

Irish Judo Association

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GRADING INFORMATION 2019



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TABLE OF CONTENTS

INTRODUCTION	3
MESSAGE FROM THE PRESIDENT	3
GRADING PRINCIPLES	4
GRADING AUTHORITY	4
RECORD KEEPING	4
ELIGIBILITY TO GRADE	5
SUMMARY OF VALID GRADING PATHWAYS	9
CORE TECHNICAL GRADING PATHWAY	10
ADVANCED GRADING PATHWAYS.....	10
Competition Grading Pathway	10
Advanced Technical Pathway	11
Contribution Pathway.....	11
COMMISSION KEY ROLES	12
Chairperson / National Promotions and Grading Manager	12
National Technical Standards Manager	12
Senior Grading Officers & Grading Facilitators	13
NATIONAL AND PROVINCIAL CONTEST GRADING EVENTS.....	17
PROMOTION RECOMMENDATIONS.....	17
ADVANCED TECHNICAL GRADING CENTRES	18
VIDEO EVIDENCE LOGS.....	18
ADVANCED TECHNICAL GRADING SYLLABUS DAN GRADES	20



APPENDIX A – VIDEO EVIDENCE LOGS..... 52

APPENDIX B – AUTHORISED GRADING CENTRE 54

 Facilities 54

APPENDIX C - COACH & EXAMINER NOTES ADVANCED TECHNICAL GRADING SYSTEM..... 55



INTRODUCTION

MESSAGE FROM THE PRESIDENT

“On behalf of the Irish Judo Association’s Executive Committee, I would like to take this opportunity to thank everyone involved in Irish Judo for their contribution to the advancement of our Sport.

The revised Irish Grading system represents a recognition that for our sport to grow and evolve, we must adapt and create a grading system that affords everyone the opportunity to demonstrate knowledge, skills and an understanding of the plethora of techniques that Judo has to offer, and ensure that every member can achieve their goals as part of a Lifelong Involvement in Sport and Physical Activity model. Grading is a key pillar in the development of our Sport and so there is also a recognition that we must align grading with coaching and our national development pathways to create a fully inclusive system.

We thank everyone for their input into the new grading system and we look forward to seeing the positive impact that this has on Irish Judo at all levels over the next few years.”



MR SEÁN FLEMING

PRESIDENT IRISH JUDO

Yours in Sport,

A handwritten signature in black ink that reads 'Seán Fleming'. The signature is written in a cursive style and is placed on a white rectangular background that is slightly tilted.



Grading Principles

Judo - our discipline has been conceived by its founder, Jigoro Kano, as a physical and mental education system by the practice and the grades are the measure of the student's progress. This progress is in the field of Judo, but the more one advances in the grade the more this measure takes into account the individual's personal evolution as a human being.

The three components of the grade are:

- The "Tai" (the body) that one could materialize in the assessment of the individual by the results in competition.
- The "Ghi" (the survey, work) that is valued by the student's technical knowledge.
- The "Shin" (the mind), the most difficult to value, that materializes by the engagement towards the others and the Judo, the radiance, the example.

The Irish Grading system makes reference to the "Tai", the "Ghi" and the "Shin" in all grading pathways. Each Grading pathway contains an appropriate blend of **ALL** these core attributes. The grading pathway selected by an individual will be more weighted towards their personal journey in the hopes of providing a suitable pathway for player with different focus in their training throughout their lifetime.

Grading Authority

The IJA Grading system and National Grade and "Dan" rank Committee is established by the Irish Judo Association under the authority of the Irish Judo Association's Executive Committee, the European Judo Union and the International Judo Federation.

Record Keeping

The Irish Judo Office is responsible for keeping accurate up to date records of grade and evidence logs. Individual player records of achievement will be kept by the IJA office whilst a valid membership & license is held by an individual. This record will contain a link to the individuals grading record via their license number. If a player fails to renew their license a redacted Individual player record of achievement will be held on file by the IJA office for a period of 6 years after which time it will be erased to comply with the IJA GDPR policy. The grading record will be retained by the IJA indefinitely using the following data fields, Name, DOB, Grade, Date grade Achieved, License number. For Dan Grade Ranks this information will be treated as a matter of public record and published as a National Dan Grade register on the IJA website.



Eligibility to Grade

To be eligible to grade a player must have held a valid IJA license for a period no shorter than one month less that the minimum time in grade. The date of issue of the license must also be at least 2 months prior to the date of the grading except where the license is a renewal of a current license. In addition to this the player must be registered for the grading by the Head coach or Club secretary of the club to which they are registered with the IJA office at least 5 days in advance of the grading taking place.

Minimum time in grade rules

To complete minimum time in grade proof that a valid license has been held for the time period is required since the last grading. The time period that a license has been held must be equal to the total time required. This time period does not need to be concurrent.

Example: A concurrent license period of 24 months, plus separate period of 36 months with a break of 12 months in between would be taken to be equivalent to total period of 60 months and not 72 months.

All Grading Pathways

All grades must be completed one grade at a time observing the minimum time in grade rules. Judoka under the age of ten should grade no more than 2 times per year. Judoka aged ten and over may grade up to 3 times per year so long as the minimum time in grade rules are observed and technical standards are maintained.

**Grading Eligibility Requirement****Shamrock - Under 8s**

NEW GRADE	AWARD	MINIMUM AGE	CURRENT GRADE	MINIUM TIME IN GRADE	Technical	Contest
1 st Shamrock	RED BELT	5	White Belt	3 Months	CTGS* Exam	No
2 nd Shamrock	RED BELT	6	1 st Shamrock	3 Months	CTGS* Exam	No
2 nd Mon	RED BELT	7	2 nd Shamrock	3 Months	CTGS* Exam	No

*CTGS = Core Technical Grading Syllabus

Mon Grades – Under 14s

NEW GRADE	AWARD	MINIMUM AGE	CURRENT GRADE	MINIUM TIME IN GRADE	Technical	Contest
2 nd MON	RED BELT	7	1 st MON / 2 ND Shamrock	3 Months	CTGS* Exam	None
3 rd MON	WHITE / YELLOW BELT	7	2 nd MON	3 Months	CTGS* Exam	None
4 th MON	YELLOW BELT	8	3 rd MON	3 Months	CTGS* Exam	Club Randori
5 th MON	YELLOW / ORANGE BELT	8	4 th MON	3 Months	CTGS* Exam	Club Randori
6 th MON	ORANGE BELT	9	5 th MON	3 Months	CTGS* Exam	Area Randori
7 th MON	ORANGE / GREEN BELT	9	6 th MON	3 Months	CTGS* Exam	Area Randori
8 th MON	GREEN BELT	10	7 th MON	3 Months	CTGS* Exam	Club / Local
9 th MON	GREEN / BLUE BELT	10	8 th MON	6 Months	CTGS* Exam	Club / Local
10 th MON	BLUE BELT	11	9 th MON	6 Months	CTGS* Exam	Provincial / National
11 th MON	BLUE / BROWN BELT	11	10 th MON	6 Months	CTGS* Exam	Provincial / National
12 th MON	BROWN BELT	12	11 th MON	6 Months	CTGS* Exam	Provincial / National

*CTGS = Core Technical Grading Syllabus



Core Technical Kyu Grades – 14 and Over.

NEW GRADE	AWARD	MINIMUM AGE	CURRENT GRADE	MINIUM TIME IN GRADE	Technical	Contest
5 th Kyu	YELLOW BELT	14	6 th KYU / 6 th MON	3 Months	CTGS* Exam	Club Randori
4 th Kyu	ORANGE BELT	14	5 th KYU / 10 th MON	3 Months	CTGS* Exam	Area Randori
3 rd Kyu	GREEN BELT	14	4 th KYU / 12 th MON	3 Months	CTGS* Exam	Club / Local

*CTGS = Core Technical Grading Syllabus

COMPETITIVE GRADING PATHWAY - 14 and Over.

NEW GRADE	AWARD	MINIMUM AGE	CURRENT GRADE	MINIUM TIME IN GRADE	Technical	Contest
2 nd Kyu	BLUE BELT	14	3 rd KYU / 12 th MON	3 Months	CTGS* Exam	2 wins**
1 st Kyu	BROWN BELT	14	2 nd Kyu	3 Months	CTGS* Exam	2 wins**
1 st DAN	BLACK BELT	15	1 st Kyu	6 Months	CTGS* Exam	100 Points
2 nd DAN	BLACK BELT	17	1 st DAN	12 Months	CTGS* Exam	100 Points
3 rd DAN	BLACK BELT	20	2 nd DAN	24 Months	CTGS* Exam	100 Points
4 th DAN	BLACK BELT	24	3 rd DAN	36 Months	CTGS* Exam	100 Points
5 th DAN	BLACK BELT	29	4 th DAN	48 Months	CTGS* Exam	100 Points

*CTGS = Core Technical Grading Syllabus

Rules:

2 wins must be achieved at IJA Level 4 or Level 3 certified event i.e. National Grading, National Closed or International Open, Provincial Open or Provincial Closed Championships

10 Points per ippon win or 5 points per Wazari win achieved at Certified IJA Point scoring events. I.e. National Grading, National Closed or International Open Events,

Must beat minimum grade 1st Kyu for points toward Male 1st Dan promotion.

Must beat minimum grade 2nd Kyu for points towards Female 1st Dan promotion.

ALL Dan grade points are awarded equally for points scored against Dan grade opponents.

All Age groups require 100 Points however Judoka over 30 year of age (Veterans) may opt to only compete against other players within their age bracket and where possible weight bracket.

No more than 20 points may be accumulated against a single player at one competition event or grading.

All fights accumulated at competition must be in categories posted on event outlines, points accrued in “experience fights” or amalgamated categories where medals are issued to published categories do not count toward grading.

Where categories are amalgamated and result in a new official contest group these points will be accepted.

Evidence of points must be submitted to the IJA office within 1 months of an event taking place and must be verifiable. If points cannot be verified, they will not be accepted.

**ADVANCED TECHNICAL PATHWAY – 14 and Over.**

NEW GRADE	AWARD	MINIMUM AGE	CURRENT GRADE	MINIUM TIME IN GRADE	Technical	Contest
2 nd Kyu	BLUE BELT	15	3 rd KYU / 12 th MON	6 Months	ATGS* Exam	Club Randori
1 st Kyu	BROWN BELT	17	2 nd Kyu	6 Months	ATGS* Exam	Area Randori
1 st DAN	BLACK BELT	18	1 st Kyu	12 Months	ATGS* Exam	Club / Local
2 nd DAN	BLACK BELT	21	1 st DAN	24 Months	ATGS* Exam	Club / Local
3 rd DAN	BLACK BELT	25	2 nd DAN	36 Months	ATGS* Exam	Club / Local
4 th DAN	BLACK BELT	30	3 rd DAN	48 Months	ATGS* Exam	Club / Local
5 th DAN	BLACK BELT	36	4 th DAN	60 Months	ATGS* Exam	Club / Local

*ADVANCED TECHNICAL GRADING SYLLABUS

Honorary Grades – National Federation

NEW GRADE	AWARD	MINIMUM AGE	CLASS OF JUDOKA	CURRENT GRADE	MINIUM TIME IN GRADE	Technical	Contest
6 th DAN	RED & WHITE BELT	30	A	5 th DAN	6 years	CTS* Exam	Competitive 3 rd DAN
6 th DAN	RED & WHITE BELT	35	B	5 th DAN	8 Years	CTS* Exam	Competitive 3 rd DAN
6 th DAN	RED & WHITE BELT	40	C	5 th DAN	10 Years	CTS* Exam	Competitive 3 rd DAN
6 th DAN	RED & WHITE BELT	50	D	5 th DAN	12 Years & 25 years of 1 st DAN	CTS* Exam	NA

Class of Judoka

CLASS OF JUDOKA	COMPETITOR	REFEREE	OFFICIAL	COACH
A	Olympic Games, World Champs (Senior), European Champs (Senior)	IJF Events	International	Judoka Category A
B	3 Times Senior National Champion	EJU Events	International	Judoka Category B
C	Senior National Champion	National A	National A	Judoka Category C
D	Area/Club/Etc.	Area	Area/Club/Etc.	Judoka Category D



Summary of Valid Grading Pathways

The Below diagram provides a full overview of the Irish Grading system and available Grading pathways. All Grading pathways are given equal status however slightly different time frames and age restrictions apply to different pathways.

