

# ***NATIONAL GRADING SYLLABUS***



*Implemented as of January 1<sup>st</sup>, 2017 (update June 2017)*

**NOTE: This document supersedes all previous versions and points will be validated based on the information here within**

# 2017 - MEMBERS - NATIONAL GRADING BOARD

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# INTRODUCTION

## MISSION STATEMENT:

To promote the sport of Judo through recognition of proficiency, achievement, contribution and excellence by members with an equitable and well defined grading system.

## PRINCIPLES OF JUDO:

- Seiryoku Zenyo (maximum efficiency with minimum effort)
- Jita Kyohei (mutual welfare and benefit)

## PRINCIPLES OF GRADING

Grades in judo are attributed with regard to elaborate principles by Master Jigoro Kano, the founder of Kodokan Judo, and as stipulated in the regulations of the International Judo Federation (IJF).

These grades, as in all the "budo", must show a certain technical progress, a larger understanding of the discipline and a certain "elevation" of the individual who is promoted. This is the shin-ghi-tai in its entirety.

<b>SHIN:</b>	<b>moral and intellectual value</b>
<b>GHI:</b>	<b>technical value</b>
<b>TAI:</b>	<b>corporal value</b>

Each period of the Shin Ghi Tai principle must be accomplished during the correct period of the practitioner's life in order to reach higher dan ranks.

The Tai period corresponds to the physically austere. The introduction to and practice (shugyo) of the global learning of judo must be done in the early years of the judoka's life. This learning must be expressed through randori and shiai, for this period is the harshest. In other words, the tai period is the period when the training is physically at its hardest. This period typically is when the judoka is a teenager or a young adult.

Only results accomplished in the U18, U21 and Senior Age divisions are recognized as valid contribution towards the period of corporal development (Tai) of Judoka.

Candidates eligible for promotion based on meritorious contribution to development of Judo in Canada, may be exempted from this grading limitation and considered for higher dan grade promotion.

The Ghi period concerns the mastery of mechanical skills, the quality of the strategies and the variety of the practical knowledge of judo. It shall occur when the judoka already has sufficient judo experience to allow him to express a logical, efficient and fluid Judo in complete accordance of the statement of Jigoro Kano's maxim: Seiryoku Zenyo - maximum efficiency with minimum effort.

The Shin period, which concerns the moral and intellectual aspects, must reflect Master Kano's second maxim: Jita Kyoei - mutual prosperity and benefit. The Yudansha has proven his fighting skills, and thus shares his technical ability with his judo community.

Some elements are obviously more tangible, more measurable than others. This is why the role of the "sensei" is of capital importance. At the time of the candidate's application, no one else is better placed to judge these elements.

## **PURPOSE OF THE NATIONAL GRADING SYLLABUS**

This Grading Syllabus sets forth the required standards and other criteria necessary for all dan examinations and promotions in keeping with Judo Canada's mission statement.

The rules as set forth in this syllabus are the only rules recognized in Canada.

# OPERATIONAL POLICY



# **1. THE NATIONAL GRADING BOARD**

## **1.1 MANDATE**

The role of the National Grading and Kata Committee (NGKC) is to facilitate, coordinate and provide leadership in the dan grading process in Canada. The mandate given to the NGKC by Judo Canada is to:

- Assure adherence to all rules set forth in the National Grading Syllabus.
- Establish, implement and enforce minimum standards for dan ranks in Canada.
- Ensure that dan promotions made by Provincial/Territorial Grading Boards (PGB/TGB) are in accordance with the powers delegated to the PGBs.
- The NGKC is responsible for standardization of techniques across Canada.
- Irregularities in Dan Grades will be dealt with by the NGKC on a case-by-case basis.

# **2. THE PROVINCIAL/TERRITORIAL GRADING BOARDS**

## **2.1 MANDATE**

- The Provincial/Territorial Grading Boards (PGB/TGBs) shall conduct grading examinations in their province or territory, and shall promote candidates, in accordance with the regulations in this syllabus.
- PGB/TGBs, operating up to their authority level, shall recommend all promotions without examination to the NGKC for consideration.
- The PGB/TGB shall recommend candidates to the NGKC for rokudan and higher.
- The NGKC syllabus is the minimum requirement and does not restrict the PGB/TGB from introducing additional technical requirements.
- The PGB/TGB may review Chief Sensei throughout the province/territory for possible promotion.

## **2.2 APPLICATION SIGNATORY**

The PGB/TGB shall ensure that Technical Directors (Dojo Shu /Head Sensei) who are signing candidate's grading applications understand their duty to adhere

to standards listed in this syllabus.

### **3. GRADING AND EXAMINATION PROCEDURES**

#### **3.1 ADMISSION REQUIREMENTS FOR EXAMINATION**

3.1.1 A candidate must:

- meet all criteria for the recommended rank as specified in the National Grading Syllabus.
- be an active, practising member of Judo Canada through a provincial/territorial association and must have a Judo Canada passport.
- be recommended to the PGB/TGB by the head sensei of the dojo through which he or she is registered, normally for a period of at least six (6) months or be invited by the PGB/TGB.
- be a Canadian citizen or a permanent resident or in accordance with 3.1.5.

3.1.2 In the syllabus, references to age are references to the age at time of grading.

3.1.3 A candidate may only apply to the PGB/TGB in the province/territory in which he or she is registered for the judo season.

