

NATIONAL GRADING SYLLABUS



October 4th, 2010

Implemented as of September 1st, 2010

2009-10 - MEMBERS - NATIONAL GRADING BOARD -

CHAIRMAN	Jim Kojima Richmond, BC	Shichidan
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MEMBERS	Hiroshi Nakamura Montreal, Quebec	Hachidan
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	Fred Blaney Fredericton, NB	Rokudan
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2010 Review Committee

Chairman	Jim Kojima	National Grading Board
Members:	Hiroshi Nakamura	National Grading Board
	Fred Blaney	National Grading Board
	Vincent Grifo	President Judo Canada
	Robert Arbour	Quebec
	Wayne Erdman	Ontario
	Henry Fast	Manitoba
	John Huntley	Yukon
	Robb Karaim	Saskatchewan
	Gilles Lachaine	Quebec
	John Mallory	New Brunswick
	Art Nishi	BC
	Moe Oye	Manitoba
	Ron Senda	Alberta
	Bob Simms	Newfoundland/Labrador
	Garry Yamashita	Alberta
	Andrzej Sadej	Judo Canada Sport Director

TABLE OF CONTENTS

2009-10 - MEMBERS - NATIONAL GRADING BOARD -	2
INTRODUCTION.....	5
MISSION STATEMENT:.....	5
PRINCIPLES OF JUDO:.....	5
PRINCIPLES OF GRADING.....	5
PURPOSE OF THE NATIONAL GRADING SYLLABUS	6
OPERATIONAL POLICY	7
1. THE NATIONAL GRADING BOARD.....	8
1.1 MANDATE.....	8
1.2 ELIGIBILITY.....	8
1.3 COMPOSITION.....	9
1.4 DUTIES AND RESPONSIBILITIES.....	9
2. THE PROVINCIAL GRADING BOARDS	10
2.1 MANDATE.....	10
2.2 ELIGIBILITY.....	11
2.3 COMPOSITION OF PROVINCIAL GRADING BOARD	11
2.4 DUTIES AND RESPONSIBILITIES	11
2.5 COMPOSITION OF EXAMINATION JURY	12
3. GRADING AND EXAMINATION PROCEDURES	12
3.1 ADMISSION REQUIREMENTS FOR EXAMINATION	12
3.2 APPLICATION GUIDELINES	13
3.3 BATSUGUN	14
3.4 MERITORIOUS CONTRIBUTION	14
3.5 RANKS OBTAINED OUTSIDE CANADA.....	14
3.6 GUIDELINES FOR EXAMINATION	15
3.7 CONFIRMATION OF PROMOTION AND DIPLOMA.....	16
3.8 APPEALS	16
SYLLABUS	17
4. POINT SYSTEM - RECOGNITION & DEFINITIONS	18
4.1 COMPETITIONS.....	18
4.2 TECHNICAL ACTIVITIES:.....	20
4.3 OTHER ACTIVITIES	23
4.4 POINT RECOGNITION SUMMARY	25
4.5 DAN REQUIREMENT SUMMARY	26
4.6 KODANSHA - CAREER ACHIEVEMENT POINT EVALUATION.....	26
4.6.1 CAREER ACHIEVEMENT CATEGORIES	27
5.0 SHODAN	28
6.0 NIDAN	29
7.0 SANDAN.....	30
8.0 YONDAN.....	31
9.0 GODAN.....	32
10. ROKUDAN.....	33
11. SHICHIDAN	33
12. HACHIDAN	33
13.0 KODANSHA (Godan and above).....	34

14.0 R O K U D A N and Higher	34
APPENDIX A: Randori	35
APPENDIX B: Classification of waza.....	36
APPENDIX C: EXAMINATION SUMMARY	38

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 Kyoei (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.

SHIN:	moral and intellectual value
GHI:	technical value
TAI:	corporal value

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.

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 aspect, 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.

The National Grading Syllabus may be revised on an as needed basis, shall be reviewed at least every four (4) years by the National Grading Board, in collaboration with the Provincial Grading Boards and ratified by Judo Canada.