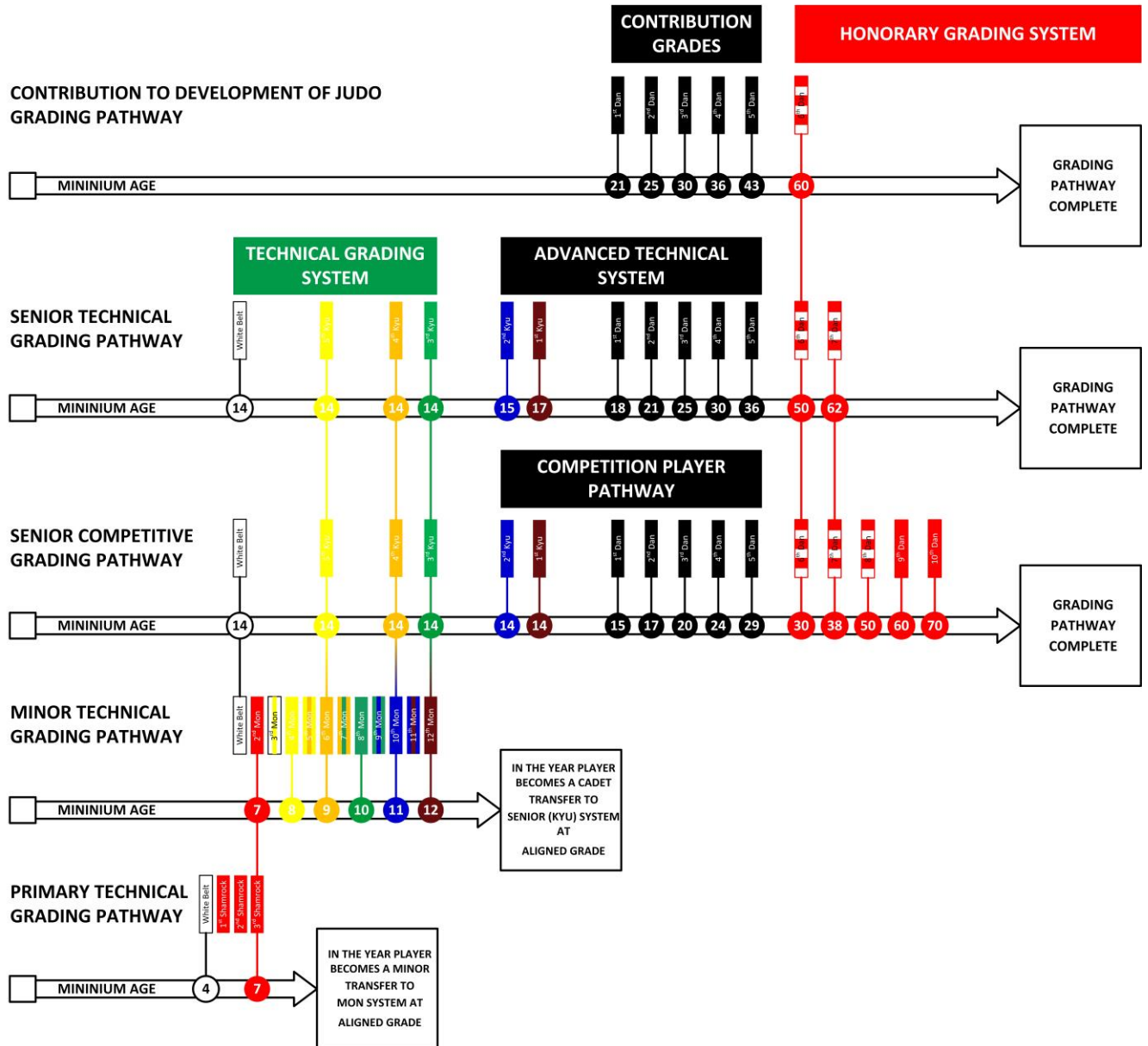


Figure 1- Irish Judo Grading Pathways



Core Technical Grading Pathway

All Judoka will begin their Judo Careers following the Core Technical Grading Pathway. The Core Technical Grading Pathway is subdivided into a three separate but interconnected technical syllabus based on the age of the Judoka. As player transition through different age bands their grade transitions into the next grading system with an appropriate level of equivalence.

- Shamrock system (Primary Age Band - Under 8 Years of age)
- Mon System (Minors and Pre-Cadet Age Bands - Under 14 Years of age)
- Kyu System (Cadet, Junior, Senior and Veterans – Over 14 years of age)

All Judoka follow the same Core Technical Grading Pathway up to and including the grade of 3rd Kyu (Senior Green belt). At this stage Judoka may select a senior grading pathway which is appropriate to their interests and needs.

Advanced Grading Pathways

Dan grade ranks achieved through the various grading pathways are deemed to be equal value whichever Advanced Grading pathways is selected by an individual, however it should be noted that there are different minimum age restrictions and time in grade requirements for the various pathways.

Competition Grading Pathway

The Competition Grading pathway has more focus on the Tai (the body) and how well the player can apply technique in contest, however the student will still need to demonstrate an appropriate degree of technical knowledge and a positive engagement towards others as well as some contribution to the advancement of Judo. The mix between the Tai, the Ghi and the Shin for this example might be 70% Competition 20% Technical 10% Contribution / example.

This grading pathway is the fastest route for Judoka to achieved grades and is the only route where a Judoka could potentially progress through the full range of Judo grades available and so should normally be the route coaches encourage players to take.



Advanced Technical Pathway

The Advanced Technical pathway is weighed more towards the “Ghi” (i.e. a deep technical understanding of Judo) however the Judoka will still need to demonstrate an appropriate degree of ability to apply technique in a randori or contest situation however the focus will not be on the result of the contest or randori. For advanced technical gradings for example the mix between the Ghi, the Tai and the Shin might be 70% Technical knowledge 10% Randori / Contest 20% contribution to the advancement of Judo.

This grading pathway is slightly slower than the Competition Grading Pathway due to volume of knowledge expected and the level of detail and technical understanding that needs to be demonstrated by a Judoka to achieve Advanced Technical grades. This pathway should be encouraged by coaches to complement the contest pathway and improve coaching standards.

Contribution Pathway

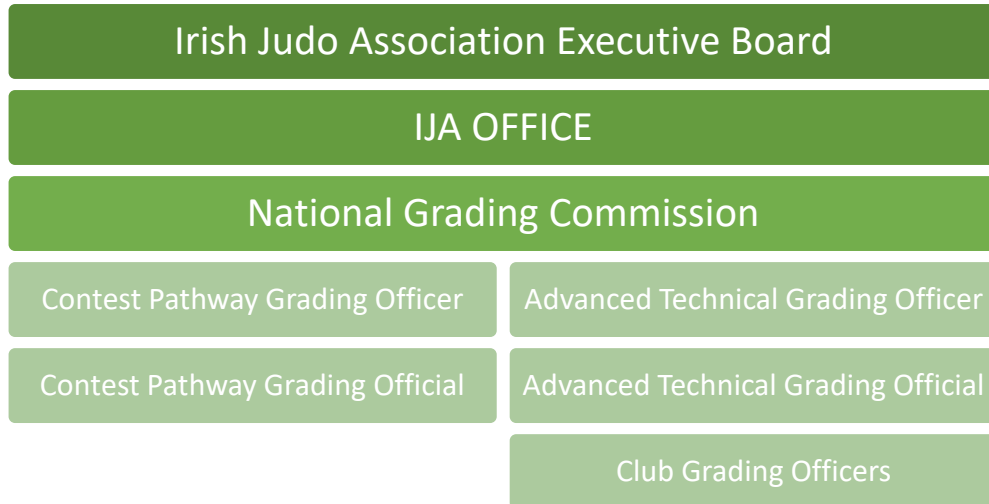
A Contribution Grade below the rank of 6th Dan is a recognition of the Shin (example / contribution) however the Judoka should still hold an appropriate level of technical knowledge and knowledge on how to apply this practically. The mix between the Shin, the Ghi and the Tai might for example be 70% contribution, 20% technical knowledge and 10% Contest / application of technique / competitive history.

This grading pathway is designed to reward significant, consistent and valuable contributions to Judo. The primary pathways should remain the Contest and Advanced Technical Pathways and coaches should encourage player to actively follow one of those pathways. The contribution Pathway is a methodology of the IJA Executive and our membership acknowledging and thanking individuals for the contribution they make to our sport. As such typically contribution-based grades will be offered at the end of one's Judo career once the Judoka is unable to follow the contest or Advanced Technical grading pathway.



Commission Key Roles

The following diagram depicts the key roles and structure of the grading system in Ireland.



Chairperson / National Promotions and Grading Manager

Responsible for chairing meetings of the grading commission and for the overall operational activities of the grading commission. Ultimately responsible for overseeing the implementation and integrity of All Grading pathways. Provide support and strategic input into the Advanced Technical and Contributory and Honorary grading pathways. Sits on the Strategic review panel for ALL grading pathways. Minimum Grade 6th Dan (with min 5th DAN achieved as a contest grade).

National Technical Standards Manager

Responsible for overall implementation and co-ordination of the Advanced Technical Grading Pathway and for the training of Regional and Provincial Technical Grading officers. Ultimately responsible for overseeing the implementation and integrity of the Advanced Technical Grading Pathway. Sits on the Strategic review panel for ALL grading pathways. Minimum Grade 5th Dan (with min 3rd DAN achieved as a contest grade).



Senior Grading Officers & Grading Facilitators

Responsible for the day to day running of the grading system within their area, ensuring fair, consistent and accurate application of the promotion criteria.

There are two types of Senior grading officers. Assisting each type of Senior grading officer are qualified grading officials.

1. Contest Pathway Grading Officers
2. Advanced Technical Grading Officer

Senior Contest Grading Pathway Officers (SCGPO)

Profile:

- Fully Compliant Senior Member or Lifetime member of the IJA
- Min 5th DAN (at least 3rd DAN obtained as a contest grade), Certification of ability by National Promotions and Grading Manager and approved by IJA Executive Via IJA Office as Contest Grading officer.
- Technical Examiner Certification of ability from National Technical Standards Manager approved by IJA Executive via IJA Office.
- Minimum Valid IJA Level 2 Coaching Award or equivalent confirmed by IJA office
- Current Garda Vetting & Safeguarding 1 Certs
- Kata Certificates for Nage No Kata and Katame No Kata.

Roles and Responsibilities:

- Ensure the integrity and the spirit of the grading system is preserved at all times.
- Run an approved National or Provincial Grading event under the authority of the National Grading Commission and the IJA Executive commission.
- Be responsible for appropriately match contests and officiating at grading events
- Be responsible for accurately recording results of contests and recording points and transmitting this data to the IJA office.
- Be responsible for assessing the Kata and theory requirements and making a recommendation of grade to the IJA Office and the IJA Executive Board.



Contest Grading Pathway Facilitators (CGPF)

Profile:

- Fully Compliant Senior Member or Lifetime member of the IJA
- Min 3rd DAN, (at least 1st DAN obtained as contest grade) Certification of ability by National Promotions and Grading Manager and approved by IJA Executive Via IJA Office as Contest Grading officer.
- Technical Examiner Certification of ability from National Technical Standards Manager approved by IJA Executive via IJA Office.
- Minimum Valid IJA Level 1 Coaching Award or equivalent confirmed by IJA office.
- Current Garda Vetting & Safeguarding 1 Certs
- Kata Certificates for Nage No Kata, Katame No Kata.