3.1.4 A candidate, formerly affiliated with another province/territory or national association recognized by the IJF, must be a member of his or her new provincial/territorial judo association and Judo Canada for a minimum period of six (6) months in order to apply for a dan examination

3.1.5 A candidate from an International Judo Federation recognized country who is not a Canadian citizen or a permanent resident must be a member of Judo Canada for one (1) year. A candidate must be a member of the provincial/territorial association and Judo Canada for at least six (6) months, to be recommended for his or her next rank.



3.1.6 A candidate who is neither a Canadian citizen nor a permanent resident, but has been a member of a provincial/territorial association and Judo Canada for one (1) year, must receive permission for admission to a grading examination in Canada from the federation to which he or she was previously registered. This permission and all relevant foreign grading records must be submitted with the recommendation for grading, and be approved by the NGKC. If unable to produce any documentation, upon the recommendation of the head sensei of the dojo, the PGB/TGB must evaluate each candidate on their rank and carry out the examination as per the National Grading Syllabus.

## 3.2 APPLICATION GUIDELINES

3.2.1 The nominating person (chief instructor or technical director) who recommends the candidate must ensure that the candidate is eligible for examination. This includes ensuring that the candidate has the required number of valid points and meets all requirements of the syllabus. Recommendations for yudansha promotion must consider the individual's personality; acquirement of judo spirit; extent of the understanding of judo and mastery of technique; practical application of judo in everyday life; and contribution to judo.

3.2.2 The recommendation must be submitted by the date specified by the PGB/TGB, and must be accompanied by:

- properly completed Judo Canada forms
- appropriate fees
- proof of membership
- Judo Canada passport

3.2.3 All promotions from 1<sup>st</sup> to 5<sup>th</sup> Dan are processed within Provincial/Territorial jurisdictions and upon conclusion, the grading documents must be signed by the Provincial/Territorial Grading Board Chair and are submitted to Judo Canada's office where they are checked for accuracy and then signed by the NGKC Chair.

3.2.4 Procedures for all promotions for 6<sup>th</sup> and higher Dan grades are as follows:

- Provincial/Territorial GB checks the candidate's application for eligibility under the National Grading Syllabus and sign it if it complies with the syllabus
- at the latest, 6 months prior to a scheduled examination, applications must be mailed to the National office and then will be redistributed to all members of the NGKC
- upon approval by the NGKC the candidate becomes eligible for an examination to be conducted within one year according to the schedule, format, and location set by the NGKC.

In the case where information provided in the application is rendered inaccurate, Judo Canada will return the application to the Provincial/Territorial Grading Board to rectify the situation. Administrative errors that resulted in these inaccuracies are subject to correction, providing that such is approved by the NGKC. Except corrections to the points claimed for a period of time when the candidate was not a member of Judo Canada- in such cases these points will be disallowed. Judo Canada does not allow retroactive buying years of membership.

3.2.5 In cases where the Instructor(s) signing promotion documents are not affiliated, those documents are automatically rejected and returned to the PGB/TGB to follow the process laid out in point 3.2.5

### 3.3 BATSUGUN

Competitors who display a truly outstanding performance at the National Championship may be promoted by the NGKC, normally in consultation with the provincial/territorial delegate.

World or Olympic medallists, regardless of time in grade, age and shiai point total, may be considered by the NGKC and the involved PGB/TGB for batsugun promotion.

Outstanding competitors may be exempt from the technical evaluation. The NGKC and the involved PGB/TGB may jointly grant a promotion for exceptional results in major competition. To be considered within this category, a candidate must normally have a minimum of three hundred (300) points. Eighty percent (80%) of these minimum points (240 points)

must come from the Senior Nationals and/or International tournaments identified in the National Team Handbook. The remaining points may come from Judo Canada Domestic Points Tournaments.

### **3.4 SPECIAL RECOGNITIONS**

#### **3.4.1 Meritorious Contribution**

Judoka who have contributed to the sport of Judo in a notable way in Canada (meritorious deed, distinguished service, etc.) may be considered for promotion. The NGKC and the respective PGB/TGB may jointly grant a promotion for meritorious contribution to the sport of judo. Meritorious contribution promotions will be considered only upon the NGKC or PGB/TGB's recommendation and is not available to application by individuals. Normally this promotion comes as a Koseki (last grading).

#### **3.4.2 Honorary black belt**

The NGKC and the PGB/TGB may award, at their discretion, an honorary black belt to individuals who have contributed to and supported judo in a significant manner. This recognition is reserved for non-judoka. The PGB/TGB must keep track of such promotions and inform the Judo Canada office and the NGKC.

### **3.5 RANKS OBTAINED OUTSIDE CANADA**

3.5.1 The NGKC reserves the right to evaluate and accept or reject the validity of ranks obtained outside of Canada while a Member of Judo Canada. The PGB/TGB will submit requests for such recognition to the NGKC.

3.5.2 Ranks Obtained Outside of Canada While a Member of Judo Canada and/or Member of a Foreign National Federation or Association which is a Member of the International Judo Federation

When a Judoka can submit documented proof of a promotion obtained outside Canada while a member of a National Association or Federation member of the International Judo Federation, the NGKC will investigate the validity of the documents.

Where applicable, a Judoka's technical ability may be evaluated by the PGB/TGB only to their authorized level. No diploma will be issued.

The date indicating that the rank is recognized will be entered into the Judo Canada passport with the name of the federation who issued the rank. The NGKC chairman will initial the passport to certify the recognition of the rank.

