



# NATIONAL GRADING SYLLABUS

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## INTRODUCTION

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The National Grading Committee is an operational committee reporting to Judo Canada's CEO and is aligned with Judo Canada's mission:

As part of its mandate, the National Grading Committee has the authority and oversight for grading according to its established principles, guidelines, and procedures.

Judo Canada is a member of the International Judo Federation and, as such, is given the authority, as the recognized National Judo Sporting Organization, to grade, under its policy guidelines and criteria. The introduction of annual Cadet, Junior and Senior World Championships as well as an international Judo competition circuit, including Kata and Veterans, has necessitated an updating of our national grading policies to reflect the world framework and standards.

Judo Canada acknowledges Professor Jigoro Kano's philosophy that Judo offers practitioners opportunities for continuous life-long improvement as outlined in his principles of Judo:

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

### Principles of Grading

The concept of grades and the "Dan" ranks is very important in the education system of Judo. The Judo discipline was conceived by its founder, Jigoro Kano, as a physical and mental education system and the progression of grades is a measure of the student's progress. This progress is in the field of Judo, but the more one advances in the grades the more this measure takes into account the individual's personal growth as a human being.

Within the practice of Judo, there are three distinct periods of a student's growth that can be evaluated through grading. The three periods in grading are:

- "Tai" (the body) period during which one could assess the student by results in competition.
- "Ghi" (the technique) that is valued by the student's technical knowledge.
- "Shin" (the mind), the most difficult to value, that materializes by commitment towards others and Judo, the influence as a role model.

From the beginning of a judoka's practice usually until the achievement of 3<sup>rd</sup> Dan, the "Tai" aspect is the most important. The "Ghi" aspect is usually the most important between the 3<sup>rd</sup> and 5<sup>th</sup> Dan ranks, followed by emphasis on the "Shin" aspect to attain the 6<sup>th</sup> Dan, and beyond. Although these three aspects are always present, their respective values vary according to the student's progression in the grade. The "Tai" aspect is compulsory for progression in the grades.

### Purpose of the National Grading Syllabus

Consistent with Judo Canada's ongoing practice of conducting its operations and duties in a manner that reflects Canadian values such as equity, fairness, respect and safety, the intent of the National Grading Syllabus is to be relevant, fair, and consistent for all. As such, the National Grading Syllabus respects the diversity of club Judo coaches in Canada and provides a clear and transparent framework to maintain a consistent grading standard throughout the country.

This National Grading Syllabus sets forth the required standards and 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.

# 1. NATIONAL GRADING COMMITTEE

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## 1.1 Mandate

The role of the National Grading Committee (NGC) is to facilitate, coordinate and provide leadership in the Dan grading process in Canada and to promote and standardize Kata. In addition, the NGC monitors all Dan grades to ensure consistency and accuracy across the country. The mandate given to the NGC by Judo Canada is to:

- Ensure adherence to all rules set forth in the National Grading Syllabus.
- Establish, implement and enforce minimum standards for Dan ranks in Canada.
- Ensure Dan promotions made by Provincial and Territorial Grading Committees (PGC/TGC) are in accordance with the powers delegated to the PGC/tgcs.
- Be responsible for standardization of Kata across Canada.
- Provide for the training and certification of Kata judges in Canada.
- Develop criteria/processes for the selection of Kata judges for National and International Events. The NGC shall establish the minimum criteria of eligibility for Provincial and National (A, B, C) Kata judges' certification.
- Organize high Dan grading (Rokudan and up) and support pgcs/tgcs for grading exams, as requested.
- The NGC reserves the right to adjudicate any irregularities and/or unforeseen circumstances in the Dan grading process, on a case-by-case basis.
- The NGC, in collaboration with pgcs/tgcs, reserves the right to review the status of any judoka (Head Sensei, athlete, coach, etc.) who is a member in good standing of Judo Canada for possible promotion, on a case-by-case basis.

# 2. PROVINCIAL/TERRITORIAL GRADING COMMITTEES

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## 2.1 Mandate

- The Provincial/Territorial Grading Committees (PGCs/TGCs) shall conduct grading examinations in their respective province or territory, and shall promote candidates, in accordance with this syllabus.
- PGCs/TGCs, operating up to their authority level, shall recommend all standard promotions to the NGC for ratification, and all promotions without examination to the NGC for consideration.
- PGCs/TGCs shall organize Kata and Nage-waza and Katame-waza clinics for their membership.
- PGCs/TGCs must request approval from NGC to run non-formal examinations.
- PGCs/TGCs must ensure the truthfulness and accuracy of the information entered in the candidate's on-line form on Judo Canada's website.

## 2.2 Application approval

PGCs/TGCs must verify the information entered by the candidate on the on-line form submitted to Judo Canada and inform Judo Canada's office of any inaccuracies. The Head Sensei of the candidate must inform Judo Canada's office if the candidate is not recommended.