OPERATIONAL POLICY

1. THE NATIONAL GRADING BOARD

1.1 MANDATE

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

- 1.1.1 assure adherence to all rules set forth in the National Grading Syllabus.
- 1.1.2 establish, implement and enforce minimum standards for dan ranks in Canada.
- 1.1.3 ensure dan promotions made by Provincial Grading Boards (PGB) are in accordance with the powers delegated to the PGBs.
- 1.1.4 The NGB is responsible for standardization of kata across Canada.
- 1.1.5 Irregularities in Dan Grades will be dealt with by the NGB on a case by case basis.

1.2 ELIGIBILITY

Members of the NGB should:

- 1.2.1 be members in good standing with Judo Canada.
- 1.2.2 have received their most recent dan rank from Judo Canada.
- 1.2.3 be a Canadian citizen or a permanent resident.
- 1.2.4 be fluent in one of the two official languages of Canada.
- 1.2.5 have an excellent knowledge of judo techniques, kata and the ability to teach and judge them.
- 1.2.6 be aware of the status of Judo Canada, the Panamerican Judo Organization and the International Judo Federation.
- 1.2.7 be an active rokudan, minimum. In regions without a rokudan candidate, the highest available rank may be considered.

1.3 COMPOSITION

1.3.1 The members of the NGB shall be selected as follows:

- The President of Judo Canada shall select and appoint the Chairperson of the National Grading Board.
- On election years, each region (B.C./Yukon, Prairies/NWT, Ontario, Quebec/Nunavut, and Atlantic) shall nominate a candidate for the board.
- The Chairperson shall select the members of the National Grading Board from the regional nominees and they must be from two other regions (i.e. not from the Chair's region).
- Change to read: The National Grading Board members are subject to the approval of the Executive Committee of Judo Canada.

1.3.2 The National Grading Board shall be composed of three (3) and no more than five (5) members, including the chairperson

1.3.3 A quorum for a meeting shall be a minimum of three (3) members, including the chairperson or designate.

1.3.4 Auxiliary members may be appointed by the Chairperson for their technical expertise and will assist the Board as required.

1.4 DUTIES AND RESPONSIBILITIES

1.4.1 The NGB is authorized to delegate certain powers to the PGBs as constituted in accordance with the requirements of this syllabus.

1.4.2 The NGB is responsible for assuring promotions made by PGBs conform to all requirements and may reject any recommendation for promotion which is not in accordance with the regulations of this syllabus.

1.4.3 The NGB shall review all PGB recommendations that are without examination.

1.4.4 The NGB, in consultation with and approval of the PGB involved, may consider candidates outside the powers delegated to the PGB and may promote any judoka in Canada to the next grade under the following conditions:

(a) The candidate has obtained sufficient rank in his/her province and cannot receive further promotions by the PGB.

(b) The candidate has made a meritorious contribution to the sport of judo.

1.4.5 The NGB will meet as required but at a minimum once a year.

1.4.6 Any member of the NGB may attend any provincial examinations as an official observer (or as an examiner at the request of the PGB).

1.4.7 At least once per year, the NGB will convene a grading for rokudan and higher at a location that is cost effective for the participants. The examination jury shall be composed of three (3) members of the National Grading Board and/or auxiliary members of the NGB.

1.4.8 The NGB shall issue a Judo Canada dan diploma for those who have met the requirements as set forth in the National Grading Syllabus.

1.4.9 standardize the performance of kata and techniques across Canada, compiling a list of techniques, books and video resources, and to demonstrate same by hosting kata clinics when possible.

1.4.10 The NGB shall be responsible for the development and implementation of a process for certification of kata judges.

2. THE PROVINCIAL GRADING BOARDS

2.1 MANDATE

2.1.1 The Provincial Grading Boards (PGBs) shall conduct grading examinations in their province or territory, and shall promote candidates, in accordance with the regulations in this syllabus.

2.1.2 PGBs, operating up to their authority level, shall recommend all promotions without examination to the NGB for consideration.

2.1.3 The PGB shall recommend candidates to the NGB for rokudan and higher.

2.2 ELIGIBILITY

A member of a PGB shall:

- 2.2.1 be member in good standing with Judo Canada and the provincial association.
- 2.2.2 be a Canadian citizen or a permanent resident.
- 2.2.3 be fluent in one of the two official languages of Canada.
- 2.2.4 have an excellent knowledge of all judo techniques and required kata, and be able to teach and judge the same for the appropriate levels of grading.

