMMENTS
O-soto-gari											Ashi-guruma	
Harai-goshi											Uki-goshi	
Kata-guruma											Tomoe-nage	
Tani-otoshi											Tai-otoshi	
Sasae-tsurikomi-ashi											Okuri-ashi-barai	
Koshi-guruma											Ushiro-goshi	
Seoi-nage											Ippon-seoi-nage	
Ura-nage											Uchi-mata	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Kesa-gatame	
Kami-shiho-gatame											Kata-gatame	
Kuzure-kesa-gatame											Yoko-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Kata-gatame											Tate-shiho-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Gyaku-juji-jime											Nami-juji-jime	
Kata-ha-jime											Hadaka-jime	
Okuri-eri-jime											Kata-juji-jime	
Nami-juji-jime											Gyaku-juji-jime	
Hadaka-jime											Okuri-eri-jime	

KANSETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-hishigi-hiza-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-ude-gatame											Ude-hishigi-juji-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-hara-gatame	
Ude-garami											Ude-garami	
Ude-hishigi-juji-gatame											Ude-hishigi-hiza-gatame	

GENERAL COMMENTS:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

RESULT :                      PASS                            FAIL

NATIONAL GRADING GUIDELINES



EXAM FORM

NIDAN

CANDIDATE :

Date :

TACHI-WAZA

Exam 1	1	2	3	4	5	6	7	8	9	10	Exam 3	COMMENTS
Uki-goshi											Sumi-otoshi	
O-guruma											Kata-guruma	
O-soto-guruma											O-goshi	
Tani-otoshi											Ashi-guruma	
Uki-otoshi											Sumi-gaeshi	
Ko-uchi-gaeshi											Tsurikomi-goshi	
Tomoe-nage											O-soto-gaeshi	
Ushiro-goshi											Yoko-wakare	

Exam 2	1	2	3	4	5	6	7	8	9	10	Exam 4	COMMENTS
Sukui-nage											Seoi-nage	
Harai-goshi-gaeshi											Hane-goshi-gaeshi	
De-ashi-barai											Harai-tsurikomi-ashi	
Hane-makikomi											Soto-makikomi	
Uchi-mata											Utsuri-goshi	
Tsuri-goshi											Hiza-guruma	
Sasae-tsurikomi-ashi											Yoko-otoshi	
Yoko-guruma											Okuri-ashi-barai	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Yoko-shiho-gatame	
Kata-gatame											Kami-shiho-gatame	
Yoko-shiho-gatame											Tate-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Tate-shiho-gatame											Kata-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Gyaku-juji-jime											Sankaku-jime	
Kata-juji-jime											Hadaka-jime	
Okuri-eri-jime											Kata-ha-jime	
Nami-juji-jime											Gyaku-juji-jime	
Sankaku-jime											Okuri-eri-jime	

KANSETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-garami											Ude-hishigi-hiza-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-juji-gatame	
Ude-hishigi-ude-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-hiza-gatame											Ude-garami	
Ude-hishigi-juji-gatame											Ude-hishigi-hara-gatame	

GENERAL COMMENTS

RESULT :

PASS

FAIL

NATIONAL GRADING GUIDELINES



EXAM FORM

NIDAN

CANDIDATE : \_\_\_\_\_

Date : \_\_\_\_\_

TACHI-WAZA

Exam 5	1	2	3	4	5	6	7	8	9	10	Exam 7	COMMENTS
O-uchi-gari											De-ashi-barai	
Hane-goshi-gaeshi											Tsurikomi-goshi	
Soto-makikomi											Ko-uchi-gaeshi	
Sukui-nage											Hane-makikomi	
Ko-soto-gari											Ko-soto-gake	
Tsuri-goshi											Utsuri-goshi	
Uki-waza											Yoko-wakare	
Tai-otoshi											Sumi-otoshi	

Exam 6	1	2	3	4	5	6	7	8	9	10	Exam 8	COMMENTS
O-soto-gaeshi											Ashi-guruma	
Harai-goshi											Uki-goshi	
Kata-guruma											Tomoe-nage	
Tani-otoshi											Tai-otoshi	
Sasae-tsurikomi-ashi											Uchi-mata-gaeshi	
Koshi-guruma											Ushiro-goshi	
Seoi-nage											Yoko-gake	
Ura-nage											Uchi-mata	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Kesa-gatame	
Kami-shiho-gatame											Kata-gatame	
Kuzure-kesa-gatame											Yoko-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Kata-gatame											Tate-shiho-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Gyaku-juji-jime											Nami-juji-jime	
Kata-ha-jime											Hadaka-jime	
Okuri-eri-jime											Sankaku-jime	
Sankaku-jime											Gyaku-juji-jime	
Hadaka-jime											Okuri-eri-jime	

KASETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-hishigi-hiza-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-ude-gatame											Ude-hishigi-juji-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-hara-gatame	
Ude-garami											Ude-garami	
Ude-hishigi-juji-gatame											Ude-hishigi-hiza-gatame	

GENERAL COMMENTS:  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

RESULT :                      PASS                            FAIL

NATIONAL GRADING GUIDELINES



EXAM FORM

SANDAN

CANDIDATE :

\_\_\_\_\_

Date :

\_\_\_\_\_

TACHI-WAZA

Exam 1	1	2	3	4	5	6	7	8	9	10	Exam 3	COMMENTS
Uki-goshi											Sumi-otoshi	
O-guruma											Kata-guruma	
O-soto-otoshi											Harai-goshi-gaeshi	
Tani-otoshi											Ashi-guruma	
Uki-otoshi											Sumi-gaeshi	
O-uchi-gaeshi											Tsurikomi-goshi	
Tomoe-nage											Tsubame-gaeshi	
Ushiro-goshi											Yoko-wakare	

Exam 2	1	2	3	4	5	6	7	8	9	10	Exam 4	COMMENTS
Sukui-nage											Ippon-seoi-nage	
Harai-goshi											Hane-goshi-gaeshi	
Tsubame-gaeshi											Harai-tsurikomi-ashi	
Hane-makikomi											Soto-makikomi	
Uchi-mata-sukashi											Utsuri-goshi	
Sode-tsurikomi-goshi											Yama-arashi	
Sasae-tsurikomi-ashi											Yoko-otoshi	
Yoko-guruma											Okuri-ashi-barai	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Yoko-shiho-gatame	
Kata-gatame											Kami-shiho-gatame	
Yoko-shiho-gatame											Tate-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Tate-shiho-gatame											Kata-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Gyaku-juji-jime											Nami-juji-jime	
Sode-guruma-jime											Ryote-jime	
Okuri-eri-jime											Kata-ha-jime	
Tsukkomi-jime											Gyaku-juji-jime	
Hadaka-jime											Sankaku-jime	

KANSETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-hishigi-ashi-gatame											Ude-hishigi-hiza-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-ashi-gatame	
Ude-hishigi-ude-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-hiza-gatame											Ude-hishigi-te-gatame	
Ude-hishigi-sankaku-gatame											Ude-hishigi-hara-gatame	

GENERAL COMMENTS

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

RESULT :

PASS

NATIONAL GRADING GUIDELINES



EXAM FORM

SANDAN

CANDIDATE: \_\_\_\_\_

Date : \_\_\_\_\_

TACHI-WAZA

Exam 5	1	2	3	4	5	6	7	8	9	10	Exam 7	COMMENTS
Seoi-otoshi											De-ashi-barai	
Hane-goshi-gaeshi											Sode-tsurikomi-goshi	
Soto-makikomi											Ko-uchi-gaeshi	
Sukui-nage											Hane-makikomi	
Ko-soto-gari											Ko-soto-gake	
Tsuri-goshi											Utsuri-goshi	
Uki-waza											Yoko-wakare	
Tai-otoshi											Sumi-otoshi	

Exam 6	1	2	3	4	5	6	7	8	9	10	Exam 8	COMMENTS
O-soto-gaeshi											Ashi-guruma	
Harai-goshi											Uki-goshi	
Kata-guruma											Ko-uchi-gaeshi	
Tani-otoshi											Tai-otoshi	
Sasae-tsurikomi-ashi											Uchi-mata-makikomi	
Tsubame-gaeshi											Ushiro-goshi	
Ippon-seoi-nage											Yoko-gake	
Ura-nage											Uchi-mata	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Kesa-gatame	
Kami-shiho-gatame											Kata-gatame	
Kuzure-kesa-gatame											Yoko-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Kata-gatame											Tate-shiho-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ryote-jime											Sode-guruma-jime	
Kata-ha-jime											Hadaka-jime	
Okuri-eri-jime											Sankaku-jime	
Sankaku-jime											Gyaku-juji-jime	
Tsukkomi-jime											Okuri-eri-jime	

KANSETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-hishigi-hiza-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-ashi-gatame											Ude-hishigi-ashi-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-hara-gatame	
Ude-garami											Ude-hishigi-te-gatame	
Ude-hishigi-sankaku-gatame											Ude-hishigi-hiza-gatame	