# 3. GRADING AND EXAMINATION PROCEDURES

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## 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, registered, practicing member of Judo Canada through a provincial/territorial association and must have a Judo Canada passport.
- Have their application validated by the respective PGC/TGC and the Head Sensei of the dojo through which he or she is registered for a period of at least six (6) months, or be invited by the PGC/TGC to apply for promotion.
- Be a Canadian citizen or a permanent resident or in accordance with 3.1.6.

3.1.2. In the Syllabus, all references to age pertain to the age at time of grading.

3.1.3. A candidate may only apply to the PGC/TGC in the province/territory in which he or she is registered for the current Judo season.

3.1.4. A candidate is authorized to do a Dan grading exam in a different province or territory, other than where he or she is registered, only upon approval from both the province or territory he or she is registered in, and from the examining province.

3.1.5. 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.

3.1.6. A candidate who is neither a Canadian citizen nor a permanent resident of Canada, 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 candidate's application for grading, and be approved by the NGC. If the candidate is unable to produce any documentation, then upon the recommendation of the Head Sensei of the dojo, the PGC/TGC must evaluate each candidate on their rank and carry out the examination as per the National Grading Syllabus.

## 3.2 Application guidelines and approval

3.2.1 The candidate must complete the on-line form on Judo Canada's website at least 45 days prior to the PGC/TGC examination date. Judo Canada will review the completed form to determine if the candidate initially meets the National Grading Syllabus requirements and is eligible for a grading examination and will inform the candidate if any criteria are not met. The completed form then

will be sent to the PGC/TGC to validate the truthfulness of the information. A copy of the form will be sent to the candidate's Head Sensei or Head Coach to comment on matters affecting the recommendation required under section 3.1.1, including but not limited to: the candidate'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.

The Dan grading on-line form must be submitted to Judo Canada prior to the examination date specified by the PGC/TGC, and must be accompanied by:

- Properly completed Judo Canada forms.
- Appropriate fees.

3.2.2 All examinations 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 PGC/TGC Chair and then submitted to Judo Canada's office for NGC Chair signature. Procedures for all promotions for Rokudan and higher can be found under 4.3.1.

In cases where information provided in the application is inaccurate or incomplete, Judo Canada will return the application to the candidate to rectify the situation and will inform the respective PGC/TGC. All inaccuracies and administrative errors are subject to correction and must be approved by the NGC. In such cases, the NGC will require proof of the candidate's information and, if satisfied with that proof, may allow the candidate to attend the NGC Dan grading examination.

### 3.3 Special recognitions

#### 3.3.1 Batsugun

To be exempted from a technical evaluation and to be eligible for **Batsugun**, a judoka must (i) apply for this promotion no later than 24 months after their last participation in an eligible tournament described in point 2 below and (ii) meet all of the following criteria:

1. Meet the age, time in grade, and points criteria for the relevant promotion;
2. For U-18 and U-21 judoka a minimum of 300 points must come from senior national championships (Elite or Open), Canada Cup junior and/or international tournaments identified in the National Team handbook.
3. Senior judoka must have a minimum of 300 points coming from senior IJF recognized events identified in the National Team handbook.

**Note:** Senior World or Olympic medalists, regardless of time in grade, age and Shiai point total, may be considered by the NGC for Batsugun promotion. In this case, a minimum of 12 months is needed since their last promotion.

Judoka must complete the online specific application process directly with Judo Canada for consideration by the NGC.

### 3.3.2 Honorary black belt

The PGC/TGC 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 PGC/TGC must keep track of such promotions and inform Judo Canada's office and the NGC.

### 3.3.3 Kōseki promotion

In special cases, the PGC/TGC can request a Dan promotion for a candidate with a permanent situation limiting his or her capacity to attend a formal exam (e.g. judoka with physical or mental disabilities, or posthumously). A letter from the PGC/TGC explaining the situation and a medical certificate (if applicable) should be sent to the NGC. **This promotion is considered as a Kōseki (last grading)**. In addition, the promotion of a candidate 65 years old or older who applies for Rokudan under section 4.3 **is considered as a Kōseki (last grading)**.

## 3.4 Ranks obtained outside Canada

- 3.4.1. Only ranks obtained outside of Canada while a member in good standing of a Foreign National Federation or Association, that is a member of the International Judo Federation, will be examined for equivalence. The judoka must submit documented proof of such a promotion. The NGC will investigate the validity of the documents.
- 3.4.2. The NGC reserves the right to evaluate and accept or reject the validity of ranks obtained outside of Canada while the candidate has also been a member of Judo Canada. The candidate will submit requests for such recognition to the NGC.
- 3.4.3. A candidate residing in Canada and going to another country for examination will not be recognized for a foreign rank recognition unless the examination is taken with prior approval by the NGC.

No diploma will be issued. The date indicating that the rank is recognized will be entered into the candidate's Judo Canada passport with the name of the federation that issued the rank and the date the rank was originally obtained. The NGC chairman will initial the passport to certify the recognition of the rank.

## 3.5 Guidelines for examination

Full guidelines available in a separate document.