### **3.6 GUIDELINES FOR EXAMINATION**

3.6.1 **APPLICATION REVIEW CRITERIA:** In reviewing the application of a candidate, the Grading Board shall consider the following criteria:

- overall record of tournament participation,
- length of time active and membership in grade,
- refereeing, kata judging, and technical clinic attendance,
- record as an instructor/ judo teacher, technical official (as defined in the Tournament Sanction Policy) and services rendered to the promotion and development of judo

3.6.2 **METHOD:** Examination, to and in the yudansha ranks, may be specified by the grading board in a variety of ways:

- formal examination before a grading board
- informal examination before a grading board
- participation in classes in a clinic format conducted by the PGB/TGB or NGKC

All technical requirements shall be required in traditional judo terminology (Japanese).

#### **Formal Examination**

The candidate performs an examination before the grading board. The candidate's chief instructor or designate may be present. This is the traditional method. Performance at Kata competition may be recognized for the Kata examination component.

#### **Informal Examination**

This method has the benefit of allowing a candidate an opportunity of

performing in a low-stress atmosphere:

- The candidate performs the examination in a group situation with other candidates performing simultaneously or in competition
- Teach, explain for candidates who cannot demonstrate technical requirements for the recommended rank.

### **Attend/ Participate in a Series of Open Classes & Clinics**

Candidates are required to attend and practice all examination requirements, and must reach an acceptable level of proficiency.

#### **3.6.3 PARTNER:**

The partner must be member of Judo Canada.

#### **3.6.4 RANDORI (FREE STYLE PRACTISE)** is part of the requirements for a grading examination. (see “Appendix A”)

### **3.7 CONFIRMATION OF PROMOTION AND DIPLOMA**

- 3.7.1 The PGB/TGB must, within thirty (30) days of the examination, forward a report with its promotions and recommendations for promotion to the NGKC.
- 3.7.2 The NGKC approves the promotions awarded by the PGB/TGB unless requirements have not been met. In such cases, all forms will be returned to the Chairperson of the PGB/TGB with a covering letter of explanation.
- 3.7.3 For grading in Canada, the only officially recognized documents regarding dan rank and date of promotion are the Judo Canada Dan Diploma and Passport.
- 3.7.4 The Judo Canada Dan Diploma will only be issued for promotions obtained in Canada and recognized by the NGKC.
- 3.7.5 After the NGKC recognizes a promotion, the diploma will be dated to the time of the PGB/TGB evaluation.
- 3.7.6 Kodokan diplomas are available upon request. Kodokan diplomas are subject to additional requirements. IJF diplomas are also available upon request. Applications must be submitted to Judo Canada through the PGB/TGB.

### **3.8 APPEALS**

Appeals of decisions must be made within 30 days of notification, or in accordance with the constitution and by-laws of the applicable association.

# SYLLABUS



## 4. POINT SYSTEM - RECOGNITION & DEFINITIONS

The basic aim of the point system is to determine judoka who are eligible for examination.

Points are awarded to judoka that are active technically as competitors, instructors, coaches, kata judges, or referees; practising randori or kata; and active in promoting and developing the sport of judo as committee members, etc.

Points accumulated in the present rank can only be used for promotion to the next rank. These points can only be accumulated while a member of a provincial/territorial association and Judo Canada.

Judoka must be at least 14 years old and at least ikkyu in rank to earn points.

Candidates 20 years of age or younger need to accumulate a minimum of 40 points through shiai and/or kata competition; or as specified for higher dan grades later in this syllabus.

The point system is divided into the following categories:

- Active in Judo

  - Candidates must demonstrate regular attendance and be practising judo on the mats

- Competitions

  - Shiai, kata competitions and tournament participation points

- Technical Activities

  - Head sensei, club instructing, coaching, club development, NCCP certification, teaching, conducting and attending clinics, kata certification, kata judging, referee certification, refereeing, technical officials in competition (as defined in the Tournament Sanction Policy).

### 4.1 ACTIVE IN JUDO

Points are awarded for being active in judo. An active year is defined as practising a minimum of **120** hours on the mat during a twelve-month period





from the date of the last promotion as recorded in the records maintained by the provincial/territorial and Judo Canada offices.

Both Mudansha and Yudansha must be members of both the Provincial/Territorial Association and of Judo Canada.

Active as Ikkyu .....30 points per year  
Active as Shodan, Nidan.....20 points per year  
Active as Sandan & above.....10 points per year

#### **4.1.1 TOURNAMENT VOLUNTEER**

Points may be awarded, per event up to a maximum of 10 pts/yr for the following tournament roles:

Chief Official  
Chief Referee  
Tournament Director  
Assistant Tournament Director  
Scoreboard Attendant  
Timekeepers

Provincial .....3 points/event  
Inter-Provincial.....4 points/event  
National/International.....5 points/event Tournament

#### **4.2 COMPETITIONS**

##### **4.2.1 SHIAI**

Results obtained at sanctioned point tournaments will be counted with the following conditions:

- individuals must be at least 14 years of age and at least ikkyu in rank;
- events must be at the level of **U18** or higher;
- all national and other sanctioned U18, U21, senior and Veteran championships will be used for points.
- all international tournament points must be validated by the PGB/TGB.

Refer to the National Team Handbook Policy for Classification of International Tournaments Standard and Points. (available at Judo Canada's Website).