2.3 COMPOSITION OF PROVINCIAL GRADING BOARD

- 2.3.1 A PGB must be made up of not less than three (3) persons, including the chairperson or designate.
- 2.3.2 Members of the PGB shall be appointed by their respective provincial judo association.

2.4 DUTIES AND RESPONSIBILITIES

- 2.4.1 The PGB must ensure that all recommendations for promotions comply with the provisions set forth in the National Grading Syllabus.
- 2.4.2 The PGB should schedule at least two (2) grading examinations per year.
- 2.4.3 The PGB must inform the NGB of any proposed changes to the composition of the PGB whenever changes occur.
- 2.4.4 The PGB is responsible for any review process. For this reason, they must keep all the notes of the evaluators for a minimum of two (2) years.
- 2.4.5 The PGB may review chief instructors throughout the province for possible promotion.
- 2.4.6 The PGB is responsible for appointing the examination jury.
- 2.4.7 A PGB requiring assistance for grading examinations above the level set out in this syllabus should write to the chairperson of the NGB.

2.4.8 Honourary black belt: The PGB may award at their discretion an honourary black belt to individuals who have contributed to and supported judo in a meritorious manner. The PGB must keep track of such promotions and inform Judo Canada

2.5 COMPOSITION OF EXAMINATION JURY

2.5.1 The composition of the PGB examination jury must be composed of the following minimums:

- minimum of three (3) persons on the jury;
- the jury must have at least two (2) members higher in rank than the level being examined with the third person of no lower rank than the rank being sought. e.g. to evaluate a candidate to the level of sandan requires a jury comprised of two yondan or higher and one sandan or higher.

2.5.2 The PGB must inform the NGB of the composition of the examining jury. This is done via the forms that are sent in to Judo Canada.

3. GRADING AND EXAMINATION PROCEDURES

3.1 ADMISSION REQUIREMENTS FOR EXAMINATION

3.1.1 A candidate must:

- (a) meet all criteria for the recommended rank as specified in the National Grading Syllabus.
- (b) be an active, practicing member in good standing with Judo Canada through a provincial association and must have a Judo Canada passport.
- (c) be recommended to the PGB by the head instructor (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.
- (d) be a Canadian citizen or a permanent resident or in accordance with 3.1.5.

3.1.2 References in the syllabus to age are references to the age at time of grading.

- 3.1.3 A candidate may only apply to the PGB in the province in which he or she is registered for the current year or judo season.
- 3.1.4 A candidate formerly affiliated with another province or country recognized by the IJF, must be a member of his or her new provincial judo association 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 in good standing of Judo Canada for one (1) year. A candidate must be a member in good standing of the provincial association 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, even though he or she is a member of a provincial association or 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 NGB. If unable to produce any documentation, the sensei of the dojo, jointly with the PGB chairman, must evaluate each candidate on their rank and carry out the examination as per the NG Syllabus.

3.2 APPLICATION GUIDELINES

- 3.2.1 The nominating person 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, and must be accompanied by:
- properly completed Judo Canada forms
 - appropriate fees
 - proof of membership
 - Judo Canada passport

Incorrect submissions will be returned.

3.3 BATSUGUN

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

World or Olympic medallists, regardless of time in grade, age and shiai point total, may be considered by the NGB and the involved PGB.

Outstanding competitors may be exempt from the technical evaluation. The NGB and the involved PGB 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 (80%) of these points must come from the Senior Nationals and/or International tournaments identified in the National Team Handbook (see Appendix B). The other twenty (20%) may come from Judo Canada Domestic Points Tournaments.

3.4 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 NGB and the respective PGB may jointly grant a promotion for meritorious contribution to the sport of judo. Meritorious contribution promotion will be considered only upon the NGB or PGB's recommendation and is not subject of application by individuals.

3.5 RANKS OBTAINED OUTSIDE CANADA

3.5.1 Ranks Obtained outside of Canada While a Member of Judo Canada. The NGB reserves the right to evaluate and accept or reject the validity of any promotion received outside of Canada while a member of Judo Canada.

