

## HOW THE FOUNDATION GROUP ARE GRADED 2013

Twice a year a Grading is held to assess how the Judoka has progressed in their learning of Judo. These are done on a date decided by the Sensei at either at Blackwater Leisure Centre or at West Maldon Community Centre. The Foundation group have their own syllabuses that they follow and it is only on their levels techniques they will be tested. The purpose of Gradings are to make sure the Judoka has mastered their levels syllabus that they have followed and award a certificate appropriate to the level they have reached.

### LEVEL 1 (RED/WHITES)

The Judoka will be asked to show techniques requested by the Instructor from the syllabus that they follow in Level 1. From what knowledge they show a score is made on a Grading sheet against the requested technique from a score of 1-3.

- 1) Unable to show technique without being shown first
- 2) Minimal help required
- 3) No help required

Once the scores have been totted up they are matched against a certificate. In Level 1 the certificates of Koka and Yuko are awarded. These certificates can each be awarded 3 times until the Judoka has maintained a score for the next appropriate certificate. These will be handed out a couple of weeks after the grading has taken place. Whilst it can be nerve racking for the Judoka we try and make this an enjoyable event and praise the children as they are being tested to put them at ease. They only leave this level once they have achieved enough to pass a Waza-ari certificate which allows them to move onto Level 2.

### LEVEL 2 (BLUE/WHITES)

When getting into this level a more formal approach is taken when grading the Judoka. Their behaviour while waiting to be assessed is monitored and this could result in a reduction of their grading score. The Judoka will be asked to show techniques by the Instructor from the syllabus that they follow in Level 2. From what knowledge they show a score is made on a grading sheet using the same scoring of 1-3. In this level they are working to certificates of Waza-ari and Ippon. As this can be a harder level to achieve high scores in, the Judoka should expect to receive 2 Waza-ari's while in this level. When they achieve the certificate of Ippon and are aged 8 or over they will receive a Red belt and be ready to move onto the main mat. To help with the progression onto the main mat they will have a 4 week trial period there. If at any time the Judoka or the Sensei feel they are not ready for the move over they may return to the Foundation Group until such time they are ready to move back again.