Roles and Responsibilities:

- Support Senior Contest Grading Pathway Officers to ensure the integrity and the spirit of the grading system is preserved at all times.
- Support a Senior Contest Grading Pathway Officer at an approved National or Provincial Grading event under the authority of the National Grading Commission and the IJA Executive commission.
- Complete the sheet and act as time keeper for appropriately match contests at grading events
- Be responsible for accurately recording results of contests and recording points and transmitting this data to the Support Senior Contest Grading Pathway Officer.
- Be responsible for assessing the Kata and theory requirements and making a recommendation of grade to the Support Senior Contest Grading Pathway Officer.
- Contest Grading Pathway Official (CGPO) may only examine Kata and theory up to 1st DAN

NB: Contest Grading Pathway Facilitators are prohibited from acting as grading officials on the same day as they are presenting to grade themselves.



Senior Advanced Technical Grading Pathway Officer (SCGPO)

Profile:

- Fully Compliant Senior Member or Lifetime member of the IJA
- Min 5th DAN (at least 1st DAN obtained as a contest grade), Certification of ability by National Promotions and Grading Manager and approved by IJA Executive Via IJA Office as an Advanced Grading officer.
- Advanced Technical Grading Examiner Certification of ability from National Technical Standards Manager approved by IJA Executive via IJA Office.
- Minimum Valid IJA Level 2 Coaching Award or equivalent confirmed by IJA office
- Current Garda Vetting & Safeguarding 1 Certs
- Kata Certificates for at least 3 from the following, Nage No Kata, Katame No Kata, Go Sen No Kata, Ju No Kata, Kodokan Goshin Jitsu no Kata.

Roles and Responsibilities:

- Ensure the integrity and the spirit of the grading system is preserved at all times.
- Run an approved National or Provincial Advanced Grading event under the authority of the National Grading Commission and the IJA Executive commission.
- Be responsible for reviewing technical presentations and video evidence portfolios and officiating at grading events.
- Responsible for certifying Grading assessment centre and ensuring they meet the standards required for video assessment.
- Be responsible for accurately recording results of Technical Assessment and transmitting this data to the IJA office.
- Be responsible for review of overall technical portfolio and making a recommendation of grade to the IJA Office and the IJA Executive Board.



Advanced Technical Grading Pathway Facilitators (CGPF)

Profile:

- Fully Compliant Senior Member or Lifetime member of the IJA
- Min 3rd DAN, (Advanced Technical Certification to At least 1st DAN) Certification of ability by National Promotions and Grading Manager and approved by IJA Executive Via IJA Office as Contest Grading officer.
- Advanced Technical Examiner Certification of ability from National Technical Standards Manager approved by IJA Executive via IJA Office.
- Minimum Valid IJA Level 1 Coaching Award or equivalent confirmed by IJA office.
- Current Garda Vetting & Safeguarding 1 Certs
- Kata Certificates for Nage No Kata and Katame No Kata.

Roles and Responsibilities:

- Support Senior Advanced Technical Grading Pathway Officers to ensure the integrity and the spirit of the grading system is preserved at all times.
- Support a Senior Advanced Technical Grading Pathway Officer at an approved National or Provincial Grading event under the authority of the National Grading Commission and the IJA Executive commission.
- Facilitate the production of Video evidence logs at certified national and provincial Advanced Technical Grading Testing centre.
- Be responsible for accurately recording and certifying individuals and transmitting this data to the Support Senior Contest Grading Pathway Officer.
- Be responsible for facilitating and assessing Advanced Technical Assessment modules and requirements and making a recommendation of grade up to and including 1st DAN to the Support Senior Contest Grading Pathway Officer.

NB: Advanced Technical Grading Pathway Facilitators are prohibited from acting as grading officials on the same day as they are presenting to grade themselves.

Club Grading Officers

The Registered Head Coach of a Fully Compliant club is deemed to be the club Grading officer. The club's grading officer must be a Fully Compliant Senior Member of the Irish Judo Association. Club Grading officers are authorised to recommend grades up to and including 12th Mon for Minors and Pre-cadets and 3rd Kyu for Cadets, Juniors, Seniors and Veterans. Grades recorded must be Fully Compliant with IJA grading policy and correctly registered with the Irish Judo Association Office to be valid. Failure to register grades correctly and in a timely manner may result in grading privileges being revoked from an individual or a club. Where a club does not have a suitable grading officer available, they may seek to grade players with the help of Senior Grading Officers and / or Certified Grading Facilitators.

NB: Clubs that are not compliant for a period of three or more years, or where serious compliance breaches are identified will have their right to record grades revoked until such as time as plan to reach compliance is agreed with the IJA office.



National and Provincial Contest Grading Events

Contest Gradings Centre must meet the minimum standard outlined below and be certified by the Chairperson / National Promotions and Grading Manager and the IJA office. This information can be found in appendix B

All Player must register at least 5 days in advance of a grading event via the IJA office and make payment in full. The IJA office will confirm eligibility to take part in the grading to the grading commission. This payment is not refundable except where a player is ineligible to take part in the event. No registration or payment will be accepted on the day.

The Mat Area must be at least 6 meters by 6 meters with a 3-meter safety area.

There must be a certified Senior Grading official present (or a certified Tournament Director) present and tables must be run by certified table officials and / or certified Contest Grading facilitators.

An Operational Score board and Referee Care system should be used for each contest mat (this is mandatory for 1st Kyu to 1st Dan and for all Dan rank promotion contests. This is optional but desired for all 3rd to 2nd Kyu and 2nd Kyu to 1st Kyu rank promotion contests.)

All Technical Assessments should be video recorded and facilitated by a Certified Grading Facilitator or a Senior Grading Officer. and the video sent to the IJA office to form part of the evidence log. Please see Appendix A for details of acceptable video formats, resolutions and recording set up.

Technical Assessment sheets should be completed and sent to the IJA office to form part of the grading evidence log. Where the judoka has completed the technical assessment in advance of the date a copy of the certificate of completion should be sent to the IJA office or referenced on the assessment form.

Promotion Recommendations

All promotions up to and including 1st Kyu are made at the discretion of, and under the authority of the relevant level of Grading officer for the grade in question and may be presented on the day of a grading.

All Dan Grade promotions are recommendations only and are not confirmed until the IJA Office is satisfied that all criteria have been met and has entered the promotion in the National Dan Grade Register and the candidates Official Personal Record of Achievement. Until that time, candidates are not allowed to wear the appropriate belt colour or declare any such promotion.

Examiners must not record any recommendation or promotion in the individuals record book, only the IJA Office may make entries in the Official Personal Record and update the National DAN Grade Register.



Advanced Technical Grading Centres

Due to the extensive nature of the technical grading pathway Judoka following this pathway may take a modular approach to assessment. To facilitate this video evidence logs may be recorded and submitted at certified Advanced Technical Grading Centres. The Advanced Technical Grading centres must meet minimum standard in terms of the size of the mat area and lighting condition must be good. Please see Appendix B for details.

Video Evidence Logs

All video evidence logs must be facilitated by a certified Grading facilitator or a Senior Grading Officer.

It is acceptable for Judoka on the Contest grade pathway to undertake their technical assessment at an Advanced Technical Grading centre overseen by any certified Senior grading Officer / Grading facilitator.

The video must be transmitted to the IJA office along with competed sheets and recommendations upon completion of each module by the Senior grading officer and or Grading facilitator recommending the grade.

Advanced Technical grades may only be facilitated by Senior Advanced Technical Officer or Advanced Technical Grading Facilitators.

Advanced Technical Gradings will require a fully completed Video evidence log for each module. These logs must be submitted in the standard format and recordings must take place in certified locations which comply with the required mat areas, Video angles and other related video evidence guidelines as stated in Appendix A of this document.

Contest Grading Pathway Technical Assessments will require a fully completed Video evidence log. These logs must be submitted in the standard format and recordings must take place in certified locations which comply with the required mat areas, Video angles and other related video evidence guidelines as stated in Appendix A of this document. Evidence of fights will be taken from the Video log from IJA Referee Care system. This should be submitted to the IJA office by the Senior Contest grading officer within 7 days of a grading.



IRISH JUDO ASSOCIATION

Through Concentrated effort learn effortless action

Irish Judo Association

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Website: www.irishjudoassociation.ie



IJA GRADING SYLLABUS 2019



1st January 2019



General Information

The following pages describe the Irish Judo Associations Accepted grading pathways. Within each grading there is a requirement to demonstrate an increasing level of knowledge and skill through Fundamental skills, performance skills and the demonstration of various techniques. At the core of this syllabus is the Judoka's ability to demonstrate fundamental skills and movements and an understanding of how these skills translate into technique and the practical application of Judo theory.

In addition to this the syllabus seeks to ensure player adhere to the Judo moral code and demonstrate this through their attitude and their interactions with others.

FUNDAMENTAL SKILLS LIST

Balance on one leg	Bunny Hops forward and Backward	Closed Guard
Hop on One Leg	Bear Crawl forward and Backward	Press Up, Squat, Plank
Monkey Crawl	Roll and Sit through	Double Lapelle Roll
Monkey Roll	Ebi (Shrimping)	Log Roll
Walk a line toe to heel	Gyaku Ebi (Digging / reverse shrimping)	Log Roll Arms and feet Extended
Tsugi Ashi Movement	Forward Roll	Backward roll
Right and Left Stance	Forward Roll to Straddle	Turtle Guard
Right and Left Gripping	Cartwheel	Beanbag Walk
Tsukiage (Bridge / bump roll)	Tai Sabaki Movement	Belly down (flat guard)

NB: This list is not intended to be a comprehensive list of Fundamental skills. Player and coaches may augment this list as they see fit so long as the movements and skill have demonstrable benefit to developing progressive Judo.



PERFORMANCE SKILLS

Performance skills are designed to test the Judoka's technical proficiency and ability to demonstrate a deeper knowledge of the application of technique and training methods which can be used to improve.

Techniques may be demonstrated;

- 'on the move'
- 'with standard grip and/or alternative grip'
- 'with cooperative partner'
- 'as combination, counter attack'
- 'with transition'
- as 'light randori'

Some general examples of performance skills are below:

- The Waza in its traditional form
- Kuzushi and an alternative Kuzushi,
- Tsukuri and an alternative Tsukuri,
- Renzoku with the selected Waza as 1st attack,
- Renzoku with the selected Waza as final throw,
- Renraku with the selected Waza as 1st 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.

Some examples of performance skills

- De Ashi Barai into Mune Gatame with partner escaping by Bridge and Roll
- Uki Goshi in to Kuzure Kesa Gatame with escape by Sit and Push
- Tai Otoshi into Kesa Gatame with partner escaping by trapping the leg
- Ju Ji Jime from guard, both sides
- Demonstrate Ju Ji Gatame transition from 2 positions
- Demonstrate San Gaku turnover from 2 positions
- Uchi Gari to Uchi Mata
- Sasae Tsuru Komi Ashi to Okuri Ashi Barai
- Uchi Gari countered by Tsuru Komi Goshi
- Ko Uchi Gari to Morote Seoi Nage
- Harai Goshi to O Soto Gari
- Combinations with Ko Uchi Gari and O Uchi Gari
- Sode Tsuru Komi Goshi with alternative grips, right and left
- Counter attack with Ushiro Goshi and Ura Nage
- Combination with feint to Tani Otoshi
- Avoid and Counter drop seoi nage to with transition to Sime Waza
- Tomoe nage, Yoko Tomoe Nage set up and combinations

This list is not intended to be a comprehensive list but rather a simple sample list to inspire thought for players and coaches. All technically competent performance skills are acceptable, but they must meet the principles of Judo and demonstrate key concepts such as Kuzushi, Tsukuri and Kake and players should demonstrate an awareness of gripping, movement and safety considerations at all times.