3.5.2 Ranks Obtained Outside of Canada While a Member of a Foreign National Federation or Association and a Member in Good Standing with 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 in good standing with the International Judo Federation, the NGB will investigate the validity of the documents. If a judoka cannot submit documented proof of promotion, the PGB must hold an examination only to their authorized level.

Where applicable, a Judoka's technical ability may be evaluated. 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 NGB 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 member in good standing in grade,
- refereeing, tournament functions and technical clinic attendance,
- record as an instructor/ judo teacher, 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
- attendance and participation in a series of classes

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

Formal Examination

The candidate performs an examination with only the grading board 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 can not 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 a member in good standing 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 must, within thirty (30) days of the examination, forward a report with its promotions and recommendations for promotion to the NGB.

3.7.2 The NGB approves the promotions awarded by the PGB unless requirements have not been met. In such cases, all forms will be returned to the Chairperson of the PGB 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 NGB.

3.7.5 After the NGB recognizes a promotion, the diploma will be dated to the time of the PGB evaluation.

3.7.6 Kodokan diplomas are available upon request. Kodokan diplomas are subject to additional requirements. See:
http://www.kodokan.org/e_basic/shoudan.html

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 evaluators*, and referees; practicing randori or kata; and active in promoting and developing the sport of judo as committee members, tournament volunteers, 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 is in good standing with a provincial association and/or Judo Canada.

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

Candidates younger than 20 years of age need to accumulate a minimum of 1/3 of their required points through Shiai .

The point system is divided into the following categories:

- Competitions

Shiai, kata competitions and tournament participation points

- Technical Activities

Kata demonstrations and competitions, head sensei, club instructor, club development, NCCP certification, teaching, conducting and attending clinics, *kata evaluators*, referee certification, refereeing,

- Other Activities

Active in Judo on the mat, Administration and Volunteers at Judo Events.

4.1 COMPETITIONS

4.1.1 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 U17 or higher;
- all national and other sanctioned U17; U20; senior and Grand Master championships will be used for points.
- all international tournament points must be approved by the PGB. Refer to the National Team Handbook Policy 3, 4, 5 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 as points tournament. The candidate will choose which events to include.
- see the chart of Accumulated Points System for Shiai - below.

4.1.2 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),
 YUKO or less (5 Points),

Exceptions:

- For Shodan candidates (ikkyu) a win over nikyū counts for grading.
- In international tournament (as defined above) wins will count regardless of opponent's rank.

4.1.3 KATA TOURNAMENTS – (Maximum 60 points per year)

At least one member of the Provincial Grading Board or an approved examination jury member must be present at domestic kata tournaments or clinics as an evaluator.

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 as points tournament. The candidate will choose which events to include.

Points accumulated in kata competitions:

Provincial, Interprovincial and National competition (maximum 30 points)

PJC, International and World; (maximum 60 points).

Note! A minimum of 5 Teams must enter an event.

5 points per tournament.

8 points for 1st place.

6 points for 2nd place.

4 points for 3rd place.

2 points for 4th place.

2 point for 5th place.

4.2 TECHNICAL ACTIVITIES:

4.2.1 CLUB DEVELOPMENT

HEAD SENSEI of a club with a minimum of 25 members in good standing - will be awarded 30 points per year

Additional Club Sensei's providing that NCCP Certified - 15 points/year as per the formula in point 4.2.2.2

4.2.2 NATIONAL COACHING CERTIFICATION PROGRAMME (NCCP)

4.2.2.1 CERTIFICATION

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

NCCP Level I or Assistant certified	10 points
NCCP Level II or 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.

4.2.2.2 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 Assistant certified	5 points per year
NCCP Level II or Instructor certified	15 points per year
NCCP Level III or Development Coach certified	15 points per year
NCCP Level IV certified	15 points per year
NCCP Level V certified	15 points per year

4.2.3 REFEREEING

4.2.3.1 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)	5 points per level
National (C, B, A)	10 points per level
Rostered Senior National Referee (once only).....	15 points per level
International (C).....	20 points per level
International B.....	30 points per level
International A	40 points per level

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

4.2.3.2 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.....	20 points per event

The referee must be approved by the province to earn the provincial status and approved by the national body to earn the national status. The referee approved by PJC (PJU) or IJF will earn the international status.