- the candidate may claim points earned in a maximum of ***four (4)*** provincial and ***four (4)*** inter-provincial competitions per active year. Provincial level tournaments must be from those events identified by the PGB/TGBs as points tournament. The candidate will choose which events to include.
- see the chart of Accumulated Points System for Shiai - below.

#### 4.2.2 ACCUMULATED POINTS SYSTEM FOR SHIAI

5 points for participation in sanctioned competition.  
All wins against Ikkyu or higher:

IPPON (10 Points),  
WAZA-ARI (7 Points),  
Lesser win (5 Points),  
Advancement in a draw by Fusen-gachi: 0 Points

Exceptions:

- For Shodan candidates (ikkyu) a win over nikyu counts for grading.
- In international tournament (as defined above), all wins will count 10 points.

#### 4.2.3 KATA TOURNAMENTS – (Maximum 60 points per year)

At least one nationally-certified member of the Provincial/Territorial Grading Board or an approved examination jury member must be present at domestic kata tournaments or clinics as an evaluator to be able to count points.

The candidate may claim points earned in a maximum of (four) provincial and (four) inter-provincial or higher competitions per active year. Provincial level events must be from those events identified by the PGB/TGB as points tournament.

Points accumulated in kata competitions:

- Provincial/Territorial, Interprovincial and National competition (maximum 30 points)

- PJC, International and World competitions (maximum 60 points).

5 points per tournament for participation

Points will be awarded as 2 points per/team below the candidate's team ranking.

For example: 4 pairs participating:

1<sup>st</sup> place gets 6 pts.

2<sup>nd</sup> place gets 4 pts.

3<sup>rd</sup> place gets 2 pts.

4<sup>th</sup> place gets 0 pt.

### **4.3 TECHNICAL ACTIVITIES:**

#### **4.3.1 CLUB DEVELOPMENT**

HEAD SENSEI who is, at a minimum, certified NCCP Dojo Instructor (Level 2) and instructs in a club with a minimum of 25 members will be awarded 30 points per year.

Additional Club Sensei may count points providing they are NCCP Certified - points as per the formula in point 4.3.2.2

#### **4.3.2 NATIONAL COACHING CERTIFICATION PROGRAM (NCCP)**

##### **4.3.2.1 CERTIFICATION**

Points will be awarded for being certified in the National Coaching Certification Program only once for each additional level completed since the last promotion as follows:

NCCP Level I or Dojo Assistant certified	5 points
NCCP Level II or Dojo Instructor certified	10 points
NCCP Level III or Development Coach certified	20 points
NCCP Level IV (Performance Coach) certified	20 points
NCCP Level V certified (name TBD)	20 points

Instructor /coach certified in at least two contexts will be eligible for a max of 30 points.

Instructor /coach recognized as Master in more than one context are eligible for a maximum of 30 points.

There is a minimum waiting period of twelve months between all levels of NCCP. Thus, one cannot claim two levels in one year.

#### 4.3.2.2 INSTRUCTING/COACHING ACTIVITY

Points will be awarded for teaching, coaching for a minimum of 120 hours per year based on the certification level of the individual as follows:

NCCP Level I or Dojo Assistant certified .....	10 points per year
NCCP Level II or Dojo Instructor certified .....	15 points per year
NCCP Level III or Development Coach certified .....	20 points per year
NCCP Level IV certified .....	20 points per year
NCCP Level V certified .....	20 points per year

#### 4.3.3 REFEREEING

##### 4.3.3.1 CERTIFICATION

Points will be awarded for being certified as a referee only once for each additional level completed since last promotion as follows:

Provincial (C, B, A) .....	10 points per level
National (C, B, A) .....	15 points per level
International C .....	20 points per level
International B .....	20 points per level
International A .....	20 points per level

Only one certification can be claimed,  
e.g. Provincial A and/or National C at the same evaluation tournament.

##### 4.3.3.2 REFEREEING ACTIVITY (maximum 60 points per year)

Points will be awarded for refereeing on a per event basis up to a maximum of 60 points per year as follows:

Provincially sanctioned events .....	5 points (Maximum 25 per year)
Inter-Provincial (3 Provinces).....	10 points (Maximum 20 per year)
National.....	15 points per event
International (events listed in the NTH).....	20 points per event

The referee must be approved by the province/territory to earn the provincial status and approved by the national body to earn the national status. The

referee approved by PJC or IJF will earn the international status.

### 4.3.5 KATA JUDGING

#### 4.3.5.1 CERTIFICATION

Points will be awarded for being certified as a judge only once for each additional level completed since last promotion as follows:

Provincial .....	10 points per level
National (C, B, A) .....	15 points per level
Continental .....	15 points per level
IJF .....	20 points per level

#### 4.3.5.2 KATA JUDGING ACTIVITY (maximum 30 points per year)

Points will be awarded for Judo Canada certified Kata Judges on a per event basis up to a maximum of 30 points per year as follows:

Provincially sanctioned events .....	5 points (Maximum 25 per year)
Inter-Provincial (3 Provinces).....	10 points (Maximum 20 per year)
National. ....	15 points per event
International.....	20 points per event

Only Judges certified by JC or by the Provincial/Territorial Association qualify for points at National and International level.

For Provincial/Inter-Provincial events, the competition must be sanctioned by the Provincial/Territorial Association.