GENERAL COMMENTS \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

RESULT :            PASS                FAIL

NATIONAL GRADING GUIDELINES



EXAM FORM

YONDAN

Date : \_\_\_\_\_

**TACHI-WAZA**

Exam 1	1	2	3	4	5	6	7	8	9	10	Exam 3	COMMENTS
Uki-goshi											Uchi-makikomi	
Ko-uchi-gaeshi											Obi-otoshi	
O-guruma											Kata-guruma	
Hane-goshi-gaeshi											Morote-gari	
O-soto-guruma											O-goshi	
Tani-otoshi											Ashi-guruma	
Uki-otoshi											Sumi-gaeshi	
Yama-arashi											Uchi-mata-gaeshi	
O-uchi-gaeshi											Tsurikomi-goshi	
Tomoe-nage											O-soto-gari	
Tsubame-gaeshi											Kibisu-gaeshi	
Ushiro-goshi											Yoko-wakare	

Exam 2	1	2	3	4	5	6	7	8	9	10	Exam 4	COMMENTS
Sukui-nage											Seoi-nage	
Tsubame-gaeshi											Kuchiki-taoshi	
Harai-goshi											Hane-goshi	
Morote-gari											Yama-arashi	
De-ashi-barai											Harai-tsurikomi-ashi	
Harai-makikomi											Soto-makikomi	
Sode-tsurikomi-goshi											Tsubame-gaeshi	
Uchi-mata											Utsuri-goshi	
Tsuri-goshi											Hiza-guruma	
Daki-age (explanation)											Seoi-otoshi	
Sasae-tsurikomi-ashi											Yoko-otoshi	
Yoko-guruma											Okuri-ashi-barai	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Yoko-shiho-gatame	
Kata-gatame											Kami-shiho-gatame	
Yoko-shiho-gatame											Tate-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Tate-shiho-gatame											Kata-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Gyaku-juji-jime											Nami-juji-jime	
Sode-guruma-jime											Kata-te-jime	
Kata-juji-jime											Hadaka-jime	
Sankaku-jime											Tsukkomi-jime	
Okuri-eri-jime											Kata-ha-jime	
Nami-juji-jime											Gyaku-juji-jime	
Hadaka-jime											Okuri-eri-jime	

KANSETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-garami											Ude-hishigi-hiza-gatame	
Ude-hishigi-te-gatame											Ude-hishigi-sankaku-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-juji-gatame	
Ude-hishigi-ude-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-sankaku-gatame											Ude-hishigi-te-gatame	
Ude-hishigi-hiza-gatame											Ude-garami	
Ude-hishigi-juji-gatame											Ude-hishigi-hara-gatame	

GENERAL COMMENTS:

RESULT:

PASS

FAIL

NATIONAL GRADING GUIDELINES



EXAM FORM:

YONDAN

Date : \_\_\_\_\_

**TACHI-WAZA**

Exam 5	1	2	3	4	5	6	7	8	9	10	Exam 7	COMMENTS
O-uchi-gari											O-soto-makikomi	
Uchi-mata-gaeshi											Uchi-mata-sukashi	
Hane-goshi											Tsurikomi-goshi	
Soto-makikomi											Ko-uchi-gari	
Yama-arashi											Daki-age (explanation)	
Sukui-nage											Hane-makikomi	
Uchi-makikomi											Ko-soto-gake	
Ko-uchi-gaeshi											Sode-tsurikomi-goshi	
Tsuri-goshi											Utsuri-goshi	
Obi-otoshi											Tsubame-gaeshi	
Uki-waza											Yoko-wakare	
Daki-wakare (explanation)											Sumi-otoshi	

Exam 6	1	2	3	4	5	6	7	8	9	10	Exam 8	COMMENTS
O-soto-gari											Ashi-guruma	
Kuchiki-taoshi											Ko-uchi-gaeshi	
Harai-goshi											Uki-goshi	
Kata-guruma											Tomoe-nage	
Seoi-otoshi											Obi-otoshi	
Tani-otoshi											Tai-otoshi	
Sasae-tsurikomi-ashi											Okuri-ashi-barai	
Uchi-mata-taoshi											Tsubame-gaeshi	
Kawazu-gake(explanation)											Ushiro-goshi	
Sode-tsurikomi-goshi											Morote-gari	
Seoi-nage											Yoko-gake	
Ura-nage											Uchi-mata	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Kesa-gatame	
Kami-shiho-gatame											Kata-gatame	
Kuzure-kesa-gatame											Yoko-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Kata-gatame											Tate-shiho-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Gyaku-juji-jime											Nami-juji-jime	
Sode-guruma-jime											Sankaku-jime	
Kata-ha-jime											Hadaka-jime	
Okuri-eri-jime											Kata-juji-jime	
Tsukkomi-jime											Ryote-jime	
Nami-juji-jime											Gyaku-juji-jime	
Hadaka-jime											Okuri-eri-jime	

KANSETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-hishigi-hiza-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-ude-gatame											Ude-hishigi-juji-gatame	
Ude-hishigi-te-gatame											Ude-hishigi-sankaku-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-hara-gatame	
Ude-garami											Ude-garami	
Ude-hishigi-juji-gatame											Ude-hishigi-hiza-gatame	

GENERAL COMMENTS:

RESULT:

PASS

FAIL

NATIONAL GRADING GUIDELINES



EXAM FORM: GODAN

CANDIDATE : \_\_\_\_\_ Date : \_\_\_\_\_

**TACHI-WAZA**

Exam 1	1	2	3	4	5	6	7	8	9	10	Exam 3	COMMENTS
Uki-goshi											Sumi-otoshi	
O-soto-gaeshi											Ko-uchi-gaeshi	
Kuchiki-taoshi											Yama-arashi	
O-guruma											Kata-guruma	
Sode-tsurikomi-goshi											Tsubame-gaeshi	
O-soto-guruma											O-goshi	
Morote-gari											Daki-age (explanation)	
Tani-otoshi											Ashi-guruma	
Uki-otoshi											Sumi-gaeshi	
Kawazu-gake (explanation)											Uchi-makikomi	
Hane-goshi-gaeshi											Kibisu-gaeshi	
O-uchi-gari											Tsurikomi-goshi	
Tsubame-gaeshi											O-uchi-gaeshi	
Tomoe-nage											O-soto-gari	
O-soto-otoshi											Obi-otoshi	
Ushiro-goshi											Yoko-wakare	

Exam 2	1	2	3	4	5	6	7	8	9	10	Exam 4	COMMENTS
Sukui-nage											Seoi-nage	
Uchi-mata-sukashi											Harai-goshi-gaeshi	
Daki-wakare (explanation)											Tsubame-gaeshi	
Harai-goshi											Hane-goshi	
Hikikomi-gaeshi											Daki-wakare (explanation)	
De-ashi-barai											Harai-tsurikomi-ashi	
O-soto-gaeshi											Uchi-makikomi	
Uchi-mata-makikomi											Hane-goshi-gaeshi	
Hane-makikomi											Soto-makikomi	
Uchi-mata											Utsuri-goshi	
O-uchi-gaeshi											Ko-uchi-gaeshi	
Tsuri-goshi											Hiza-guruma	
Yama-arashi											Tawara-gaeshi	
Tawara-gaeshi											Morote-gari	
Sasae-tsurikomi-ashi											Yoko-otoshi	
Yoko-guruma											Okuri-ashi-barai	

OSAE-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Kesa-gatame											Yoko-shiho-gatame	
Kata-gatame											Kesa-gatame	
Yoko-shiho-gatame											Tate-shiho-gatame	
Tate-shiho-gatame											Kami-shiho-gatame	
Kuzure-kami-shiho-gatame											Kuzure-kesa-gatame	
Tate-shiho-gatame											Kata-gatame	

SHIME-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Gyaku-juji-jime											Nami-juji-jime	
Kata-juji-jime											Hadaka-jime	
Do-jime (explanation)											Sode-guruma-jime	
Tsukkomi-jime											Sankaku-jime	
Okuri-eri-jime											Kata-ha-jime	
Kata-te-jime											Do-jime (explanation)	
Nami-juji-jime											Gyaku-juji-jime	
Hadaka-jime											Okuri-eri-jime	

KANSETSU-WAZA	1	2	3	4	5	6	7	8	9	10	COMMENTS	
Ude-garami											Ude-hishigi-hiza-gatame	
Ude-hishigi-hara-gatame											Ude-hishigi-juji-gatame	
Ude-hishigi-te-gatame											Ashi-garami (explanation)	
Ude-hishigi-ashi-gatame											Ude-hishigi-te-gatame	
Ude-hishigi-ude-gatame											Ude-hishigi-waki-gatame	
Ude-hishigi-hiza-gatame											Ude-garami	
Ude-hishigi-juji-gatame											Ude-hishigi-hara-gatame	