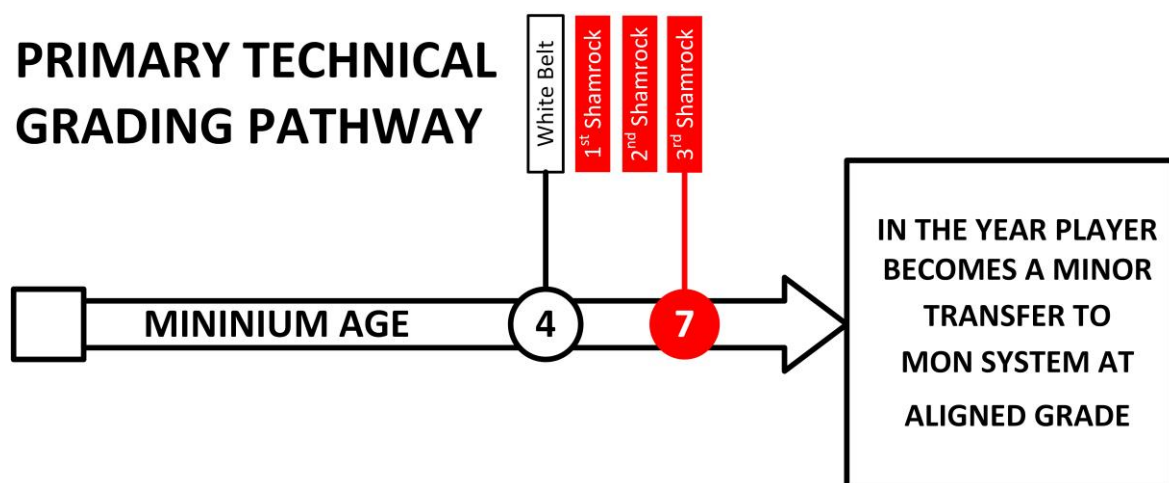
Shamrock Grading System

About the Shamrock grading system

(Ages 4 to 7 Primaries structured program or 7 to 13 Minors foundation program)


Shamrock system is an optional grading system that can be used for children between the ages of 4 and 7 years of age. It provides a staged progression from White belt to the equivalent grade of second Mon. The syllabus is designed to provide a solid foundation for future development and is based on fundamental movements, and Judo related skills that help to promote, agility, balance and co-ordination. The recommended techniques have been selected as they are age appropriate for the active start and fundamentals age group.

The Shamrock system Syllabus is the same as the 2nd Mon Grading criteria and so may be used interchangeably with 2nd Mon as a foundational grading system by coaches for children up to the age of 13 if desired.







1st Shamrock Grading Requirements

Min age:	5	Free practice:	Coaches choice
Belt Awarded:	 (Plus Cert)	Fundamental skills:	1 Skill
Ukemi:	From Seated	Performance skills:	Agura & Seiza
Tachiwaza techniques:	De Ashi Barai	General behaviour:	Listening, and Paying Attention
Newaza:	Kuzure-Kesa-Gatame	Terminology:	REI, Hajime, Matte
		Additional learning:	Coaches choice

2nd Shamrock Grading Requirements

Min age:	6	Free practice:	Coaches choice
Belt Awarded:	 (Plus Cert)	Fundamental skills:	2 Skills
Ukemi:	From Crouching	Performance skills:	Ritsu rei, Za rei
Tachiwaza techniques:	Uki Goshi	General behaviour:	Hygiene & Safety
Newaza:	Kata-Gatame Tate-Shiho-Gatame	Terminology:	Ukemi, Judoka, Sensei
		Additional learning:	Coaches choice

3rd Shamrock Grading Requirements

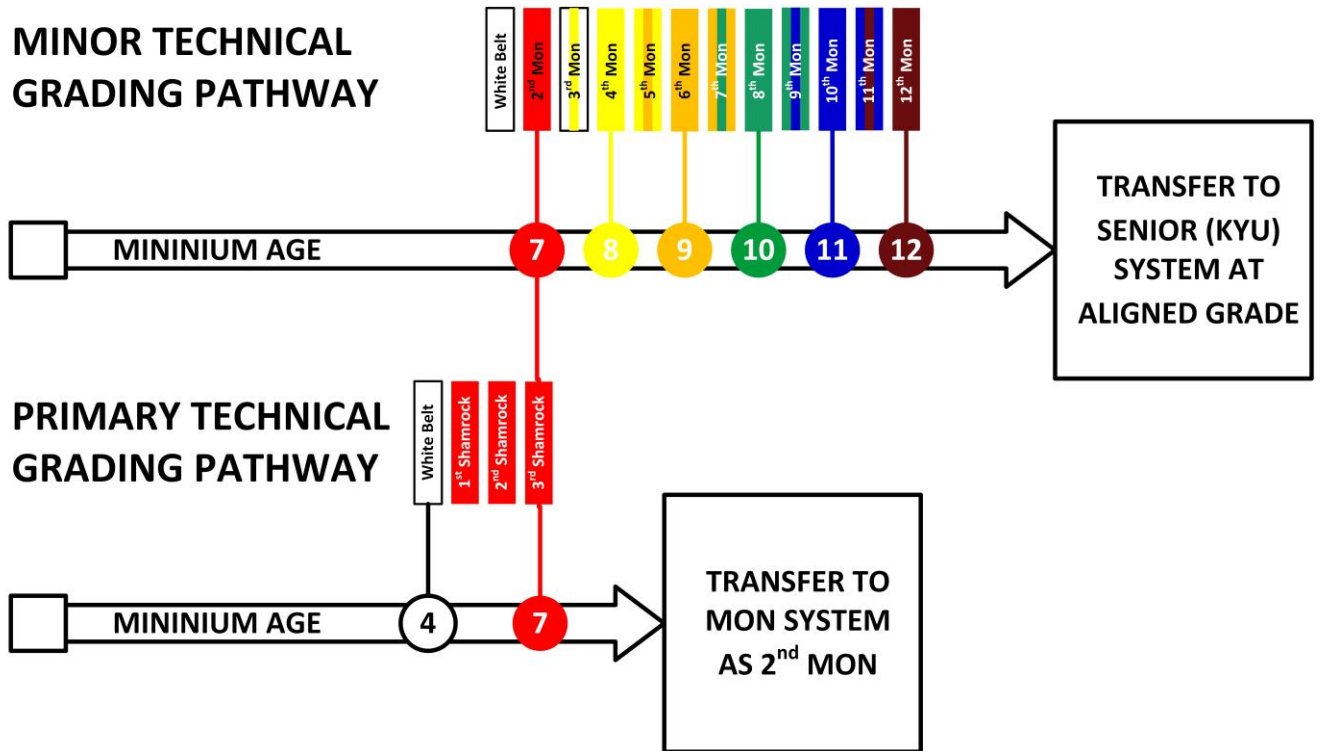
Min age:	7	Free practice:	Coaches choice
Belt Awarded:	 (Plus Cert)	Fundamental skills:	3 Skills
Ukemi:	From Standing	Performance skills:	Bow into and out of Dojo & Mat Area
Tachiwaza techniques:	O Soto Gari	General behaviour:	Fair Play, Friendship
Newaza:	Mune Gatame Kuzure Tate Shiho Gatame	Terminology:	Uke, Tori, Dojo, Tatami
		Additional learning:	Coaches choice



COMPLETING THE SHAMROCK SYSTEM

Shamrock to Mon system (age 7 / First Year Minors)

Shamrock system (where implemented by a coach) transfers into Mon system with 3rd shamrock going being given equivalence to 2nd Mon. The revised belt order is white belt (1st Mon), red belt (2nd Mon), white yellow belt (3rd Mon), yellow belt (4th Mon) etc.



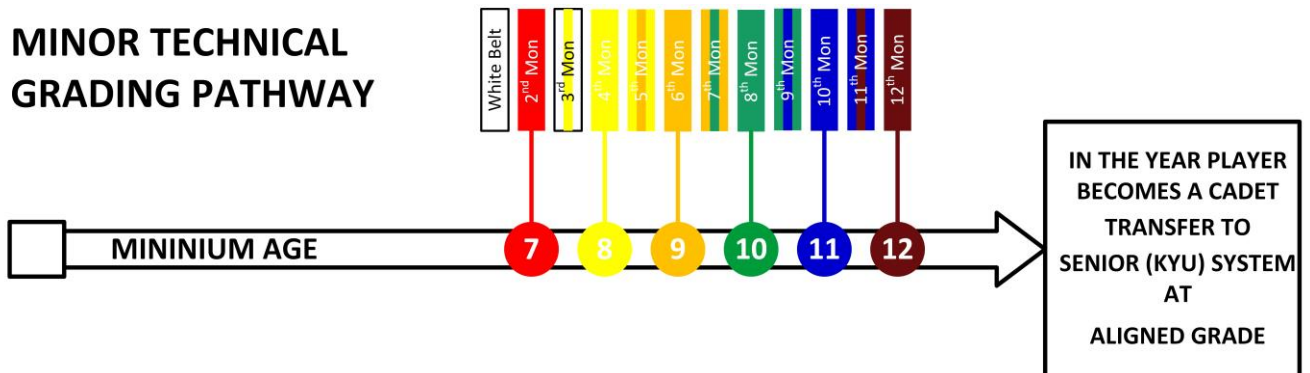


MON Grading System

About the MON grading system

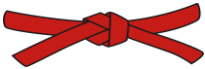
Mon Grading System (Ages 7 to 13 Minor structured program)

The 12 MON grading system is used for children between the ages of 7 and 13 years of age. It provides a staged progression from White belt (1st Mon) to Junior Brown Belt (12th Mon). The syllabus is designed to provide a solid foundation for future development and is based on fundamental movements, and Judo related skills that help to promote, agility, balance and co-ordination. The techniques progression is focused on age appropriate skills and techniques that readily map to the senior Kyu grade syllabus. This program is designed to bring children through the “Active start”, “Fundamentals”, “Learn to Train” and “Train to Train” stages of the LTAD. It is recommended that children grade twice a year and that minimum age guidelines are followed to ensure age appropriate skills are being taught





2nd Mon Grade Requirements

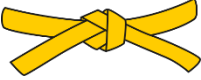
Min age:	7	Free practice:	Coaches choice
Belt Awarded:		Fundamental skills:	3 Skills
Ukemi:	From Standing	Performance skills:	Agura & Seiza Ritsu rei, Za rei Bow into and out of Dojo & Mat Area
Tachiwaza techniques:	De Ashi Barai Uki Goshi O Soto Gari	General behaviour:	Listening, and Paying Attention Hygiene & Safety Fair Play, Friendship
Newaza:	Kesa-Gatame Kuzure-Kesa-Gatame Kata-Gatame Tate-Shiho-Gatame Mune Gatame Kuzure Tate Shiho Gatame	Terminology:	REI, Hajime, Matte Ukemi, Judoka, Sensei Uke, Tori, Dojo, Tatami
		Additional learning:	Coaches choice



3rd Mon Grade Requirements


Min age:	8	Free practice:	Coaches choice
Belt Awarded:		General behaviour:	Presentation: How to tie your Belt
Terminology:	Judo GI, Obi, Zori	Fundamental skills:	4 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	O Uchi Gari Hiza Guruma Sasae Tsurikomi Ashi	Newaza techniques:	Yoko-Shiho-Gatame
		Optional additional learning:	Ouchi Gaeshi Tsubame Gaeshi

4th Mon Grade Requirements

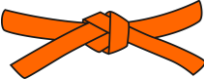
Min age:	8	Free practice:	“Throw for throw”
Belt Awarded:		General behaviour:	Courtesy: To be polite to others.
Terminology:	Judo GI, Obi, Zori	Fundamental skills:	5 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Morote Seoi Nage O Goshi Ippon Seoi Nage	Newaza techniques:	Kuzure Yoko Shiho Gatame
		Optional additional learning:	Ippon Seoi Toshi Morote Seoi Toshi



5th Mon Grade Requirements

Min age:	9	Free practice:	THROW FOR THROW
Belt Awarded:		General behaviour:	Courage: To face difficulties with bravery.
Terminology:	Uchikomi, Randori, Shai	Fundamental skills:	6 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Kosoto Gari Ko Uchi Gari Tai O Toshi	Newaza techniques:	Kuzure-Kami-Shiho-Gatame Kami-Shiho-Gatame
		Optional additional learning	Kouchi Gaeshi

6th Mon Grade Requirements


Min age:	9	Free practice:	THROW FOR THROW
Belt Awarded:		General behaviour:	Honesty: To be sincere with your thoughts and actions.
Terminology:	Sona Mama, Yoshi	Fundamental skills:	7 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Harai Goshi Koshi Guruma O Guruma	Newaza techniques:	Uki-Gatame Ura-Gatame
		Optional additional learning:	Harai Goshi Gaeshi