- 3.5.1 APPLICATION REVIEW: In reviewing the application of a candidate, the relevant Grading Committee shall consider the following criteria:
  - overall record of tournament participation,
  - length of time in grade as an active member,
  - 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.
- 3.5.2 METHOD: Examination, to and within the Yudansha ranks, may be specified by the relevant Grading Committee in a variety of ways:
  - formal examination before a grading Committee.

- modified examination before a grading Committee upon prior NGC approval.
- participation in classes in a clinic format conducted by the PGC/TGC or NGC, in each case upon prior NGC approval.

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

- 3.5.3 PARTNER: The candidate's Uke must be a current member in good standing of Judo Canada.
- 3.5.4 UNIFORMS: Tori and Uke must attend the grading examination in a white judogi. Candidates must wear a clean judogi and maintain a high standard of personal hygiene (clean feet, fingernails and toenails cut short, etc.) for the examination. Hair must be secured back if it is long enough to impede the Uke and/or obstruct the view of the evaluators.

### 3.6 Confirmation of promotion and diploma

- 3.6.1 The PGC/TGC must, within thirty (30) days of the examination, forward a report with its recommendations for promotion and candidates' passports to the NGC.
- 3.6.2 The NGC shall approve the promotions awarded by the PGC/TGC unless requirements have not been met. In such cases, all forms will be returned to the Chairperson of the PGC/TGC with a covering letter of explanation.
- 3.6.3 For grading in Canada, the only officially recognized documents regarding Dan rank and date of promotion are the Judo Canada Dan Diploma and Passport.
- 3.6.4 The Judo Canada Dan Diploma will only be issued for promotions obtained in Canada and recognized by the NGC.
- 3.6.5 After the NGC recognizes a promotion, the signature on the diploma will be dated back to the time of the PGC/TGC evaluation.
- 3.6.6 Kodokan diplomas are available upon request and they are rendered to Dan grade candidates as a service. Kodokan diplomas are subject to additional requirements and costs and it is the candidate's responsibility to fulfil any additional Kodokan requirements. IJF diplomas are also available upon request and all applications must be submitted to Judo Canada's office. Kodokan applications will only be processed after the candidate's Judo Canada promotion is completed. In addition, candidates may apply directly for PJC diplomas, once the Judo Canada promotion is completed, via the PJC website:

<https://register.panamjudo.org/register/Certificate>

### 3.7 Appeals

Appeals of decisions must be made in accordance with Judo Canada's appeal policy as amended from time to time. The current version (as of the date of this Syllabus) is at: [https://www.judocanada.org/wp-content/uploads/2018/01/Appeals\\_Policy\\_EN\\_Jan\\_12\\_2018.pdf](https://www.judocanada.org/wp-content/uploads/2018/01/Appeals_Policy_EN_Jan_12_2018.pdf)



## 4. POINT SYSTEM – RECOGNITION & DEFINITIONS

The basic aim of the point system is to determine when a judoka is eligible for examination. Points are awarded to judokas according to the Syllabus. The point system is effective for all candidates seeking promotion for Shodan to Godan.

Points accumulated in the present rank can only be used for promotion to the next rank. These points can only be accumulated while being 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.**

### 4.1 Competitive Stream

The competitive stream is a method of gaining promotion based on skill in tournaments. A candidate meeting the requirements will not have to do a formal grading exam but will be required to attend a Kata and Tachi-waza and Ne-waza clinic, as specified in Appendix C. Only candidates applying for Shodan to Godan Dan grades can apply for promotion in the competitive stream. The candidate can only claim contest points under section 4.1 in order to meet the competitive stream criteria.

#### Shiai tournaments

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

- Events must be at the level of U18 or older;
- All domestic tournaments from the national team handbook U18, U21 and Senior championships will be used for points.
- All international tournament points must be validated by the PGC/TGC. Refer to the National Team Handbook Policy for Classification of International Tournaments Standard and Points. (Available on Judo Canada's Website).
- See the chart of accumulated points system for Shiai - below.

All wins must be against Ikkyu or higher, and points are awarded as follows:

- IPPON (10 Points),
- WAZA-ARI (7 Points),

Exceptions:

- For Shodan candidates (Ikkyu), a win over Nikyu counts for grading.
- In international tournaments (as defined in the National Team Handbook), all wins will count 10 points with one exception. Win by Fusen-gachi: 0 points.
- No participation points may be claimed when applying for promotion under the competitive stream.

#### POINT RECOGNITION SUMMARY (Competitive stream)

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COMPETITIVE STREAM				
COMPETITION POINTS				Max/yr
Shiai	Ippon 10 points	Waza-ari 7points	No participation points	No max
	All international tournaments (from NTH) wins count for 10 points (except Fusen gachi)			

### Summary of Age, Points, and Time in Grade for Shodan to Godan (competitive stream)

Dan level	1D	2D	3D	4D	5D
Minimum age	15	17	20	24	29
Years active	6 months 1K	1 year 1D	2 years 2D	3 years 3D	4 years 4D
Points	100	120	150	180	210

**No Dan grading examination is required but attendance at a specified PGC/TGC/NGC Kata and Tachi-waza/Ne-waza clinic is mandatory. The Competitive stream clinic requirements are found under Appendix C.**

## 4.2 Technical Stream

The technical stream is a method of gaining promotion based on a wide range of activities, including some forms of competition. Candidates meeting the requirements of the technical stream will be required to attend a formal grading exam before the relevant PGC/TGC.