GENERAL COMMENTS \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

RESULT: PASS  FAIL



## APPENDIX C – KATA EXAMINATION FORMS

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Nage-no-kata.....	19
Katame-no-kata.....	20
Ju-no-kata.....	21
Kime-no-kata.....	22
Kodokan Goshin-jutsu.....	23
Koshiki-no-kata.....	24
Itsutsu-no-kata.....	25

NATIONAL GRADING GUIDELINES



Tori  
 Uke

Candidate's name: \_\_\_\_\_

Rank applied: \_\_\_\_\_

Date: \_\_\_\_\_

Uke's name: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	Comments
<b>Te-waza</b>											
Uki-otoshi											
Seoi-nage											
Kata-guruma											
<b>Koshi-waza</b>											
Uki-goshi											
Harai-goshi											
Tsurikomi-goshi											
<b>Ashi-waza</b>											
Okuri-ashi-barai											
Sasae-tsukomi-ashi											
Uchi-mata											
<b>Ma-sutemi-waza</b>											
Tomoe-nage											
Ura-nage											
Sumi-gaeshi											
<b>Yoko-sutemi-waza</b>											
Yoko-gake											
Yoko-guruma											
Uki-waza											

General elements	Tori / Uke			Comments
	FAIL	TO IMPROVE	PASS	
Judogi outfit				
Ceremony / bowing				
Tsugi-ashi, Ayumi-ashi, Shikko				
Rhythm				
Execution speed				
Sincerity				
General attitude				
Breakfalls (uke)				
Control (tori)				
Respect of the order				

General comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Results:  
 Pass   
 Fail

Judge's signature: \_\_\_\_\_

NATIONAL GRADING GUIDELINES



Tori  
 Uke

Candidate's name: \_\_\_\_\_  
 Rank applied: \_\_\_\_\_  
 Uke's name: \_\_\_\_\_

Date: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	Comments
<b>Osae-Komi-Waza</b>											
Kesa-gatame											
Kata-gatame											
Kami-shiho-gatame											
Yoko-shio-gatame											
Kuzure-kami-shiho-gatame											
<b>Shime Waza</b>											
Kata-juji-jime											
Hadaka-jime											
Okuri-eri-jime											
Kataha-jime											
Gyaku-juji-jime											
<b>Kansetsu Waza</b>											
Ude-garami											
Ude-hishigi-juji-gatame											
Ude-hishigi-ude-gatame											
Ude-hishigi-hiza-gatame											
Ashi-garami											
<b>General elements</b>											
	<b>Tori / Uke</b>			<b>Comments</b>							
	FAIL	TO IMPROVE	PASS								
Judogi outfit											
Ceremony / bowing											
Tsugi-ashi, Ayumi-ashi, Shikko											
Rhythm											
Execution speed											
Sincerity											
General attitude											
Control (tori)											
Respect of the order											

General comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Judge's signature: \_\_\_\_\_

Results:  
 Pass   
 Fail

NATIONAL GRADING GUIDELINES



Tori  
 Uke

Candidate's name: \_\_\_\_\_

Rank applied: \_\_\_\_\_

Date: \_\_\_\_\_

Uke's name: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	Comments
<b>IKKYO</b>											
Tsuki-dashi											
Kata-oshi											
Ryote-dori											
Kata-mawashi											
Ago-oshi											
<b>NIKYO</b>											
Kiri-oroshi											
Ryo-kata-oshi											
Naname-uchi											
Katate-dori											
Katate-age											
<b>SANKYO</b>											
Obi-tori											
Mune-oshi											
Tsuki-age											
Uchi-oroshi											
Ryogan-tsuki											
<b>General elements</b>											
	<b>Tori / Uke</b>			<b>Comments</b>							
	FAIL	TO IMPROVE	PASS								
Judogi outfit											
Ceremony / bowing											
Tsugi-ashi, Ayumi-ashi, Shikko											
Rhythm											
Execution speed											
Sincerity											
General attitude											
Control (tori)											
Respect of the order											

General comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Results:  
 Pass   
 Fail

Judge's signature: \_\_\_\_\_

NATIONAL GRADING GUIDELINES



Tori  
 Uke

Candidate's name: \_\_\_\_\_  
 Rank applied: \_\_\_\_\_  
 Uke's name: \_\_\_\_\_