7th Mon Grade Requirements

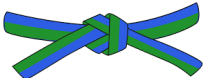
Min age:	10	Free practice:	Randori
Belt Awarded:		General behaviour:	Honour: To do what is right and stand by your principles
Terminology:	Newaza, Tachi Waza	Fundamental skills:	8 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Uchimata Okuri Ashi Barai	Newaza techniques:	Ushiro-kesa-gatame Mukura Kesa Gatame
		Optional additional learning:	Uchimata Gaeshi Uchimata Sukashi

8th Mon Grade Requirements

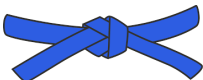
Min age:	10	Free practice:	Randori
Belt Awarded:		General behaviour:	Modesty: To be without ego in your actions and thoughts.
Terminology:	Wazari, Ippon	Fundamental skills:	9 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Tsurikomi Goshi Sode Tsuru Komi Goshi	Newaza techniques:	Sangaku-Gatame
		Optional additional learning:	Uchimata Makikomi Harai Makikomi



9th Mon Grade Requirements

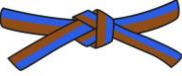
Min age:	11	Free practice:	Randori
Belt Awarded:		General behaviour:	Respect: To appreciate others
Terminology:	Shido, Hansoku Make	Fundamental skills:	10 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Hane Goshi Tsuru Goshi	Newaza techniques:	Ude-hishigi-juji-gatame
		Optional additional learning:	Hane Goshi Gaeshi

10th Mon Grade Requirements

Min age:	11	Free practice:	Randori
Belt Awarded:		General behaviour:	Self Control: To be in control of your emotions.
Terminology:	Score signals, Contest etiquette	Fundamental skills:	11 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Ashi Guruma Harai Tsurikomi Ashi	Newaza techniques:	Ude-garami
		Optional additional learning:	Yama Arashi



11th Mon Grade Requirements

Min age:	12	Free practice:	Randori
Belt Awarded:		General behaviour:	Friendship: To be a good companion and friend.
Terminology:	Shime Waza, Kansetsu Waza	Fundamental skills:	12 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Yoko O Toshi Ko-Soto-Gake	Newaza techniques:	Ude-hishigi-ude-gatame
		Optional additional learning:	Daki wakare

12th Mon Grade Requirements

Min age:	12	Free practice:	Randori
Belt Awarded:		General behaviour:	Explain Judo's moral code
Terminology:	Kata	Fundamental skills:	13 Skills
Ukemi:	Full Set	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Tomoe Nage	Newaza techniques:	Gyaku Jūji-jime Kata-juji-jime Nami-juji-jime
		Optional additional learning:	Set 2 Nage No Kata

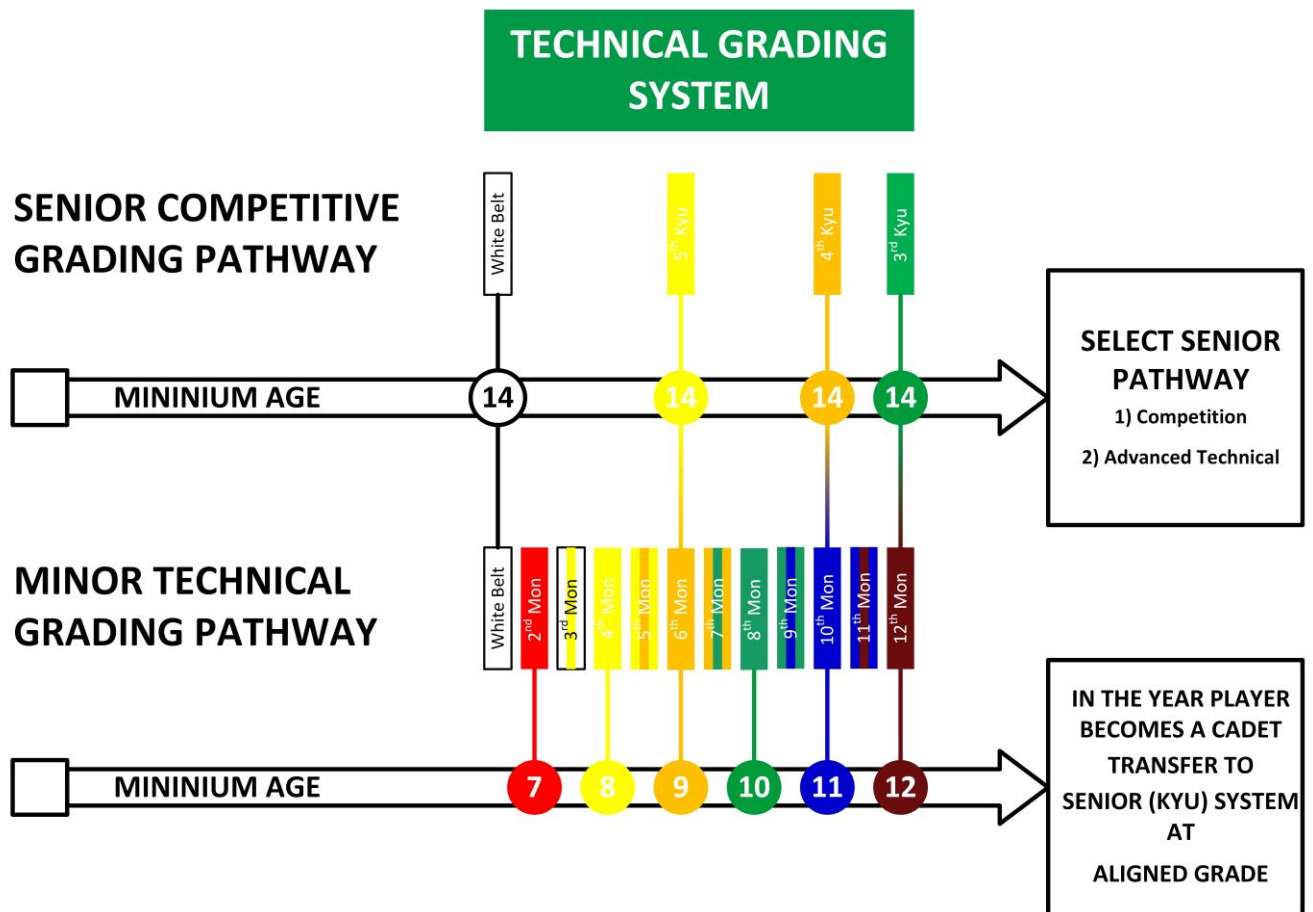


Completing the MON grading system

MON Grade to KYU system (age 14 / First Cadets)

On January the 1st of the year a Judoka becomes a Cadet, the MON Grades System transfers into KYU system with the grade equivalence shown in the diagram below. Judoka should then select a Senior Grading Pathway. Judoka may choose between the Competitive pathway or the Advanced Technical Pathway. Whilst grades are of equivalent value, there are differences in the minimum time in grade which both coaches and Judoka should take note of.

NB: Between the ages 14 and 17, and at the discretion of the head coach, Judoka may continue to wear their MON grade belt colour until such as time as they have graded to a new colour belt however, they must stand in the appropriate position for their KYU grade in class and at Regional or National events.





KYU Grading System

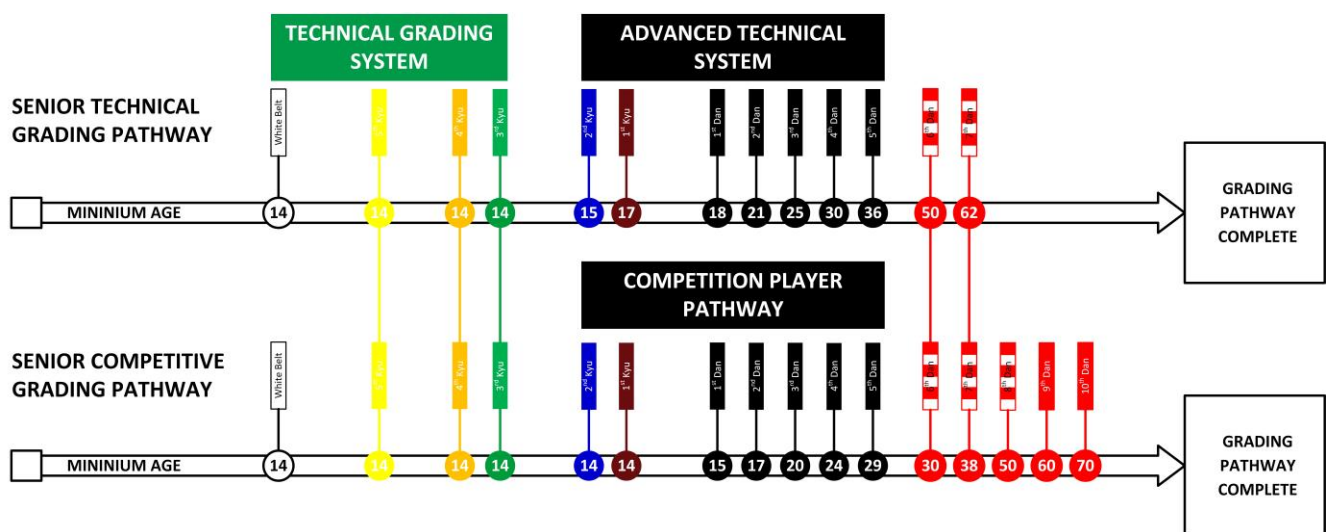
About the KYU grading system

KYU Grading System (Ages 14 and upwards, Cadet, Junior, Senior & Veteran Age Bands)

The KYU grading system is used for children & adults from 14 years of age and upwards. It provides a staged progression from the MON Grading system to the DAN Grading system. The KYU grading system also provides a full grading pathway from White belt (6th KYU) to Brown Belt (1st KYU).

The core technical syllabus up to 3rd Kyu is technical in nature and provides a consistent foundation for all Judoka regardless of their chosen Grading pathway. From 3rd KYU Judoka are encouraged to choose between the Competition Grading Pathway and the Advanced Technical Grading Pathway.

- The Competition Grading Pathway requires Judoka to win fights and accumulate points towards grades at selected Level 3 and Level 4 ranking events. Due to the contest element of the Competition Grading Pathway the technical requirements are less rigorous for players on this pathway that they are for Judoka following the Advanced Technical Pathway. Judoka on the Competition Grading Pathway follow the Core Technical Grading Syllabus (CTGS).
- The Advanced Technical Pathway follow the Advanced Technical Grading Syllabus (ATGS). Whilst the Advanced Technical Pathway does not require Judoka to win in contest it does still require an appropriate level of practical skill to be demonstrated Judoka (within their physical ability) particularly as they progress through the DAN grades. As such Judoka on the Advanced Technical Pathway should take note of the randori, and competition recommendations for each grade.