Points are awarded to judokas that are active technically as competitors, instructors, coaches, Kata judges, or referees; practicing randori or Kata; and active in promoting and developing the sport of Judo as described in this National Grading Syllabus. A candidate can only claim points in one non-competitive category per day (e.g. at a tournament where a candidate is a Kata judge in the morning and a referee after, the candidate can only claim one category). Multiple entries as a competitor into Kata, Ne-waza and Shiai in one day can all collect points.

The point system is divided into the following categories:

- Active in Judo: Candidates must demonstrate regular attendance and be actively practicing Judo, e.g. teaching, coaching, instructing, learning, etc.;
- Tournaments: Shiai, Kata tournaments, Ne-waza tournaments (for judoka 30 years old and older on the day of the Ne-waza tournament) and tournament participation points;
- Sanctioned Technical activities: Head Sensei, NCCP certification, instructing/coaching activity, referee certification, refereeing activity, Kata judging certification, Kata judging activity, clinic conducting and attending clinics, and tournament volunteer for technical officials in competition (as defined in the Tournament Sanction Policy).

### 4.2.1 Active in judo

Points are awarded for being active in Judo. An active year is defined as: a member of both their respective Provincial/Territorial Associations and Judo Canada practicing 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.

- Active as Ikkyu & above .....25 points per year

#### 4.2.2 Competition

##### **SHIAI AND NE WAZA TOURNAMENTS**

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

- Events must be at the level of U18 or older;
- All domestic tournaments from the National Team Handbook U18, U21, Senior and Veteran championships will be used for points;
- Individuals must be a minimum of 30 years old (on the day of the tournament) to claim Ne-waza tournament points;
- All international tournament points must be validated by the PGC/TGC. 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 tournaments per active year. Provincial level tournaments must be from those events identified by the PGC/TGCs as a points tournament. The candidate will choose which events to include;
- See the chart of accumulated points system for Shiai - below.

All wins against Ikkyu or higher:

- IPPON (10 Points),
- WAZA-ARI (7 Points),
- NE-WAZA COMPETITION : IPPON (10 Points), WAZA-ARI (7 Points).

**Also, candidates are eligible to collect 5 points for participation in sanctioned tournaments.**

Exceptions:

- For Shodan candidates (Ikkyu) a win over Nikyu counts for grading.
- In international tournaments (as defined above), all wins will count 10 points.
- Win by Fusen-gachi: 0 points.

##### **KATA TOURNAMENTS** (Maximum 90 points per year)

At least one national certified Kata judge or member of the Provincial/Territorial Grading Committee must be present at domestic Kata tournaments or clinics as an evaluator in order for these events to count points.

The candidate may claim points earned in a maximum of four (4) provincial tournaments per active year. Provincial level events must be from those events identified by the PGC/TGC as a points tournament.

Points accumulated in Kata tournaments:

- Provincial/Territorial and National tournaments (maximum 30 points).
- PJC, International and World tournaments (maximum 60 points).

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

Also, 5 points per tournament for participation (if more than 1 team in the relevant Kata)

*4.2.3 Instructing Activity*

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

- NCCP Level I (DA), Community trained.....10 points per year
- NCCP Level II (DI) certified and Level III (DC) certified..... 20 points per year
- Head Sensei or NCCP Level IV/V (HPC) certified.....30 points per year

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.

*4.2.4 National Coaching Certification Program (NCCP) (Maximum 20 points)*

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 or Community trained..... 5 points
- NCCP Level II or Dojo Instructor certified..... 10 points
- NCCP Level III or Development Coach certified..... 20 points
- NCCP Level IV/V or High Performance coach certified..... 20 points

*4.2.5 Coaching Activity (maximum 30 points per year)*

- Provincial sanctioned events..... 5 points
- National (domestic events in NTH)..... 10 points per event
- International (events listed in the NTH) ..... 15 points per event

*4.2.6 Refereeing Certification*

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

- Provincial..... 10 points per level
- National..... 15 points per level
- Continental/ Confederal..... 20 points per level
- International..... 20 points per level

Only one certification can be claimed per Dan grading promotion.

*4.2.7 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:

- Provincial sanctioned events.....5 points (Maximum 25 points per year)
- National (domestic events in NTH)..... 10 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.

*4.2.8 Kata Judging 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..... 15 points per level
- Continental..... 15 points per level
- IJF..... 20 points per level

Only one certification can be claimed per Dan grading promotion.

*4.2.9 Kata Judging Activity (maximum 60 points per year)*

Points will be awarded for Judo Canada certified Kata Judges on a per event basis up to a maximum of 60 points per year as follows:

- Provincial sanctioned events..... 5 points (Maximum 25 points per year)
- National..... 10 points per event
- International..... 20 points per event

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

*4.2.10 Clinic Conductor (maximum 60 points per year)*

Points will be awarded, on a per event basis, to course conductors up to a maximum of 60 points per year, for conducting 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, nationally, or internationally sanctioned.