Date: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	Comments
<b>IDORI</b>											
Ryote-dori											
Tsukkake											
Surf-age											
Yoko-uchi											
Ushiro-dori											
Tsukkomi											
Kiri-komi											
Yoko-tsuki											
<b>TACHIAI</b>											
Ryote-dori											
Sode-dori											
Tsukkake											
Tsuki-age											
Surf-age											
Yoko-uchi											
Ke-age											
Ushiro-dori											
Tsukkomi											
Kiri-komi											
Nuki-gake											
Kiri-oroshi											
<b>General elements</b>	<b>Tori / Uke</b>			<b>Comments</b>							
	FAIL	TO IMPROVE	PASS								
Judogi outfit											
Ceremony / bowing											
Tsugi-ashi, Ayumi-ashi, Shikko											
Handling of weapons											
Rhythm											
Execution speed											
Sincerity											
General attitude											
Breakfalls (uke)											
Control (tori)											
Respect of the order											

General comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Results:  
 Pass   
 Fail

Judge's signature: \_\_\_\_\_

NATIONAL GRADING GUIDELINES



Tori  
 Uke

Candidate's name: \_\_\_\_\_  
 Rank applied: \_\_\_\_\_  
 Uke's name: \_\_\_\_\_

Date: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	Comments
<b>TOSHUNOBU</b>											
<b>When held</b>											
Ryote-dori											
Hidari-eri-dori											
Migi-eri-dori											
Kata-ude-dori											
Ushiro-eri-dori											
Ushiro-jime											
Kakae-dori											
<b>From a distance</b>											
Naname-uchi											
Ago-tsuki											
Ganmen-tsuki											
Mae-geri											
Yoko-geri											
<b>BUKINOBU</b>											
<b>Against dagger</b>											
Tsukkake											
Choku-tsuki											
Naname-tsuki											
<b>Against staff</b>											
Furi-age											
Furi-oroshi											
Morote-tsuki											
<b>Against pistol</b>											
Shomen-zuke											
Koshi-gamae											
Haimen-zuke											

General elements	Tori / Uke			Comments
	FAIL	TO IMPROVE	PASS	
Judogi outfit				
Ceremony / bowing				
Tsugi-ashi, Ayumi-ashi, Shikko				
Handling of weapons				
Rhythm				
Execution speed				
Sincerity				
General attitude				
Breakfalls (uke)				
Control (tori)				
Respect of the order				

General comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Judge's signature: \_\_\_\_\_

Results:  
 Pass   
 Fail



NATIONAL GRADING GUIDELINES



**JUDO**  
KOSHIKI-NO-KATA

Tori  
 Uke

Candidate's name: \_\_\_\_\_  
Rank applied: \_\_\_\_\_  
Uke's name: \_\_\_\_\_

Date: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	Comments
<b>Omote</b>											
Tai											
Yume-no-uchi											
Ryokuhi											
Mizu-guruma											
Mizu-nagare											
Hikiotoshi											
Kodaore											
Uchikudaki											
Tani-otoshi											
Kuruma-daoshi											
Shikoro-dori											
Shikoro-daeshi											
Yudachi											
Taki-otoshi											
<b>Ura</b>											
Mikudaki											
Kuruma-gaeshi											
Mizu-iri											
Ryusetsu											
Sakaotoshi											
Yukiore											
Iwa-nami											
<b>General elements</b>	<b>Tori / Uke</b>				<b>Comments</b>						
	FAIL	TO IMPROVE	PASS								
Judogi outfit											
Ceremony / bowing											
Tsugi-ashi, Ayumi-ashi, Shikko											
Rhythm											
Execution speed											
Sincerity											
General attitude											
Breakfalls (uke)											
Control (tori)											
Respect of the order											

General comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Results:  
Pass   
Fail

Judge's signature: \_\_\_\_\_

NATIONAL GRADING GUIDELINES



Tori  
 Uke

Candidate's name: \_\_\_\_\_  
 Rank applied: \_\_\_\_\_  
 Uke's name: \_\_\_\_\_

Date: \_\_\_\_\_

	1	2	3	4	5	6	7	8	9	10	Comments
Ippon-me											
Nihon-me											
Sanbon-me											
Yonhon-me											
Gohon-me											
General elements											
General elements	Tori / Uke			Comments							
	FAIL	TO IMPROVE	PASS								
Judogi outfit											
Ceremony / bowing											
Tsugi-ashi, Ayumi-ashi, Shikko											
Rhythm											
Execution speed											
Sincerity											
General attitude											
Breakfalls (uke)											
Control (tori)											
Respect of the order											

General comments: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Judge's signature: \_\_\_\_\_

Results:  
 Pass   
 Fail