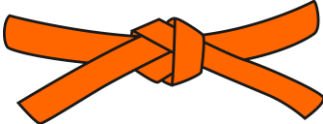
Core Technical Grading Syllabus KYU Grades

5th KYU – Core Grading System

Min age:	14	Free practice:	“Throw for throw”
Belt Awarded:		General behaviour:	Hygiene & Safety Fair Play, Friendship, Presentation: How to tie your Belt Courtesy: To be polite to others.
Terminology:	REI, Hajime, Matte, Ukemi, Judoka, Sensei, Uke, Tori, Dojo, Tatami Judo GI, Obi, Zori	Fundamental skills:	5 Skills
Ukemi:	FULL SET	Performance skills:	Agura & Seiza, Ritsu rei, Za rei, Bow into and out of Dojo & Mat Area Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	De Ashi Barai Uki Goshi O Soto Gari O Uchi Gari Hiza Guruma Sasae Tsurikomi Ashi Morote Seoi Nage O Goshi Ippon Seoi Nage	Newaza techniques:	Kesa-Gatame Kuzure-Kesa-Gatame Kata-Gatame Tate-Shiho-Gatame Mune Gatame Kuzure Tate Shiho Gatame Yoko-Shiho-Gatame Kuzure Yoko Shiho Gatame
		Optional additional learning:	Ouchi Gaeshi Tsubame Gaeshi



4th KYU – Core Grading System

Min age:	14	Free practice:	“Throw for throw”
Belt Awarded:		General behaviour:	Courage: To face difficulties with bravery. Honesty: To be sincere with your thoughts and actions. Honour: To do what is right and stand by your principles. Modesty: To be without ego in your actions and thoughts.
Terminology:	Uchikomi, Randori, Shai, Sona Mama, Yoshi, Newaza, Tachi Waza, Wazari, Ippon	Fundamental skills:	10 Skills
Ukemi:	FULL SET	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Kosoto Gari Ko Uchi Gari Tai O Toshi Harai Goshi Koshi Guruma O Guruma Uchimata Okuri Ashi Barai Tsurikomi Goshi Sode Tsuru Komi Goshi	Newaza techniques:	Kuzure-Kami-Shiho-Gatame Kami-Shiho-Gatame Uki-Gatame Ura-Gatame Ushiro-kesa-gatame Mukura Kesa Gatame Sangaku-Gatame
		Optional additional learning:	Kouchi Gaeshi Harai Goshi Gaeshi Uchimata Gaeshi Uchimata Sukashi Uchimata Makikomi Harai Makikomi



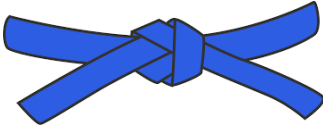
3rd KYU – Core Grading System

Min age:	14	Free practice:	Randori
Belt Awarded:		General behaviour:	Respect: To appreciate others. Self Control: To be in control of your emotions. Friendship: To be a good companion and friend. Explain Judo's moral code
Terminology:	Shido, Hansoku Make, Score signals, Contest etiquette, Shime Waza, Kansetsu Waza, Kata	Fundamental skills:	12 Skills
Ukemi:	From Standing	Performance skills:	Any Combination Any Counter Any Turnover to hold Escape from holds
Tachiwaza techniques:	Hane Goshi Tsuru Goshi Ashi Guruma Harai Tsurikomi Ashi Yoko O Toshi Ko-Soto-Gake Tomoe Nage	Newaza techniques:	Ude-hishigi-juji-gatame Ude-garami Ude-hishigi-ude-gatame Gyaku Jūji-jime Kata-juji-jime Nami-juji-jime
		Optional additional learning:	Hane Goshi Gaeshi Yama Arashi Daki wakare



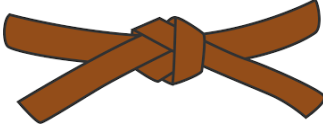
Competitive Grading Syllabus KYU Grades

2nd KYU - Competition Grade

Min age:	14	Free practice:	Area Randori / Level 3 Contest
Belt Awarded:		General behaviour:	Explain Seiryoku zenyo" (Maximum efficiency)
Terminology:	Read and complete Competition Sheets	Fundamental skills:	18 Skills
Ukemi:	FULL SET	Performance skills:	2 Contest Wins (Level 3 or Level 4 Event) Any Combination Any Counter Any turnover or set up to technique Escape from holds
Tachiwaza techniques:	Sumi Gaeshi Uki O Toshi Tani O Toshi Hane Makikomi Soto Makikomi O Guruma Utsuri Goshi	Newaza techniques:	Ude Hishigi Hiza Gatame Ude Hishigi Waki Gatame Ude Hishigi Ashi Gatame Okuri Eri Jime Ude Hishigi Hara Gatame Hadaka Jime Kata Ha Jime Koshi Jime
		Optional additional learning:	Obi O Toshi Osoto Makikomi Osoto O Toshi Uchi Makikomi Ko-Uchi-Makikomi



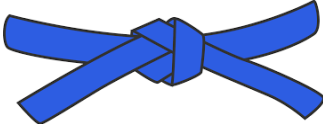
1st KYU - Competition Grade

Min age:	14	Free practice:	Area Randori / Level 3 Contest
Belt Awarded:		General behaviour:	Explain Jita-Kyoei (Mutual Benefit)
Terminology:	Understand Competition Time keeping system	Fundamental skills:	20 Skills
Ukemi:	From Standing	Performance skills:	2 Contest Wins (Level 3 or Level 4 Event) Any Combination Any Counter Any turnover or set up to technique Escape from holds
Tachiwaza techniques:	Ura Nage Sumi O Toshi Uki Waza Osoto Guruma Yoko Wakare Ushiro Goshi Yoko Guruma Yoko Gake	Newaza techniques:	Ude Hishigi Sankaku Gatame Ude Hishigi Te Tatame: Ryo Te Jime Sankaku Jime Kata Te Jime Tsurkomi Jime Sode Guruma Jime Kata Te Jime Tsukkomi Jime
		Optional additional learning:	Obi-Tori-Gaeshi Tawara Gaeshi Hikikomi Gaeshi



Advanced Technical Grading Syllabus KYU Grades

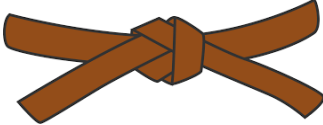
2nd KYU – Advanced Technical Grade

Min age:	15	Free practice:	Area Randori / Level 3 Contest
Belt Awarded:		General behaviour:	Explain Seiryoku zenyo" (Maximum efficiency)
Terminology:	Read and complete Competition Sheets	Fundamental skills:	20 Skills
Ukemi:	From Standing	Performance skills:	Nage No Kata (Sets 1 through 3) Any 5 Combinations Any 5 Counters Any 5 turnovers or set up to technique Escapes from any 5 holds
Tachiwaza techniques:	Sumi Gaeshi Uki O Toshi Tani O Toshi Hane Makikomi Soto Makikomi O Guruma Utsuri Goshi Obi O Toshi Osoto Makikomi Osoto O Toshi Uchi Makikomi Ko-Uchi-Makikomi	Newaza techniques:	Ude Hishigi Hiza Gatame Ude Hishigi Waki Gatame Ude Hishigi Ashi Gatame Okuri Eri Jime Ude Hishigi Hara Gatame Hadaka Jime Kata Ha Jime Koshi Jime
		Optional additional learning:	Kata Guruma*

*understand that these techniques are not allowed in contest of randori situations and why.



1st KYU – Advanced Technical Grade

Min age:	17	Free practice:	Area Randori / Level 3 Contest
Belt Awarded:		General behaviour:	Explain Jita-Kyoei (Mutual Benefit)
Terminology:	Foundation Coaching Badge / Regional referee / Timekeeper Certificate / Table official Certificate.	Fundamental skills:	24 Skills
Ukemi:	FULL SET	Performance skills:	Nage No Kata (Sets 1 through 5) Any 10 Combinations Any 10 Counters Any 10 turnover or set up to techniques Escapes from any 10 holds
Tachiwaza techniques:	Ura Nage Sumi O Toshi Uki Waza Osoto Guruma Yoko Wakare Ushiro Goshi Yoko Guruma Yoko Gake Obi-Tori-Gaeshi Tawara Gaeshi Hikikomi Gaeshi	Newaza techniques:	Ude Hishigi Sankaku Gatame Ude Hishigi Te Tatame: Ryo Te Jime Sankaku Jime Kata Te Jime Tsurkomi Jime Sode Guruma Jime Kata Te Jime Tsukkomi Jime
		Optional additional learning:	Kuchiki Taoshi* Kibisu Gaeshi* Kata Guruma* Kawazu Gake*

*understand that these techniques are not allowed in contest of randori situations and why.

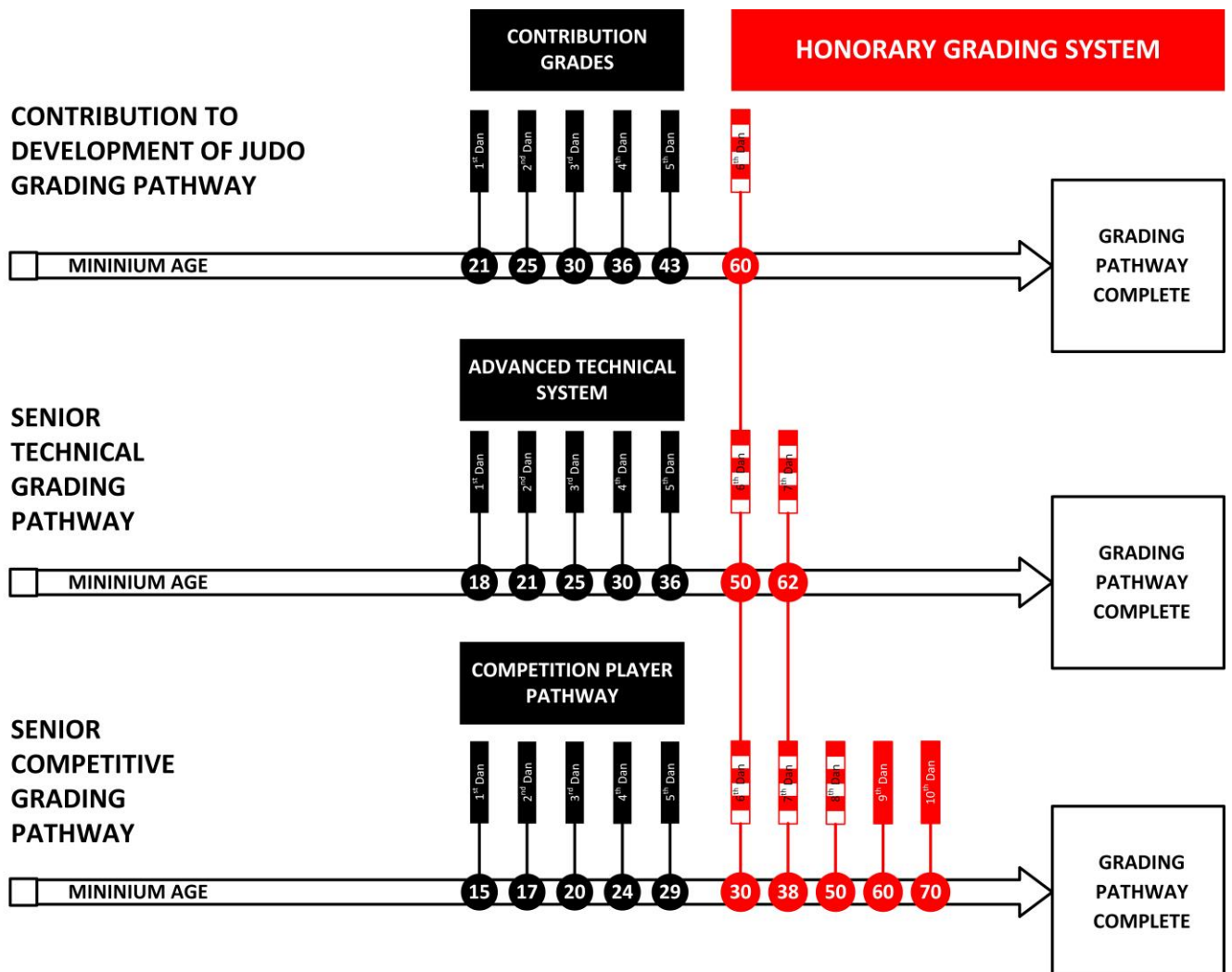


DAN Grading Systems

DAN Grading System (Ages 14 and upwards, Cadet, Junior, Senior & Veteran Age Bands)

The DAN grading system is used for children & adults from 14 years of age and upwards. It denotes a high level of proficiency in the chosen pathway. Judoka at this stage of their careers must hold a high level of theoretical understanding of technique and the ability to apply this technique in a practical situation.

Judoka are encouraged to choose between the Competition Grading Pathway and the Advanced Technical Grading Pathway. There is also a Contribution Grading Pathway which recognises exceptional contribution to our sport in the areas of Coaching, Refereeing, Officiating and Administration.