- Provincial..... 10 points per event
- National..... 20 points per event
- International..... 30 points per event

Events must be a minimum of 4 hours in duration in order to count for points.

*4.2.11 Clinic Participation (maximum 30 points per year)*

A total of 5 points per event will be awarded, on a per clinic basis (minimum 4 hours in duration), to participants up to a maximum of 30 points per year, for participation at provincially or nationally sanctioned professional development: Kata, referee, technical clinics and training camps; or similar clinics sanctioned by a foreign Judo organisation recognized by Judo Canada.

*4.2.12 Volunteering (maximum 10 points per year)*

Points may be awarded per event up to a maximum of 10 points/year for the following roles:

- **Tournament volunteering:** Tournament director; Assistant tournament director; Scorekeeper; Scorekeeper assistant; Timekeepers.
  - Provincial: 3 points per event
  - National and International: 5 points per event

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- Executive or Committee volunteering: To collect points, candidate must be a member of a formal executive or committee for a period of 12 months:
  - Provincial: 5 points per executive or committee
  - National or International: 10 points per executive or committee

### 4.2.13 Uke at Dan Grading Examination

A total of 5 points per day will be awarded for Uke at a Dan grading examination regardless of the number of performances. Note: an Uke cannot claim points for a Dan grading examination if (s)he is also evaluated successfully as Tori at the same examination.

### POINT RECOGNITION SUMMARY (Technical stream)

TECHNICAL STREAM						
Active (120 hrs on mats)	25 points per year					
Competition	Shiai and Ne Waza Kata Participation	Ippon 10 2 points per team below 5 points per event	Waza-ari 7			No max 90 No max
Instructing Activity	DA 10	DI 20	Development 20	High performance/Head sensei 30		30
NCCP Certification	DA 5	DI 10	Development 20	High performance 20		20
	Prov		Nat	Cont	Int'l	
Coaching Activity	5 per event		10	15	15	30
Referee Certification	10		15	20	20	20
Referee Activity	5		10	20	20	60
Kata Certification	10		15	15	20	20
Kata judging activity	5 (maximum 25 points/year)		10	20	20	60
Clinic conductor	10		20	30	30	60
Clinic participant	5 per event		5	5	5	30
Tournament volunteer	3 points		5	5	5	10
Committee volunteer	5 points per committee		10	10	10	
Uke at Dan grading	5 points per day					No max

### Summary of Age, Points, and Time in Grade for Shodan to Godan (technical stream)

Dan level	1D	2D	3D	4D	5D
Minimum age	15	17	20	24	29
Years active	1 year 1K	2 years 1D	3 years 2D	4 years 3D	5 years 4D
Points	100	170	215	300	360
Active in judo	25	25	25	25	25

### 4.3 High Dan grading (6<sup>th</sup> Dan and higher)

For Rokudan and higher Dan grades, 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 promotion. There are two (2) streams: a competitive and a technical stream. The details and criteria for promotion are found under section 4.3.2.

Section 3 applies to all Gradings for 6th Dan and higher except for (i) references to PGC/TGC and Head Sensei; and (ii) section 3.3.2. PGC/TGC involvement is required for any Kōseki recommendation under section 3.3.3.

A candidate who is actively involved in Judo and does not meet the criteria stated in section 4.3.2 can still apply for a Rokudan examination if he or she is 65 years old or older and has been active as Godan for 20 years or more. This promotion is considered as a Kōseki (last grading). The on-line form must still be sent to the NGC under section 4.3.1 and an examination pursuant to this Syllabus is still required.

*4.3.1 Procedures for all promotions for 6th Dan and higher grades are as follows:*

- Judo Canada’s office must receive from the candidate the completed on-line application form describing his or her career achievements and contribution to Judo in Canada, and his or her involvement in Judo, since their last promotion. The form will then be redistributed to all members of the NGC.
- The NGC will review the application and may ask for additional information in order to assess or verify the candidate’s information. Candidates who do not show the required active involvement described in section 4.3.2 will not be recommended for a promotion examination.
- Upon approval by the NGC, the candidate becomes eligible for an examination to be conducted within one year according to the schedule, format, and location set by Judo Canada’s CEO.

*4.3.2 Career Achievements Categories*

**Career achievement evaluation for Rokudan, Shichidan, Hachidan and Kudan**

	6th Dan	7th Dan	8th Dan	9th Dan
<b>Required elements</b>				
Time in grade	8 years	10 years	10 years	10 years
Minimum age	37 years old	47 years old	57 years old	67 years old
<b>Criteria</b>				
Competition (participant) *	Senior national 3X	IJF Continental 3X	IJF world events 3X	IJF world events 3X
Officiating / Kata judging	National 3X	IJF Continental 3X	IJF senior world events 3X	IJF senior world events 3X
Coaching	NCCP II	NCCP III	NCCP III	NCCP III
Head sensei / Assistant	10 years	20 years	30 years	40 years
Original Sensei of a Shiai competitor (Competitor must received Shodan from original Sensei)	Senior National medalist	IJF senior Continental	IJF senior world / Olympics / Paralympics	IJF senior world / Olympics / Paralympics
Committees / Commissions (since last promotion)	Provincial 6 years	National 5 years	National 4 years	National 4 years
Seminar / Clinic Conductor (since last promotion)	Provincial 4X	Provincial 4X	Provincial 4X	Provincial 4X