4.2.4 KATA JUDGING

4.2.4.1 CERTIFICATION

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

Provincial	5 points per level
National (C, B, A)	10 points per level
Continental (C, B, A)	15 points per level
International (C)	20 points per level
International B.....	25 points per level
International A	30 points per level

4.2.4.2 Kata Judging ACTIVITY (maximum 30 points per year)

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

Provincial/Inter-provincial.....	5 points per event
National.....	10 points per event
International.....	15 points per event

Only Judges certified by JC qualify for points at National and International level. For Provincial/Inter judges must be sanctioned by Provincial

4.2.5 TECHNICAL CLINICS

4.2.5.1 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 or nationally organized professional development, kata, referee and technical clinics, NCCP courses and 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 minimum of 4 hours per event.

4.2.5.2 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 and technical clinics. These clinics must be sanctioned by the province, NGB or NRC.

5 points per clinic

4.3 OTHER ACTIVITIES

4.3.1 ACTIVE IN JUDO

Points are awarded for being active in judo. An active year is defined as 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 and Judo Canada offices.

Both Mudansha and Yudansha must be members in good standing of both the Provincial Association and of Judo Canada.

Active as Ikkyu 30 points per year
Active as Shodan..... 25 points per year
Active as Nidan & above 20 points per year

4.3.2 ADMINISTRATION (maximum 20 points per year)

Points will be awarded to executive and committee members for contributions made in the administration of the sport of Judo. Points are awarded on an annual basis for one committee per level that the candidate is active, up to a maximum of 20 points per year as follows:

Provincial	10 points per year
National	15 points per year
International	20 points per year

4.3.3 VOLUNTEER AT TOURNAMENTS (maximum 10 points per year)

Points will be awarded, on an event basis, up to a maximum of 10 points per year to tournament directors and judoka who volunteer for a minimum one full day as: time-keepers, score keepers, weigh-in personnel, etc, as follows:

Provincial	3 points per event
Interprovincial	4 points per event
National / International (e.g. Nationals, Rendez-Vous, Pan Am, World, Olympic) ...	5 points per event



4.4 POINT RECOGNITION SUMMARY

All Judoka U20 must accumulate a minimum 1/3 of points from Shiai

COMPETITION POINTS									
	Code								Max/yr
Shiai	C1	10ippon; 7 wazari; 5 Yuko or less							No Max.
Kata competition	C2	8/6/4/2/2 according to placing							60/year
Participation in Tournaments	C3	5 per event							No Max.
TECHNICAL POINTS									
NCCP Certification	T1	DA - 10	DI - 10	III - 20	IV - 20	V - 20			30
Coaching (NCCP Certified) minimum 120 h/year	T2	DA - 5	DI - 15	III - 15	IV - 15	V - 15			
Club development - Head Sensei - minimum 25 members	T9								30
		Club	Reg	Prov	InterPv	Nat	Cont.	Int'l	
Clinic Conductor	T3			10	15	15		20	30
Clinic Participant	T4			5		5			20
Referee Certification	T5			5		10		20/30/40	
Refereeing	T6			5					25
Refereeing	T6				10				20
Refereeing	T6					15		20	
Refereeing Maximum points total	T6								60
Kata Certification	T7			5		10	15	20/25/30	
Kata Activity	T8			5	5	10		15	30
OTHER POINTS									
		Club	Reg	Prov	Inter Prov	Nat		Int'l	
Active in Judo	N1	as 1kyu - 30		as 1D - 25		as 2D+ 20			
Administration	N2			10		15		20	20
Volunteer at Tournaments	N3			3	4	5		5	10

4.5 DAN REQUIREMENT SUMMARY

points and ages

<i>Dan Level</i>	<i>1st</i>	<i>2nd</i>	<i>3rd</i>	<i>4th</i>	<i>5th</i>	<i>6th</i>	<i>7th</i>	<i>8th</i>
Minimum age	15	17	20	24	29	37	47	59
Time in grade	1 yr	1.5 yr	3 yr	4 yrs				
• Outstanding					5 yrs	8 yrs	10 yrs	12 yrs
• Superior					6 yrs	9 yrs	11 yrs	13 yrs
• Very Good					7 yrs	10 yrs	12 yrs	14 yrs
• Good					8 yrs	11 yrs	13 yrs	15 yrs
Total Points	120	160	200	240	280	320	360	400