The Competition Grading Pathway

The Competition Grading Pathway requires Judoka to win fights and accumulate points towards grades at selected Level 4 ranking events. Due to the contest element of the Competition Grading Pathway the technical requirements are less rigorous for players on this pathway than they are for Judoka following the Advanced Technical Pathway. Judoka on the Competition Grading Pathway follow the Core Technical Grading Syllabus (CTGS).

The Advanced Technical Pathway

The Advanced Technical Pathway follows the Advanced Technical Grading Syllabus (ATGS). Whilst the Advanced Technical Pathway does not require Judoka to win in contest it does still require an appropriate level of practical skill to be demonstrated by Judoka (within their physical ability) particularly as they progress through the DAN grades. As such Judoka on the Advanced Technical Pathway should take note of the randori, and competition recommendations for each grade.

Contribution Grading Pathway

Judoka not able to undertake the Competition Grading Pathway or the Technical Grading Pathway may in exceptional cases be considered for promotion through the Contribution Grading Pathway. Contribution Grades will be reviewed Annually in advance of the All Ireland Championships and The Irish Open to help reward and acknowledge exceptional and or long-term contributions to our sport in the areas of coaching, refereeing, officiating and through exceptional contributions to the administration of the Sport at Provincial, National and / or International level.



Competitive Dan Grading System

COMPETITIVE GRADING PATHWAY - 14 and Over.

NEW GRADE	AWARD	MINIMUM AGE	CURRENT GRADE	MINIUM TIME IN GRADE	Technical	Contest
1 st DAN	BLACK BELT	15	1 st Kyu	6 Months	CTGS* Exam	100 Points
2 nd DAN	BLACK BELT	17	1 st DAN	12 Months	CTGS* Exam	100 Points
3 rd DAN	BLACK BELT	20	2 nd DAN	24 Months	CTGS* Exam	100 Points
4 th DAN	BLACK BELT	24	3 rd DAN	36 Months	CTGS* Exam	100 Points
5 th DAN	BLACK BELT	29	4 th DAN	48 Months	CTGS* Exam	100 Points

*CTGS = Core Technical Grading Syllabus


Rules:

- 10 Points per ippon win or 5 points per Wazari win achieved at Certified IJA Point scoring events. I.e. National Grading, National Closed or International Open Events.
- Must beat minimum grade 1st Kyu for points toward Male 1st Dan promotion.
- Must beat minimum grade 2nd Kyu for points towards Female 1st Dan promotion.
- ALL Dan grade points are awarded equally for points scored against Dan grade opponents.
- All Age groups require 100 Points however Judoka over 30 year of age (Veterans) may opt to only compete against other players within their age bracket and where possible weight bracket.
- No more than 20 points may be accumulated against a single player at one competition event or grading.
- All fights accumulated at competition must be in categories posted on event outlines, points accrued in “experience fights” or amalgamated categories where medals are issued to published categories do not count toward grading.
- Where categories are amalgamated and result in a new official contest group these points will be accepted.
- Evidence of points must be submitted to the IJA office within 1 months of an event taking place and must be verifiable. If points cannot be verified, they will not be accepted.




Competitive Grading Syllabus DAN Grades

1st DAN - Competition Grade

Min age:	15	Free practice:	Area / National Randori / Level 4 Contest
Belt Awarded:		General behaviour:	Explain Seiryoku zenyo" (Maximum efficiency) Explain Jita-Kyoei (Mutual Benefit)
Terminology:	Read and complete Competition Sheets	Fundamental skills:	21 Skills
Ukemi:	FULL SET	Performance skills:	100 Points at Level 4 event Any 10 from Performance skills Nage No Kata (Sets 1 to 5)
Tachiwaza techniques:	FULL Core Syllabus Kuchiki Taoshi Kibisu Gaeshi Kata Guruma* Kawazu Gake	Newaza techniques:	FULL Core Syllabus Do Jime Ashi Garami Kanuki Gatame
		Optional additional learning:	Morote Gari Sukui Nage Te Guruma Daki Age Kani Basami




2nd DAN - Competition Grade

Min age:	17	Free practice:	Area / National Randori / Level 4 Contest
Belt Awarded:		General behaviour:	Explain Seiryoku zenyo" (Maximum efficiency) Explain Jita-Kyoei (Mutual Benefit)
Terminology:	Read and complete Competition Sheets	Fundamental skills:	22 Skills
Ukemi:	FULL SET	Performance skills:	100 Points at Level 4 event Any 12 from Performance skill Nage No Kata
Tachiwaza techniques:	FULL Core Syllabus Morote Gari Sukui Nage Te Guruma Daki Age Kani Basami	Newaza techniques:	FULL Core Syllabus
		Optional additional learning:	Atemi WAZA




3rd DAN - Competition Grade

Min age:	21	Free practice:	Area / National Randori / Level 4 Contest
Belt Awarded:		General behaviour:	Explain Seiryoku zenyo" (Maximum efficiency) Explain Jita-Kyoei (Mutual Benefit)
Terminology:	Read and complete Competition Sheets	Fundamental skills:	23 Skills
Ukemi:	FULL SET	Performance skills:	100 Points at Level 4 event Any 14 from Performance skills Nage No Kata Katame No Kata
Tachiwaza techniques:	FULL Core Syllabus Atemi WAZA	Newaza techniques:	FULL Core Syllabus
		Optional additional learning:	FULL Core Syllabus




4th DAN - Competition Grade

Min age:	24	Free practice:	Area / National Randori / Level 4 Contest
Belt Awarded:		General behaviour:	Explain Seiryoku zenyo" (Maximum efficiency) Explain Jita-Kyoei (Mutual Benefit)
Terminology:	Read and complete Competition Sheets	Fundamental skills:	24 Skills
Ukemi:	FULL SET	Performance skills:	100 Points at Level 4 event Any 16 from Performance skill Any 3 Kata
Tachiwaza techniques:	FULL Core Syllabus Atemi WAZA	Newaza techniques:	FULL Core Syllabus
		Optional additional learning:	FULL Core Syllabus



5th DAN - Competition Grade

Min age:	29	Free practice:	Area / National Randori / Level 4 Contest
Belt Awarded:		General behaviour:	Explain Seiryoku zenyo" (Maximum efficiency) Explain Jita-Kyoei (Mutual Benefit)
Terminology:	Read and complete Competition Sheets	Fundamental skills:	25 Skills
Ukemi:	FULL SET	Performance skills:	100 Points at Level 4 event Any 20 from Performance skill Any 4 Kata
Tachiwaza techniques:	FULL Core Syllabus Atemi WAZA	Newaza techniques:	FULL Core Syllabus
		Optional additional learning:	Advanced technical Grading Syllabus



Advanced Technical Grading Syllabus DAN Grades

Section 1 - Traditional Techniques		Section 2 – Newaza Techniques		Section 3 – Renzoku Waza		Section 5 – Kaeshi Waza	
Nage-waza	400	Newaza	380	Nage Waza Renzoku Waza	150	Nage Waza Kaeshi-waza	150
1st Set	80	1st Set	150	1st Set	30	1st Set	30
De Ashi Barai		Hon Kesa Gatame		Seoi-nage to Seoi-otoshi		Harai-goshi countered by Ushiro-goshi	
Hiza Guruma		Kuzure Kesa Gatame		O-uchi-gari to Ko-uchi-gari		Uchi-mata countered by Tai-otoshi	
Sasae Tsurikomi Ashi		Ushiro Kesa Gatame		Hiza-guruma to Ashi-guruma		Ko-uchi-gari c/b Harai-tsuru-komi-ashi	
Uki Goshi		Makura Kesa Gatame		2nd Set	30	2nd Set	30
O Soto Gari		Mune Gatame		O-goshi to Uki-goshi		O-uchi-gari countered by Ko-soto-gari	
O Goshi		Kata Gatame		O-uchi-gari to Ko-soto-gake		Ko-soto-gari countered by Uchi-mata	
O Uchi Gari		Uki Gatame		O-soto-gake to O-soto-gari		O-soto-gari c/b O-soto-gaeshi	
Morote Seoi Nage / Ippon Seoi Nage		Hon Kami Shiho Gatame		3rd Set	30	3rd Set	30
2nd Set	80	Kuzure Kami Shiho Gatame		Tai-otoshi to Seoi-nage		Hiza-guruma countered by O-uchi-gari	
Kosoto Gari		Hon Yoko Shiho Gatame		De-ashi-barai to Harai-tsuru-komi-ashi		De-ashi-barai c/b Tsubame-gaeshi	
Ko Uchi Gari		Kuzure Yoko Shiho Gatame		Tai-otoshi to Uchi-mata		De-ashi-barai c/b Ko-uchi-gari	
Koshi Guruma		Hon Tate Shiho Gatame		4th Set	30	4th Set	30
Okuri Ashi Barai		Kuzure Tate Shiho Gatame		O-soto-gari to Nidan-ko-soto-gari		Harai-goshi countered by Utsuri-goshi	
Tsurikomi Goshi		Ura-Gatame		Ippon-seoi-nage to Uchi-maki-komi		Koshi-guruma countered by Ura-nage	
Tai O Toshi		Sangaku-Gatame		Harai-goshi to Soto-maki-komi		Uchi-mata c/b Uchi-mata-sukashi	
Harai Goshi		Set 2	100	5th Set	30	5th Set	30
Uchimata		Ude-hishigi-juji-gatame		Ko-uchi-gari to O-uchi-gari		Tai-otoshi countered by Ko-soto-gake	
3rd Set	80	Ude-garami		Ko-uchi-gake to Ko-uchi-gar		Tani-otoshi countered by O-uchi-gari	
Ko-Soto-Gake		Ude-hishigi-ude-gatame		Ko-soto-gari to Nidan-ko-soto-gari		Ippon-seoi-nage c/b Yoko-guruma	
Tsuri Goshi		Ude Hishigi Hiza Gatame		SECTION 3 TOTAL SCORE		SECTION 5 TOTAL SCORE	
Yoko O Toshi		Ude Hishigi Waki Gatame					
Ashi Guruma		Ude Hishigi Ashi Gatame		Section 4 – Renraku Waza		Section 6 – Renraku / Kaeshi	
Hane Goshi		Ude Hishigi Hara Gatame		Nage Waza Renraku Waza	150	Newaza Renraku / Kaeshi	100
Harai Tsurikomi Ashi		Ude Hishigi Sankaku Gatame		1st Set	30	1st Set	20
Tomoenage		Ude Hishigi Te Tatame		Ko-uchi-gari to Tai-otoshi		Kuzure-kesa-gatame to Ude-garami	
Kata Guruma*		Gyaku Juji Gatame		Hiza-guruma to O-soto-gari		Escape Kesa-gatame to any Osaekomi-waza	
4th Set	80	Set 3	130	Ko-uchi-gari to Ippon-seoi-nage			
Sumi Gaeshi		Gyaku Jūji-jime		2nd Set	30	2nd Set	20
Tani O Toshi		Kata-juji-jime		Uchi-mata to Ko-uchi-gari		Kesa-gatame to Hiza-gatame	
Hane Makikomi		Nami-juji-jime		O-uchi-gari to Tsuru-komi-ashi		Escape Yoko-shiho-gatame to Sangaku-jime	
Utsuri Goshi		Okuri Eri Jime		Sasae-tsuru-komi-ashi to De-ashi-barai			
O Guruma		Hadaka Jime		3rd Set	30	3rd Set	20
Soto Makikomi		Kata Ha Jime		Ashi-guruma to Tani-otoshi		Kuzure-kami-shiho-gatame to Ushiro-kesa-gatame	
Uki O Toshi		Koshi Jime		Harai-goshi to O-soto-gake		Kata-juji-jime countered by Hiza-gatame	
SuKui Nage*		Ryo Te Jime		O-soto-gake to Seoi-otoshi			
5th Set	80	Sankaku Jime		4th Set	30	4th Set	20
Yoko Wakare		Kata Te Jime		O-goshi to O-uchi-gake		Tate-shiho-gatame to Juji-gatame	
Yoko Guruma		Tsurkomi Jime		Ko-uchi-gari to Yoko-tomoe-nage		Escape Yoko-shiho-gatame to Kata-te-kata-ashi-jime	
Yoko Gake		Sode Guruma Jime		Ippon-seoi-nage to Ko-uchi-gake			
O Soto Guruma		Do Jime*		5th Set	30	5th Set	20
Ushiro Goshi				Ippon-seoi-nage to Okuri-ashi-barai		Juji-ashi-shiho-gatame to Juji-gatame	
Ura Nage				O-uchi-gari to Uchi-mata		Tate-shiho-gatame to Mae-sode-jime	
Uki Waza				Ko-soto-gari to Tai-otoshi			
Sumi O Toshi							
SECTION 1 TOTAL SCORE		SECTION 2 TOTAL SCORE		SECTION 4 TOTAL SCORE		SECTION 6 TOTAL SCORE	

Note to Examiner: Marking ranges from 0 to 10 for each technique. Examiners are required to assess the technical knowledge and understanding as well as their personal performance. These forms along with video evidence log should be submitted to the Senior assessor via the IJA office.