**Competitive stream:** Competition criteria + 2 more criteria, plus time in grade and minimum age requirements.

**Technical stream:** 4 criteria, plus time in grade and minimum age requirements.

\* Competition experience includes: Senior shiai at Open and Elite nationals sanctioned by Judo Canada, IJF senior continental events sanctioned by PJC/PJU, senior world events sanctioned by IJF (including world championships and Olympics) and University, Kata and Visually impaired events sanctioned by IJF or Judo Canada at Open and Elite nationals. Competition experience does not apply to U-18, U-21, Ne-waza and Veterans.



## 5. SHODAN GRADING EXAMINATION – TECHNICAL STREAM

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### 5.1 PREREQUISITES

- 5.1.1 Minimum age of 15 years old.
- 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 100 points (since last promotion).

### 5.2 ABILITY TO DYNAMICALLY DEMONSTRATE

- 5.2.1 **Nage-Waza and Katame-Waza** from Appendix A:
  - 8 Nage-waza
  - 3 Osae-waza
  - 3 Shime-waza
  - 3 Kansetsu-waza
- 5.2.2 **Randori (as defined in the Lexicon).**
- 5.2.3 **Kata**
  - Must perform the first three sets of the Nage-no-kata as Tori.

## 6. NIDAN GRADING EXAMINATION – TECHNICAL STREAM

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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 a valid membership.
- 6.1.3 A minimum of 170 points (since last promotion).



## 6.2 ABILITY TO DYNAMICALLY DEMONSTRATE

### 6.2.1 **Nage-Waza and Katame-Waza** from Appendix A:

- 8 Nage-waza
- 4 Osae-waza
- 4 Shime-waza
- 3 Kansetsu-waza

### 6.2.2 **Randori (as defined in the Lexicon).**

### 6.2.3 **Kata**

- Must perform the complete Nage-no-kata as Tori.

# 7. SANDAN GRADING EXAMINATION – TECHNICAL STREAM

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## 7.1 PREREQUISITES

- 7.1.1. Minimum age of 20 years old.
- 7.1.2. Minimum of three (3) years active in Judo as Nidan with a valid membership.
- 7.1.3. A minimum of 215 points (since last promotion).

## 7.2. ABILITY TO DYNAMICALLY DEMONSTRATE

### 7.2.1. **Nage-Waza and Katame-Waza.** Demonstrate and explain the mechanics of some techniques, Nage-Waza and Katame-Waza including variations and escapes from Appendix A:

- 8 Nage-waza
- 4 Osae-waza
- 4 Shime-waza
- 4 Kansetsu-waza

### 7.2.2. **Randori (as defined in the Lexicon).**

### 7.2.3. **Kata**

- Must perform Katame-no-kata as Tori; and
- Must perform the complete Nage-no-kata as Uke.

## 8. YONDAN GRADING EXAMINATION – TECHNICAL STREAM

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### 8.1. PREREQUISITES

- 8.1.1. Minimum age of 24 years old.
- 8.1.2. Minimum of four (4) years active in Judo as Sandan with a valid membership.
- 8.1.3. A minimum of 300 points (since last promotion).

### 8.2. ABILITY TO DYNAMICALLY 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 from Appendix A.

- 10 Nage-waza:
- 5 Osae-waza
- 5 Shime-waza
- 5 Kansetsu-waza

8.2.2. **Randori (as defined in the Lexicon).**

8.2.3. **Kata**

- Must perform Ju-no-kata as Tori or Kime-no-kata as Tori; and
- Must perform Katame-no-kata as Uke.

## 9. GODAN GRADING EXAMINATION – TECHNICAL STREAM

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### 9.1. PREREQUISITES

- 9.1.1. Minimum age of 29 years old.
- 9.1.2. A minimum five (5) years active in Judo as Yondan with a valid membership.
- 9.1.3. A minimum of 360 points (since last promotion).

### 9.2. ABILITY TO DYNAMICALLY DEMONSTRATE

9.2.1. **Nage-Waza and Katame-Waza.** Demonstrate and explain the mechanics of some techniques, Nage-Waza and Katame-Waza including variations and escapes from Appendix A:

- 16 Nage-waza
- 8 Osae-waza
- 8 Shime-waza

- 6 Kansetsu-waza

9.2.2. **Demonstrate personal techniques** (15 minutes).

9.2.3. **Kata**

- Must perform Kodokan-Goshin-jutsu as Tori; and
- Must perform / demonstrate or explain / teach the principles of Kime-no-kata as Tori or Ju-no-kata as Tori.