### 4.3.6 TECHNICAL CLINICS

#### 4.3.6.1 CLINIC/ CONDUCTOR AND FACILITATOR (maximum 30 points per year)

Points will be awarded, on a per event basis, to course conductors up to a maximum of 30 points per year, for conducting regional, provincial/territorial or nationally organized professional development, kata, referee and technical clinics, NCCP courses and nationally approved team training camps. These events must be provincially or nationally sanctioned.

Provincial ..... 10 points per event  
 Inter-provincial (includes National) ..... 15 points per event  
 International ..... 20 points per event

Should be a minimum of 4 hours per event.

#### 4.3.6.2 CLINIC PARTICIPATION (maximum 20 points per year)

Points will be awarded, on a per clinic basis (minimum 4 hours), to participants up to a maximum of 20 points per year, for participation at provincially or nationally sanctioned kata, referee, technical clinics and training camps that have been recognized by Judo Canada. 5 points per event

### 4.4 POINT RECOGNITION SUMMARY

ACTIVE IN JUDO		Code					Max/yr
Active (120 hrs on mats)	N1	30as Ikkyu	20 as1D/2D	10 As 3D+			
Tournament volunteer	N2	Provincial: 3 Points/event	Inter-provincial 4 Points/event	National/international – 5 Points/event			10/yr
COMPETITION POINTS		Code					Max/yr
Shiai	C1	Ippon 10;	Waza-ari 7;	lesser win 5			No max
Kata Competition	C2	2pts per team below					60/yr
Participation in Tournaments	C3	5pts per event					No max
TECHNICAL POINTS		Code					Max/yr
Club development – head sensei Minimum 25 members	T9						30
NCCP Certification	T1	DA 5	DI 10	Comp 20	IV 20	V 20	30
Coaching (NCCP certified) Minimum 120 hr/yr	T2	DA 10	DI 15	Comp 20	IV 20	V 20	
		PROV	INTER- PROV	NAT	CONT	INT'L	
Clinic conductor	T3	10	15	15		20	30
Clinic participant	T4	5		5		5	20
Referee Certification	T5	5		10		20/20/20	
Refereeing	T6	5					25

Refereeing	T6		10				20
Refereeing	T6			15		20	
Max Refereeing points total	T6						60
Kata Certification	T7	5		10	15	20/20/20	
Kata activity	T8	5	10	15		20	30

#### 4.5 DAN REQUIREMENT SUMMARY

All standards valid only for active in judo candidates since last grade.

Definition: For Kodansha grades the candidates must be actively involved in judo and demonstrate significant contribution to judo at the Provincial/Territorial, National, and/or International level throughout their judo career and, in particular, since their last grade.

## 4.5.1 Summary of Age, Points, and Time in Grade

DAN LEVEL	1D	2D	3D	4D
Minimum age	15	17	20	24
Years active	1 yr as 1K	2 yrs as 1D	3 yrs as 2D	4 yrs as 3D
Total pts	120	160	200	240
Competitive pts (shiai or kata)				
≤21 yrs old	40 pts			
>21 yrs old	0 pts			
≤25 yrs old		60 pts	70 pts	80pts
>25 yrs old		40 pts	50 pts	60 pts
DAN LEVEL	5D	6D	7D	8D
Minimum age	29	37	47	59
Years active	see grid	see grid	see grid	see grid
Total pts	280	320	360	400
Competitive/Technical pts	70 pts	80 pts	90 pts	100 pts
Grid for Years Active				
Minimum criteria needed	4/10 categories	4/10 categories	4/10 categories	4/10 categories
Outstanding - 20 marks	5 yrs	8 yrs	10 yrs	12 yrs
Superior - 16-19 marks	6 yrs	9 yrs	11 yrs	13 yrs
Very Good - 12-15 marks	7 yrs	10 yrs	12 yrs	14 yrs
Good - 8-11 marks	8 yrs	11 yrs	13 yrs	15 yrs

## 4.6 KODANSHA - CAREER ACHIEVEMENT EVALUATION

**OUTSTANDING: 20 marks:**

To be considered as an Outstanding candidate, a judoka's achievements must be outstanding in four of the nine categories for a total of 20 marks  
e.g. (5+5+5+5=20 marks)

**SUPERIOR: 16 - 19 marks**

To be considered a Superior candidate, a judoka's achievement in four of the nine categories must total 16, 17, 18 or 19 marks.  
e.g. 2 outstanding 1 superior and 1 very good (5+5+4+3=17marks)

**VERY GOOD: 12 - 15 marks**

To be considered a Very Good candidate, a judoka's achievement in four of the nine categories must total 12, 13, 14 or 15 marks.  
e.g. 1 outstanding, 1 superior, 1 very good, 1 good (5+4+3+2=14 marks)



GOOD: 8 - 11 marks

To be considered a Good candidate, a judoka's achievement in four of the nine categories must total 8, 9, 10 or 11 marks.

e.g. 1 superior 1 very good 2 good (4+3+2+2=11 marks)