	Facilitator	Assessment Centre	Date	Grade Testing for	Points required	Points Achieved	Check by:
Section 1:							
Section 2							
Section 3							
Section 4							



Technical Knowledge & Explanation

Overview Points requirements	1st Dan	2nd Dan	3rd Dan	4th Dan	5th Dan
	50% from Each Set	65% from Each Set	75% from Each Set	85% from Each Set	100% from Each Set
Section 1	120 from 200	169 from 260	210 from 300	260 From 350	320 from 400
	50% from Each Set	65% from Each Set	75% from Each Set	85% from Each Set	100% from Each Set
Section 2	114 from 190	160 from 247	200 from 285	242 From 323	304from 380
	1 Set	2 Sets	3 Sets	4 Sets	5 Sets
Section 3	20 from 30	40 from 60	60 from 90	80 from 120	100 from 150
	1 Set	2 Sets	3 Sets	4 Sets	5 Sets
Section 4	20 from 30	40 from 60	60 from 90	80 from 120	100 from 150
	1 Set	2 Sets	3 Sets	4 Sets	5 Sets
Section 5	20 from 30	40 from 60	60 from 90	80 from 120	100 from 150
	1 Set	2 Sets	3 Sets	4 Sets	5 Sets
Section 6	12 from 20	24 from 40	36 from 60	48 from 80	60 from 100

Wider Judo Knowledge & Experience

Section 7 – Refereeing level		Section 8 – Official		Section 9 – Coaching Level		Section 10 - Administration	
National C	25	Time keeper	25	IJA Foundation	25	Club	25
National B	50	Table Official	50	IJA Level 1 – Less than 5 Years	50	Provincial	50
National A	100	Reg. Tournament Director	100	IJA Level 1 – More than 5 years	100	National Commission	100
International B	150	Nat. Tournament director	150	IJA Level 2 – Less than 5 years	150	Executive Management Board	150
International A	200	Int Tournament Director	200	IJA Level 2 – More than 5 Years	200	IJA President / International	200

	1st Dan	2nd Dan	3rd Dan	4th Dan	5th Dan
Section 7 to 10 Candidates must achieve a minimum cumulative score from section 7 to 10. Supporting certification must form part of the evidence log.	Min 50 Points	Min 100 Points	Min 150 Points	Min 200 Points	Min 250 Points

Kata Certification

	1st Dan	2nd Dan	3rd Dan	4th Dan	5th Dan
Section 11 Candidates must present pass certificate from a certified examiner. NB: Certificate of attendance is not sufficient	Nage No Kata	Nage No Kata & Katame No Kata	Any 3 Kata	Any 4 Kata	Any 5 Kata

Note to Examiner: Marking ranges from 0 to 10 for each technique. Examiners are required to assess the technical knowledge and understanding as well as their personal performance. These forms along with video evidence log should be submitted to the Senior assessor via the IJA office.

	Facilitator	Assessment Centre	Date	Grade Testing for	Points required	Points Achieved	Check by:
Section 7							
Section 8							
Section 9							
Section 10							
Section 11							



Appendix A – Video Evidence Logs

Video Evidence logs must be recorded at Authorised Grading Centres.

Once the facility has been checked for its suitability it will be issued a certificate by the IJA office and listed as an authorised testing centre on the IJA website. It is the grading facilitator and / or the senior grading officer’s responsibility to ensure that the evidence log recorded meets the minimum standards required by the IJA. Failure to do so will result in the evidence log being rejected by the IJA office.

NOTE: An authorised grading facilitator or senior grading officer must be present when grading evidence logs are recorded. There are no exceptions permitted to this rule.

Tachiwaza

- Video will be recorded from a single position (Joseki Position) for all Tachiwaza and Kata Demonstrations.
- Uke will begin on the left with Tori to the right of the camera’s view.
- Each examined module should begin with Tori and Uke in the far corner of the 8x8m square facing the camera and performing a formal etiquette sequence similar to the opening sequence of Nage no Kata.
- Each technique or technical sequence should be performed in the centre of the mat area.
- Tori should perform each technique starting to the righthand side of the camera view and then again starting to the left-hand side of the camera view in order to show another angle of the same demonstration
- At the end of each technical set Judoka should adjust their Judogi at the formal inside line shown in the diagram before continuing on to complete the full module.
- On completion of the full set or module the Judoka should close out the module by reversing the etiquette sequence similar to the closing sequence of Nage no Kata.

Figure 2 - Camera position Kata & Tachiwaza

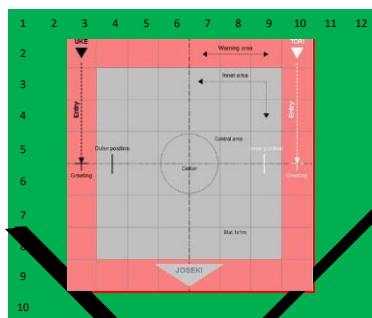


Figure 2. A clearly marked 8-meter x 8-meter square must be in the centre of the area and a high definition camera (min 720p) positioned so that it can view the full 8x8M square and the full 12-meter width of the mat area when recording Kata and Tachiwaza techniques.

CAMERA FIELD OF VIEW KATA & TACHIWAZA



Newaza

- Video will be recorded from a single position (Joseki Position) for all Tachiwaza and Kata Demonstrations.
- Uke will begin on the left with Tori to the right of the camera's view.
- Each examined module should begin with Tori and Uke in the far corner of the 8x8m square facing the camera and performing a formal etiquette sequence similar to the opening sequence of Nage no Kata.
- Following the opening sequence both Judoka should walk to the middle of the mat area knee and Uke should lie down or position themselves with their Head facing the Joseki Position.
- Each technique or technical sequence should be performed in the centre of the mat area.
- Tori should perform each technique starting to the righthand side of the camera view and then again starting to the left-hand side of the camera view in order to show another angle of the same demonstration
- At the end of each technical set Judoka should adjust their Judogi at the formal inside line shown in the diagram before continuing on to complete the full module.
- On completion of the full module or set the Judoka should close out the module by reversing the etiquette sequence similar to the closing sequence of Nage no Kata.

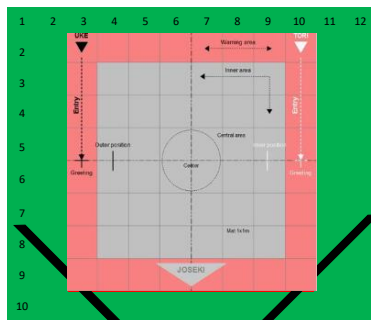
Appendix B – Authorised Grading Centre

Facilities

Advanced Technical Grading Centres must be well lit and have a suitable underfloor and a mat area no smaller than 12 meters wide and 10 meter in length as shown below. The mats may be Green, Red, Yellow, or Blue in colour.

Tachwaza & Kata Evidence log Camera position

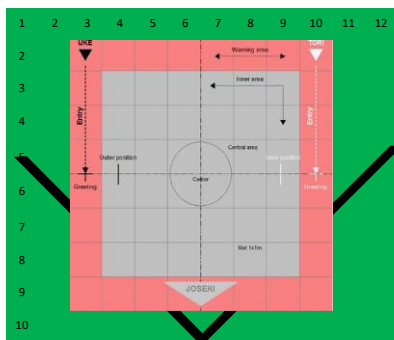
Figure 2 - Camera position Kata & Tachiwaza



CAMERA FIELD OF VIEW KATA & TACHIWAZA

Figure 2. A clearly marked 8-meter x 8-meter square must be in the centre of the area and a high definition camera (min 720p) positioned so that it can view the full 8x8M square and the full 12-meter width of the mat area when recording Kata and Tachiwaza techniques.

Figure 3 - Camera Position Newaza



CAMERA FIELD OF VIEW NEWAZA

Figure 3. A clearly marked 8-meter x 8-meter square must be in the centre of the area and a high definition camera (min 720p) positioned so that it can view the full 12-meter width of the mat area when recording Kata and Tachiwaza techniques.



Appendix C - Coach & Examiner Notes Advanced Technical Grading System

Principles of the Advanced Technical Grading system

- Candidates can only be graded one grade at a time.
- Promotion within the Technical Grading Syllabus is based on demonstration of techniques, showing knowledge of the application of techniques as well as the understanding of the principles associated with the techniques.
- There is no contest requirement in the Technical Grading Syllabus. However, there is a progressively structured Randori element at the higher grades, where at the highest level, Randori is based on open skills.
- It is vitally important that all candidates follow the progressive study of techniques detailed in this syllabus and attempt promotion to the next grade at regular intervals.
- All Judoka are encouraged to take increasing responsibility for their technical development as they progress through the grades and it may be necessary for them to undertake supplementary study and training in addition to that which is available at the judoka's club.
- Those that are using the Advanced Technical Grading Pathway are encouraged and indeed expected to supplement their learning by attending technical training courses such as, refereeing, officiating, coaching, revalidation and continuous personal development opportunities. Records of attendance to be kept and submitted with grade application.
- Candidate may take a modular approach to each grade however each set must be completed in full as a single examination and submitted with a single continuous unedited Video Evidence log.

Technical Requirements

1. Participants are required to know the common English names and meaning of all Japanese terminology used for the grade. Examination of Japanese terminology should be appropriate to the age and grade of candidate and performed through the completion of an assessment sheet by the certified Advanced Technical Grading Facilitator or Senior Advanced Technical Grading Examiner
2. Techniques must be demonstrated in an appropriate practical situation and it is intended that the evidence log should become greater in depth as the candidate progresses through the grades and acquires greater knowledge and understanding of Judo.
3. All demonstrations will be presented in a formal manner; either static or on the move to the candidate's preferred side. All techniques will be demonstrated once to the righthand side of the camera and then again to the left-hand side of the camera. Techniques may not be repeated if a mistake is made during a set however candidates (at the discretion of the grading facilitator) may repeat a full module.
4. Demonstrations should clearly show that the candidate understands the key principles involved in the application of the technique, Kuzushi (balance breaking), Tsukuri



(positioning), Kake (application of force), Kime (control). Any one of these steps missing will result in an automatic deduction of half a point from the scoring.

5. Techniques and applications must be demonstrated in an appropriate practical situation that includes attacking opportunity, best grip and movement.
6. Male and female candidates may be examined together, as can candidates of different ages and physique.

Technical Marking Notes Tachiwaza

Technical Area	Notes	Marks
Kumi Kata	Gripping should be appropriate for the technique	1
Kuzushi (balance breaking)	Balance is broken in the correct direction	1
Tsukuri (positioning). Take into account the (FABB Model)		
Feet	Feet are in correct position and well balanced	1
Arms	Arms are working together in the correct direction for the technique	1
Body	Body is in the correct position for the technique	1
Brain	Head is facing in the correct direction for the technique and to maximise safety	1
Kake (application of force)	Looking at the finishing and powerful execution of the throw. NB: Important UKE doesn't "jump"	1
Kime (control).	In all demonstrations of techniques and technical sequences tori should demonstrate control of Uke and of Tori's own balance and good posture.	1
Preparation	Techniques should use an appropriate stepping pattern and or opening sequence of movement.	1
Style	Techniques should be fluid and smooth and not rely too heavily on strength	1