4.6 KODANSHA - CAREER ACHIEVEMENT POINT EVALUATION

OUTSTANDING: 20 points:

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

SUPERIOR: 16 - 19 points

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

VERY GOOD: 12 - 15 points

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

GOOD: 8 - 11 points

To be considered a Good candidate, a judoka's achievement in four of the nine categories must total 8, 9, 10 or 11 points.
e.g. 1 superior 1 very good 2 good (4+3+2+2=11 pts)

4.6.1 CAREER ACHIEVEMENT CATEGORIES

BASED ON SELECTION OF 4 of the 9 CATEGORIES LISTED BELOW

		<i>OUTSTANDING</i> <i>5 pts</i>	<i>SUPERIOR</i> <i>4 pts</i>	<i>VERY GOOD</i> <i>3pts</i>	<i>GOOD</i> <i>2 pts</i>
1. REFEREEING		IJF A	Continental/ Regional	National A (rostered)	National A, B, C
2. COACHING (NCCP)		NCCP IV & V	NCCP III	NCCP II	NCCP I
3. COMPETITOR (participation)		Olympic/ Senior World	International Continental	National	Provincial
4. KATA - Medallist - Instructing		IJF	Continental	National	Provincial
5. CONTRIBUTION TO SPORT	Int'l	IJF Committee Member	PJU Committee member		
	Nat'l	Executive/ Chairperson	Committee members		
	Prov	President	Executive/ Chairperson	Committee members	Regional Chairs/members
6. SEMINAR CONDUCTORS		IJF	Continental	National	Provincial
7. BLACK BELTS - Dan promotions		60	40	20	10
8. ORIGINAL SENSEI OF COMPETITOR (see #3) (competitor must have received shodan from original sensei to claim points – no minimum time		Olympic/World	Continental	National	Provincial
9. OTHER		Exceptional Awards and recognition for judo			

5.0 SHODAN

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, 1/3 of points must be earned in shiai.
- 5.1.6 Shiai point accumulation starts at age 14 and from ikkyu in rank; earned in events U17 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 from gokyo
- 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 N I D A N

6.1 PREREQUISITES

- 6.1.1 Minimum age of 17 years old
- 6.1.2 Minimum of 18 months active in judo as shodan with valid membership.
- 6.1.3 A minimum of 160 points,
- 6.1.4 For candidates 20 y/o and younger, 1/3 of points must be earned in shiai.
- 6.1.5 for candidates 21 years old and older, a minimum of 25% of the 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 from gokyo
- 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

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 20 y/o, 1/3 of points must be earned in shiai.
- 7.1.5 for candidates 21 years old and older, a minimum of 25% of the 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 and 4 shimmeisho no waza
 - 4 osae-waza and 2 shimmeisho no 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

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 24 years old and older, a minimum of 25% of the 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, includes 6 shimmeisho no waza
- 5 osae-waza, includes 2 shimmeisho no waza
- 5 shime-waza, includes 2 shimmeisho no waza
- 5 kansetsu-waza, includes 2 shimmeisho no 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

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 25% of the 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. ROKUDAN

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. SHICHIDAN

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
- 11.1.2 minimum 360 points, with at least 90 of the points are from technical activities

12. HACHIDAN

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 K O D A N S H A (Godan and above)

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 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 or national association and the kodansha is appointed by them.

14.0 R O K U D A N and Higher

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 NGB before at least 60 days prior to the grading exam.