#### 4.6.1 CAREER ACHIEVEMENT CATEGORIES

BASED ON SELECTION OF 4 of the 10 CATEGORIES LISTED BELOW

	5 marks	4 marks	3 marks	2 marks
<b>Competition</b>				
Officiating (Referee/kata judge)	IJF licensed	Continental /Regional	National A (selected to Nat event)	National A, B, C
Coaching	NCCP IV/V	NCCP III / Comp Dev	NCCP II / Dojo Inst	NCCP I / Dojo Asst
Competitor (participant)	Olympic/ Sr World	International	Continental	National
Kata/Veterans (participant)		IJF	Continental	National
<b>Administration</b>				
International	IJF Comm member	PJU Comm member	--	--
National/Provincial	Nat President/ Nat Board	Nat Chair/Comm Member	Prov President/ Board	Prov Chair/Comm Member
Seminar Conductor	IJF	Continental	National	Provincial
<b>Other merits/awards</b>				
# Shodan Blackbelt promotions	60	40	20	10
Original sensei of elite competitor (see #3) must have received 1D from original sensei	Olympic/ Sr world	International / Continental/ moved to NTC	National / relocated to RTC	Provincial
Other honorary merits/awards	Int'l/Nat'l	--	Prov/other	--

\*-Truly exceptional and unique distinctions will count for this category: e.g. Order of Canada; Judoka selected a flag bearer at the opening/closing ceremonies of the Olympic Games or PanAm Games; Canadian judoka awarded an IJF medal; Hall of Fame (Judo Canada, PanAm Confederation/ Union)...

\*\* Awards at Provincial/Territorial level and more common National or International awards: e.g. Diamond Queen Jubilee medals; Provincial/Territorial Sports Hall of Fame; Provincial/Territorial Sport Association awards

## 5.0 SHODAN

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### 5.1 PREREQUISITES

- 5.1.1 Increased proficiency in all lower rank requirements.
- 5.1.2 Minimum of three (3) years active in judo with a valid membership.
- 5.1.3 Minimum of one year as ikkyu.
- 5.1.4 A minimum of 120 points.
- 5.1.5 For candidates 20 years and younger, a minimum of 40 points must be earned in shiai.
- 5.1.6 Shiai point accumulation starts at age 14 and from ikkyu in rank; earned in events U18 and higher.
- 5.1.7 Minimum age of 15 years old.

### 5.2 ABILITY TO DEMONSTRATE

5.2.1 **Nage-Waza and Katame-Waza**, as per Grading Board's choice.

- 8 nage waza
- 3 osae waza
- 3 shime waza
- 3 kansetsu waza

5.2.2 **Randori**, as per Grading Board's choice.

- The partner may be selected at random by the jury.

5.2.3 **Kata**

- Must perform the first three sets of the Nage no kata as Tori.

## 6.0 NIDAN

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### 6.1 PREREQUISITES

- 6.1.1 Minimum age of 17 years old
- 6.1.2 Minimum of 2 years active in judo as shodan with valid membership.
- 6.1.3 A minimum of 160 points,
- 6.1.4 For candidates 25 y/o and younger, a minimum of 60 points must be earned in shiai.
- 6.1.5 For candidates 26 years old and older, a minimum of 40 points must come from Technical Activities or Shiai.

### 6.2 ABILITY TO DEMONSTRATE

6.2.1 **Nage-Waza and Katame-Waza**, as per the Grading Board's choice.

- 8 nage-waza
- 4 osae-waza
- 4 shime-waza
- 3 kansetsu-waza

6.2.2 **Randori**, as per the Grading Board's choice

6.2.3 **Kata**

- Must perform the complete Nage no kata as Tori.

## 7.0 SANDAN

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### 7.1 PREREQUISITES

- 7.1.1 Minimum age of 20 years old.
- 7.1.2 A minimum of three (3) years active in judo as nidan with a valid membership.
- 7.1.3 A minimum of 200 points,
- 7.1.4 For candidates 25 years old, 70 points must be earned in shiai.
- 7.1.5 For candidates 26 years old and older, a minimum of 50 points must come from Technical Activities or Shiai.

### 7.2 ABILITY TO DEMONSTRATE

- 7.2.1 **Nage-Waza and Katame-Waza**, as per Grading Board's choice.

- 8 nage-waza
- 4 osae-waza
- 4 shime-waza
- 4 kansetsu-waza

- 7.2.2 **Randori**, as per Grading Board's choice.

- 7.2.3 **Kata**

- Must perform the complete Nage no kata as Tori and/or Uke (as per Grading Board Choice)
- and*
- one complete kata as tori from the following:
  - Katame no kata or
  - Ju no kata

## 8.0 YONDAN

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### 8.1 PREREQUISITES

- 8.1.1 Minimum age of 24 years old.
- 8.1.2 A minimum of four (4) years active in judo as sandan with a valid membership.
- 8.1.3 A minimum of 240 points.
- 8.1.4 For candidates 25 yrs or younger, 80 points must be earned in shiai.
- 8.1.5 For candidates 26 years old and older, a minimum of 60 points must come from Technical Activities or Shiai

### 8.2 ABILITY TO DEMONSTRATE

8.2.1 **Nage-Waza and Katame-Waza.** Demonstrate and explain the mechanics of some techniques, nage-waza and katame-waza including variations and escapes, at the Grading Board choice.

- 10 nage-waza,
- 5 osae-waza,
- 5 shime-waza,
- 5 kansetsu-waza,

8.2.2 **Randori**, as per Grading Board choice,

8.2.3 **Kata**

- Must perform Katame no kata, Tori and/or Uke, as per Grading Board Choice.  
*and*
- One complete kata as Tori from the following:  
Goshin-jutsu or  
Ju no kata or  
Kime no kata

## 9.0 GODAN

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### 9.1 PREREQUISITES

- 9.1.1 A minimum of five (5) years\* active in judo as yondan if outstanding.  
A minimum six (6) years\* active in judo as yondan if a superior candidate.  
A minimum seven (7) years\* active in judo as a very good candidate  
A minimum eight (8) years\* active in judo as a good candidate.  
(see Dan Requirement Summary)
- 9.1.2 A minimum of 280 points,
- 9.1.3 A minimum of 70 points must come from Technical Activities or Shiai.