## 10. ROKUDAN GRADING EXAMINATION

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### 10.1. PREREQUISITES

10.1.1. Minimum age of 37 years old.

10.1.2. A minimum 8 years active in Judo as Godan; or

10.1.3. Minimum 65 years of age and 20 years active in Judo as Godan. **This promotion is considered as a Kōseki (last grading).**

### 10.2. ABILITY TO DEMONSTRATE

10.2.1. Demonstrate personal techniques (15 minutes). The content must be pre-approved by the NGC.

#### 10.2.2. Kata

- Must perform 2 Kata as Tori from the following:
  - Kodokan-Goshin-jutsu
  - Ju-no-kata
  - Itsutsu-no-kata

*and*

- Must perform / demonstrate or explain / teach the principles of one Kata as Uke from the following:
  - Kodokan-Goshin-jutsu
  - Ju-no-kata
  - Itsutsu-no-kata

## 11. SHICHIDAN GRADING EXAMINATION

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### 11.1. PREREQUISITES

11.1.1. Minimum age of 47 years old.

11.1.2. A minimum 10 years active in Judo as Rokudan.

### 11.2. ABILITY TO DEMONSTRATE

#### 11.2.1. Kata

- Must perform 2 Kata as Tori from the following:

- Kodokan-Goshin-jutsu
- Kime-no-kata
- Itsutsu-no-kata

**and**

- Must perform / demonstrate or explain / teach the principles of one Kata as Uke from the following:
  - Kodokan-Goshin-jutsu
  - Kime-no-kata
  - Itsutsu-no-kata

Must be different than the one presented for Rokudan as Uke.

## 12. HACHIDAN GRADING EXAMINATION

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### 12.1. PREREQUISITES

12.1.1. Minimum age of 57 years old.

12.1.2. A minimum 10 years active in Judo as Shichidan.

### 12.2. ABILITY TO DEMONSTRATE

#### 12.2.1. Kata

- Must perform / demonstrate or explain / teach the principles of Koshiki-no-kata as Tori.



## 13. KUDAN GRADING EXAMINATION

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### 13.1. PREREQUISITES

- 13.1.1. Minimum age of 67 years old.
- 13.1.2. A minimum 10 years active in Judo as Hachidan.

### 13.2. ABILITY TO DEMONSTRATE

Not required for Kudan exam.

## 14. JUDAN GRADING EXAMINATION

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### 14.1. PREREQUISITES

- 14.1.1. Minimum age of 77 years old.
- 14.1.2. A minimum 10 years active in Judo as Kudan.

**The NGC will prepare the documentation for Judan promotion for the Board of Directors approval. Once approved, it will be sent to the IJF Grading Board Commission for consideration.**

## APPENDIX A: TECHNIQUES FOR EXAMINATIONS

### Techniques for Shodan Examinations

Techniques must be selected from the following lists:

TE-WAZA	KOSHI-WAZA	ASHI-WAZA	MASUTEMI-WAZA
Seoi-nage	Uki-goshi	De-ashi-harai	Tomoe-nage
Ippon-seoi-nage	O-goshi	Hiza-guruma	Sumi-gaeshi
Tai-otoshi	Koshi-guruma	Sasae-tsurikomi-ashi	Ura-nage
Kata-guruma	Tsurikomi-goshi	O-soto-gari	
Sukui-nage	Harai-goshi	O-uchi-gari	
Uki-otoshi	Tsuri-goshi	Ko-soto-gari	
Sumi-otoshi	Hane-goshi	Ko-uchi-gari	
	Utsuri-goshi	Okuri-ashi-harai	
	Ushiro-goshi	Uchi-mata	
		Ko-soto-gake	
		Ashi-guruma	
		Harai-tsurikomi-ashi	
		O-guruma	
		O-soto-guruma	

YOKO-SUTEMI-WAZA	OSAEKOMI-WAZA	SHIME-WAZA	KANSETSU-WAZA
Yoko-otoshi	Kesa-gatame	Nami-juji-jime	Ude-garami
Tani-otoshi	Kata-gatame	Gyaku-juji-jime	Ude-hishigi-juji-gatame
Hane-makikomi	Kuzure-kami-shiho-gatame	Kata-juji-jime	Ude-hishigi-ude-gatame
Soto-makikomi	Yoko-shiho-gatame	Hadaka-jime	Ude-hishigi-hiza-gatame
Uki-waza	Tate-shiho-gatame	Okuri-eri-jime	Ude-hishigi-waki-gatame
Yoko-wakare	Kuzure-kesa-gatame	Kata-ha-jime	Ude-hishigi-hara-gatame
Yoko-guruma	Kami-shiho-gatame		
Yoko-gake			

### Techniques for Nidan Examinations

Selected from Shodan techniques and the following additions

TE-WAZA	ASHI-WAZA	OSAEKOMI-WAZA	SHIME-WAZA
Ko-uchi-gaeshi	O-soto-gaeshi	Ushiro-kesa-gatame	Sankaku-jime
	O-uchi-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:

TE-WAZA	KOSHI-WAZA	ASHI-WAZA	MASUTEMI-WAZA
Obi-otoshi	Sode-tsurikomi-goshi	O-soto-otoshi	Hikikomi-gaeshi
Seoi-otoshi		Tsubame-gaeshi	Tawara-gaeshi
Yama-arashi			

