

## BLACKWATER JUDO CLUB (Maldon)

### A QUICK GUIDE HOW THE FOUNDATION CLASSES ARE GRADED

Grading takes place at least twice a year, usually on the same day as the club grading for all judokas up to orange and three green tabs. Usually this is done on a Saturday morning at West Maldon Community Centre.

The Foundation classes will be assessed on only the syllabus which they have been taught in between gradings. This consists of:-

#### Breakfalls (Ukemi)

Front Breakfall, Back Breakfall, Side Breakfall Right and Left, Front Rolling Breakfall Right and Left.

The Foundation judoka will be tested on all of these.

#### Hold downs (Ne-waza)

Kesa-gatame, Kezure-Kesa-gatame, Mune-gatame, Tate-shiho-gatame, Yoko-shiho-gatame, Kami-shiho-gatame, Kesure-kami-shiho-gatame.

The Foundation judoka will be tested on 4 of these of the Graders choice.

#### Hold down escapes (Ne-waza escapes)

Leg trap, Turn and sit up, and Bridge and roll.

The Foundation judoka will be tested on their use of 1 of these.

#### Throws ( Tachi-waza)

Osoto-otoshi, Osoto-gari, Uki-goshi, Tai-otoshi, Ippon-seoi-nage, O-goshi, Ouchi-gari, Kouchi-gari and De-ashi-barai.

The Foundation judoka will be tested on 4 of these of the graders choice.

#### Judo Code

Terminology, Tachi and za-rei, History and Etiquette, Behaviour, Effort, Kuzushi and Kumi-kata

These will be assessed over the weeks in between gradings

To be able to test all the judokas the same we have a scoring guide which helps us to assess how they are doing in the grading process. The scoring is:

1 = is only able to do what they have been requested by giving a demonstration or by talking them through it bit by bit.

2=minimal instruction.

3=no instruction needed.

In each of the areas tested they will be given a score for each instruction given to do. At the end of the grading all the scores are added up and will produce the relevant certificate grade to be given.

Koka: 1-30 scored

Yuko: 31-40 scored

Wazari: 41-50 scored

Ippon: 51+ scored

The judoka will be given a certificate which shows what grade they have scored. There is no limit to how many of each certificate level they can receive but it is hoped they manage to go up each time by a different level although it is acceptable for them to receive more than 1 Wazari as they must achieve nearly all 3's in their grading to receive the Ippon certificate. They must also be 8 years and over to be able to leave the Foundation mat.

If the judoka manages to get the Ippon certificate they are deemed ready to be able to go on the main teaching mat and will be presented with a yellow belt. There is a trial period of 4 weeks in which they must show they are ready to continue learning on the main mat. If for any reason they feel that it is too soon to move up, or the Sensei feels it is too soon for them to be on the main mat, they may continue to train with the Foundation group until such time they feel ready to return.

**By Sam Harrington  
December 2011**

.