\* - years of valid membership

### 9.2 ABILITY TO DEMONSTRATE.

- 9.2.1 An increased proficiency in all techniques and the ability to teach the techniques is expected,
- 9.2.2 Demonstrate personal techniques.
- 9.2.3 Kata
- Must perform Goshin jutsu as Tori and/or Uke as per Grading Board's choice
- and*
- Must perform / demonstrate or explain / teach the principles of one complete kata (candidate's choice) as Tori selected from the following:
    1. Kime no kata
    2. Ju no kata

## 10.0 ROKUDAN

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### 10.1 PREREQUISITE

- 10.1.1 minimum of eight (8) years\* active in judo as godan for outstanding candidate  
minimum of nine (9) years\* active in judo as godan for Superior candidate  
minimum of ten (10) years\* active in judo as godan for Very good candidate  
minimum of eleven (11) years\* active in judo as godan for Good candidate
- 10.1.2 minimum 320 points, with at least 80 of the points earned from Technical Activities.

## 11.0 SHICHIDAN

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### 11.1 PREREQUISITE

- 11.1.1 minimum of ten (10) years\* as rokudan for outstanding candidate  
minimum of eleven (11)\* years as rokudan for Superior candidate  
minimum of twelve (12)\* years as rokudan for Very good candidate  
minimum of thirteen (13)\* years as rokudan for Good candidate
- 11.2 minimum 360 points, with at least 90 of the points are from technical activities

## 12.0 HACHIDAN

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### 12.1 PREREQUISITE

- 12.1.1 minimum of twelve (12) years\* as shichidan for outstanding candidate  
minimum of thirteen (13) years\* as shichidan for Superior candidate  
minimum of fourteen (14) years\* as shichidan for Very good candidate  
minimum of fifteen (15) years\* as shichidan for Good candidate
- 12.2 minimum 400 points, with at least 100 of the points are from technical activities  
\*with valid membership

## 13.0 KODANSHA (Godan and above)

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A kodansha is a judoka who had fought in tournaments in his or her tai period.  
or

A kodansha is a judoka who participates actively in the activities of his or her provincial/territorial or national association as a coach, referee, or committee member, as well as in the club development of the dojo as either a director or participant

or

A kodansha is a judoka who teaches, and acts as a clinic conductor for events that concern yudansha (technical, referee, or kata clinics). Those events are sanctioned by the provincial/territorial or national association and the kodansha is appointed by them.

## 14.0 ROKUDAN and Higher

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### 14.1 PREREQUISITE

Candidates must present a comprehensive activity profile demonstrating their substantial and outstanding contribution to the sport of Judo in Canada since the last promotion.

The profile should include such items as: promotion and development of judo; teaching; number of students promoted to black belt; coaching; number of students winning national championships and international medals; refereeing; national and international events attended as a referee; and volunteer time and contribution.

All dossiers must be sent to the appropriate PGB. Upon review, the PGBs will forward their recommendations with the appropriate documentation, to the NGKC at least 60 days prior to the grading exam.

### 14.2 ABILITY TO DEMONSTRATE

14.2.1 The NGKC may require candidates to attend an exam.

#### 14.2.2 **Kata**

Must perform / demonstrate or explain / teach the principles of at least two (2) complete kata (candidate's choice) as selected from the following:

1. Ju no kata
2. Kime no kata
3. Goshin jutsu



## **APPENDIX A: Randori**

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The following explanation describes what the examiners (jury) expect from the candidates during the presentation of "RANDORI":

- the performance of throwing and various control techniques, left and right, from the different groups: sweeping, reaping, blocking, fulcrum, sutemi, immobilization, elbow lock and strangulation.
- these techniques may be approached directly, at random, in combination or counter, not forgetting that kuzushi must be achieved.
- randori must be performed without fear of the counter, since there is no winner or loser.
- the continuity from a standing to a ground position must be clear, quick and logical.
- the two partners must demonstrate a certain ease in their movements, in the application of various techniques.
- good control in the various falls must be exhibited

Randori cannot be pre-arranged and must express the feeling of the moment. It must not be mechanical or spectacular, but must reflect sincerity. Randori must be lively and valid, for it is the most important form of work for those who wish to progress in the study of Judo.