## NATIONAL GRADING SYLLABUS

Morote-gari			
Kuchiki-taoshi			
Kibisu-gaeshi			
Uchi-mata-sukashi			
Obi-tori-gaeshi			

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



# APPENDIX B: KATA REQUIREMENTS FOR KODOKAN CERTIFICATION



講道館  
KODOKAN

Competitor - Pre-requisites for a Kodokan Dan Diploma.								
	Shodan	Nidan	Sandan	Yondan	Godan	Rokuddan	Shichidan	
Age	14	15	16	17	20	27	33	
Kata	Nage No Kata 3 groups	Nage No Kata 5 groups	Katame No Kata	Juno Kata	Kime No Kata	Goshin Jitsu		
Age minimum for each grade - Extraordinary candidat - Olympic or World championships medalist	14	15	16	17	20	27	33	
Age minimum for each grade for candidates with 100 shiai points shiai earned in Olympic Games and World championships.	14	15	17	19	21	28	35	
Age minimum for candidates with 60 shiai points earned in IJF Grand Slam/Grand Prix/Continental championships	14	16	18	21	25	34		
Age minimum for candidates with 30 shiai points earned in IJF Internationale, National; Provincial tournaments	14	17	21	26	32	44		
NOTE: Once the competitor retires from Shiai, he/she moves to the NON Competitor Category with the highest grade earned as competitor.								
non competitor - pre-requisites for a Kodokan Dan Diploma.								
normally, maximum of two 2 promotins are possible for a non-competitor								
	Shodan	Nidan	Sandan	Yondan	Godan	Rokuddan	Shichidan	
Age	30	30	30	35	35	35		
Time in grade required		5 years	6 years	7 years	8 years	13 years		
Meritorious - pre-requisites for a Kodokan Dan Diploma								
maximum one (1) meritorious promotion is possible - (koseki)								
	Shodan	Nidan	Sandan	Yondan	Godan	Rokuddan	Shichidan	Hachidan
Time in grade required		7 years	8 years	9 years	10 years	15 years	18 years	21 years

ref: <http://kodokanjudoinstitute.org/activity/grade/>

## APPENDIX C: COMPETITIVE STREAM CLINICS REQUIREMENTS

Competitive stream clinics		
Shodan	Nage-no-kata 3 sets (Tori)	8 Nage-waza 3 Osae-waza 3 Shime-waza 3 Kansetsu-waza
Nidan	Nage-no-kata 5 sets (Tori)	8 Nage-waza 4 Osae-waza 4 Shime-waza 3 Kansetsu-waza
Sandan	Nage-no-kata 5 sets (Tori) Katame-no-kata (Tori)	8 Nage-waza 4 Osae-waza 4 Shime-waza 4 Kansetsu-waza
Yondan	Katame-no-kata (Uke) and Ju-no-kata (Tori) or Kime-no-kata (Tori)	5 Osae-waza 5 Shime-waza 5 Kanstesu waza
Godan	Kodokan Goshin-jutsu (Tori) and Kime-no-kata (Tori) or Ju-no-kata (Tori)	16 Nage-waza 8 Osae-Waza 8 Shime-waza 6 Kansetsu-waza

## APPENDIX D: LEXICON

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**International Judo Federation (IJF):** The IJF is recognized as the world's governing body for Judo with a membership of more than 200 countries and 20 million judoka.

**Judo Canada:** Operating under the auspices of the federal department of Heritage Canada, Judo Canada is recognized as Canada's National Judo Sporting Organization.

**National Coaching Certification Program (NCCP):** The NCCP is a national program under the auspices of the Coaching Association of Canada designed to empower coaches with knowledge and skills, promote ethics, foster positive attitudes, build competence, and increase the credibility and recognition of coaches.

**Pan-American Judo Confederation (PJC):** The Pan American Judo Confederation is an international organization comprising most of the national Judo federations and associations of the Americas and is one of five such continental organizations recognized by the International Judo Federation.

**Professor Jigoro Kano:** Founded the sport of Judo in Japan in 1882.

**Randori:** is a free training exercise as opposed to Kata where everything is set in advance. "The main goal of randori is to develop the skills to adapt quickly to changing situations, to develop a flexible and strong body and to prepare your mind and body for competition"(Kano Jigoro).

Here is what one should observe in a randori:

- Participants must adopt a natural posture (Shizentai). This position allows you to adapt as quickly as possible and is the least exhausting.
- Emphasis should be placed on throws.
- Partners who link up in Ne-waza do so flexibly without interruption of control.
- The randori develops the art of attack and defense. If a partner's attack is imperfect, there should be a counterattack or sequence.
- The partners must constantly be on the move and look for flaws allowing for throws, combinations, or counterattacks.
- The course of the randori is done with flexibility, speed, and agility. For these reasons, the defensive position (Jigotai) should be avoided.
- Its ideal duration is 2-3 minutes.
- At all times, the security of the partner must be preserved.