14.2 ABILITY TO DEMONSTRATE

14.2.1 The NGB 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

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: Classification of waza

Nage-waza, Katame-waza and Shimmeisho no waza

<i>Gokyo</i>	<i>Shimmeisho no waza</i>
<u>NAGE-WAZA</u>	
<u>TE-WAZA</u>	
Tai-otoshi	Morote-gari
Seoi-nage / Ippon seoi-nage	Kuchiki-taoshi
Kata-guruma	Kibisu-gaeshi
Uki-otoshi	Uchi-mata-sukashi
Sumi-otoshi	Obi-otoshi
Sukui-nage	Seoi-otoshi
	Yama-arashi
<u>KOSHI-WAZA</u>	
Uki-goshi	Ushiro-goshi
Harai-goshi	Utsuri-goshi
Tsurikomi-goshi/	Tsuri-goshi
Hane-goshi	Koshi-guruma
O-goshi	
<u>ASHI-WAZA</u>	
Hiza-guruma	Kosoto-gari
Ouchi-gari	Kosoto-gake
Osoto-gari	Ashi-guruma
Sasae-tsurikomi-ashi	Uchi-mata
Harai-tsurikomi-ashi	O-guruma
Okuri-ashi-harai	Osoto-guruma
Deashi-harai	
Kouchi-gari	
<u>MA-SUTEMI-WAZA</u>	
Tomoe-nage	Hikikkomi-gaeshi
Ura-nage	Tawara-gaeshi
Sumi-gaeshi	<i>Obi-tori-gaeshi (IJF)</i>

Classification of waza (continued)

<u>Gokyo</u>	<u>Shimmeisho no waza</u>
<u>YOKO-SUTEMI-WAZA</u>	
Uki-waza	Osoto-makikomi
Yoko-gake	Uchi-mata-makikomi
Yoko-guruma	Harai-makikomi
Tani-otoshi	Uchi-makikomi
Yoko-wakare	* Kani-basami (prohibited waza)
Yoko-otoshi	* Kawazu-gake (prohibited waza)
Hane-makikomi	
Soto-makikomi	<i>Daki-wakare (IJF)</i>
<u>KATAME-WAZA</u>	
<u>OSAE-KOMI-WAZA</u>	
Hon-kesa-gatame	<i>Uki-gatame (IJF)</i>
Kuzure-kesa-gatame Makura-kesa-gatame /	<i>Ura-gatame (IJF)</i>
Kata-gatame Ushiro-kesa-gatame	
Kami-shiho-gatame	
Kuzure-kami-shiho-gatame	
Yoko-shiho-gatame	
Tate-shiho-gatame	
<u>SHIME-WAZA</u>	
Nami-juji-jime	Katate-jime
Kata-juji-jime	Ryote-jime
Gyaku-juji-jime	Sode-guruma-jime
Hadaka-jime	Tsukkomi-jime
Okuri-eri-jime	Sankaku-jime
Kata-ha-jime	* Do-jime (prohibited waza)
	<i>Koshi-jime (IJF)</i>
<u>KANSETSU-WAZA</u>	
Ude-garami	Ude-hishigi-ashi-gatame
Ude-hishigi-juji-gatame	Ude-hishigi-te-gatame
Ude-hishigi-ude gatame	Ude-hishigi-sankaku- gatame
Ude-hishigi-hiza-gatame	* Ashi-garami (prohibited waza)
Ude-hishigi-waki-gatame	
Ude-hishigi-hara-gatame	

APPENDIX C: EXAMINATION SUMMARY

Dan	Ability to Demonstrate	Kata
1	Grading Board's Choice: <ul style="list-style-type: none"> ▪ 8 nage-waza, from Gokyo ▪ 3 osae-waza ▪ 3 shime-waza ▪ 3 kansetsu-waza 	Perform 1st 3 sets of the Nage no kata as Tori
2	Grading Board's Choice: <ul style="list-style-type: none"> ▪ 8 nage-waza, from Gokyo ▪ 4 osae-waza ▪ 4 shime-waza ▪ 3 kansetsu-waza 	Perform Nage no kata as Tori
3	Grading Board's Choice: <ul style="list-style-type: none"> ▪ 8 nage-waza & 4 shimmeisho no waza ▪ 4 osae-waza & 2 shimmeisho no waza ▪ 4 shime-waza ▪ 4 kansetsu-waza 	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"> ▪ 10 nage-waza, includes 6 shimmeisho no waza ▪ 5 osae -waza, includes 2 shimmeisho no waza ▪ 5 kansetsu-waza, includes 2 shimmeisho waza 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-jitsu 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