# APPENDIX B:

## Techniques for Shodan Examinations

Techniques may be selected from the following lists

<b>TE-WAZA</b>	<b>KOSHI-WAZA</b>	<b>ASHI-WAZA</b>	<b>MASUTEMI-WAZA</b>
Seoi-nage	Uki-goshi	De-Ashi Barai	Tomoe Nage
(Morote seoi-nage or Eri-seoi-nage)	O-goshi	Hiza guruma	Sumi-gaeshi
Tai Otoshi	Koshi guruma	Sasae-tsurikomi-ashi	Ura Nage
Kata guruma	Tsurikomi-goshi	Osoto-gari	
Sukui nage	Harai-goshi	Ouchi-gari	
Uki Otoshi	Tsuri-goshi	Kosoto-gari	
Sumi Otoshi	Hane-goshi	Kouchi-gari	
Ippon seoi-nage	Utsuri-goshi	Okuri-ashi-barai	
	Ushiro-goshi	Uchi Mata	
		Kosoto-gake	
		Ashi guruma	
		Harai-tsurikomi-ashi	
		O-guruma	
		Osoto guruma	

<b>OSAEKOMI-WAZA</b>	<b>SHIME-WAZA</b>	<b>KANSETSU-WAZA</b>	<b>YOKOSUTEMI-WAZA</b>
Kuzure-kesa-gatame	Nami-juji-jime	Ude-garami	Yoko Otoshi
Kata-gatame	Gyaku-juji-jime	Ude-hishigi juji-gatame	Tani Otoshi
Kuzure-kami-shiho gatame	Kata-juji-jime	Ude-hishigi ude-gatame	Hane-makikomi
Yoko-shiho gatame	Hadaka-jime	Ude-hishigi hiza-gatame	Soto-makikomi
Tate-shiho gatame	Okuri-eri-jime	Ude-hishigi waki-gatame	Uki Waza
Kesa-gatame	Kata-ha-jime	Ude-hishigi hara-gatame	Yoko-wakare
			Yoko guruma
			Yoko gake

## Techniques for Nidan Examinations

Selected from shodan techniques and the following additions

<b>TE-WAZA</b>	<b>ASHI-WAZA</b>	<b>OSAEKOMI-WAZA</b>	<b>SHIME-WAZA</b>
Kouchi-gaeshi	Osoto-gaeshi	Ushiro-kesa-gatame	Sankaku-jime
	Ouchi-gaeshi		
	Hane-goshi-gaeshi		
	Harai-goshi-gaeshi		
	Uchi Mata-gaeshi		

## Techniques for Sandan and Higher Examinations

Selected from shodan and nidan lists and the following additions

<b>TE-WAZA</b>	<b>KOSHI-WAZA</b>	<b>ASHI-WAZA</b>	<b>MASUTEMI-WAZA</b>
Obi Otoshi	Daki Age (described only)	Osoto Otoshi	Hikkomi gaeshi
Seoi-otoshi	Sode-tsurikomi-goshi	Tsubame-gaeshi	Tawara-gaeshi
Yama-arashi			
Morote-gari			
Kuchiki-taoshi			
Kibisu-gaeshi			
Uchi Mata-sukashi			



<b>OSAEKOMI-WAZA</b>	<b>SHIME-WAZA</b>	<b>KANSETSU-WAZA</b>	<b>YOKOSUTEMI-WAZA</b>
Ura-gatame	Do-jime (described only)	Ashi garami (described only)	Daki wakare
Uki-gatame	Sode-guruma-jime	Ude-hishigi ashi-gatame	Uchi Mata-makikomi
	Kata-te-jime	Ude-hishigi te-gatame	Kani-basami (described only)
	Ryote-jime	Ude-hishigi sankaku-gatame	Osoto-makikomi
	Tsukkomi-jime		Harai-makikomi
			Kawazu-gake (described only)
			Uchi-Makikomi
			Ko-uchi-makikomi

## APPENDIX C: EXAMINATION SUMMARY

Dan	Ability to Demonstrate	Kata
1	Grading Board's Choice: <ul style="list-style-type: none"> <li>▪ 8 nage-waza,</li> <li>▪ 3 osae-waza</li> <li>▪ 3 shime-waza</li> <li>▪ 3 kansetsu-waza</li> </ul>	Perform first 3 sets of the Nage no kata as Tori
2	Grading Board's Choice: <ul style="list-style-type: none"> <li>▪ 8 nage-waza,</li> <li>▪ 4 osae-waza</li> <li>▪ 4 shime-waza</li> <li>▪ 3 kansetsu-waza</li> </ul>	Perform Nage no kata as Tori
3	Grading Board's Choice: <ul style="list-style-type: none"> <li>▪ 8 nage-waza &amp;</li> <li>▪ 4 osae-waza &amp;</li> <li>▪ 4 shime-waza</li> <li>▪ 4 kansetsu-waza</li> </ul>	Perform Nage no kata as Tori and/or Uke <i>and</i> Katame no kata as Tori or Ju no kata as Tori
4	Candidate's choice: Demonstrate & explain mechanics, including variations & escapes: <ul style="list-style-type: none"> <li>▪ 10 nage-waza,</li> <li>▪ 5 osae -waza,</li> <li>▪ 5 kansetsu-waza,</li> <li>▪ 5 shime-waza,</li> </ul> Additional techniques may be selected by the Examination Board.	Perform Katame no kata as Tori and/or Uke <i>and</i> 1. Goshin-jutsu as Tori or 3. Kime no kata as Tori or 2. Ju no kata as Tori
5	Demonstrate personal techniques:  All the techniques must be demonstrated from the point of view of application. One or two variations from a standard approach should be explained. An increased proficiency in all techniques and the ability to teach the techniques is expected.	Perform Goshin-jutsu as Tori & Uke <i>and</i> perform/ demonstrate or explain / teach the principles of one complete kata (candidate's choice) as Tori selected from: 1. Kime no kata or 2. Ju no kata
6 & above		perform/ demonstrate or explain / teach the principles of at least 2 complete kata (candidate's choice) selected from: 1. Kime no kata 2. Ju no kata 3. Goshin-jutsu