

AEJF Syllabus September 2022

Infant 4-7Yrs	Junior 8-14yrs	Intermediate 15-17yrs	Senior 18+Yrs	
<p>1 to 4 Red bars</p> <p>1st Red Bar Exhibit good behaviour while in the Dojo; Adhere to the club rules Take care of their appearance. Show an understanding of words such as Matte and Hajime. Bowling at appropriate points</p> <p>2nd Red Bar Demonstrate Ukemi to a reasonable standard. They must know who to tell and how to keep themselves safe when doing so e.g. it would be unsafe to run across an active practice area.</p> <p>3rd Red Bar Demonstrate the Kuzushi Kata Demonstrate how to roll a partner from a kneeling position on to their back and control Demonstrate one of the throws from the junior 6th kyu Syllabus.</p> <p>4th Red Bar Demonstrate two throws from the junior 6th kyu Syllabus. Demonstrate 1 of the holds from the junior 6th kyu Syllabus.</p>	<p>6th Kyu to 5th Kyu Ukemi Tsukuri and Kuzushi O Goshi O Soto Gari Ippon Seoi Nage Kesa Gatame Kata Gatame</p>	<p>6th Kyu to 5th Kyu Ukemi Tsukuri and Kuzushi O Goshi O Soto Gari Ippon Seoi Nage Kesa Gatame Kata Gatame Demonstrate Two escapes from Kesa Gatame</p>	<p>6th Kyu to 5th Kyu Ukemi Tsukuri and Kuzushi O Goshi O Soto Gari Ippon Seoi Nage Kesa Gatame Kata Gatame Juji Gatame Ude Garami Hadaka Jime Nami Juji Jime</p>	
	<p>5th Kyu to 4th Kyu O Uchi Gari Ko Uchi Gari Morote Seoi Nage Tai Otoshi Kami Shiho Gatame Yoko Shiho Gatame Kuzure Kami Shiho Gatame</p>	<p>5th Kyu to 4th Kyu O Uchi Gari Ko Uchi Gari Morote Seoi Nage Tai Otoshi Kami Shiho Gatame Yoko Shiho Gatame Kuzure Kami Shiho Gatame Demonstrate a counter to Tai Otoshi Demonstrate 2 escapes from Yoko Shiho Gatame</p>	<p>5th Kyu to 4th Kyu O Uchi Gari Ko Uchi Gari Morote Seoi Nage Tai Otoshi Kami Shiho Gatame Yoko Shiho Gatame Kuzure Kami Shiho Gatame Demonstrate 2 escapes from Yoko Shiho Gatame</p>	<p>5th Kyu to 4th Kyu O Uchi Gari Ko Uchi Gari Morote Seoi Nage Tai Otoshi Kami Shiho Gatame Yoko Shiho Gatame Kuzure Kami Shiho Gatame Ashi Gatame Okuri Eri Jime Kata Juji Jime</p>
	<p>4th Kyu to 3rd Kyu Harai Goshi De Ashi Barai Uki Goshi Ushiro Kesa Gatame Makura Kesa Gatame Kuzure Kesa Gatame Kuzure Yoko Shiho Gatame</p>	<p>4th Kyu to 3rd Kyu Harai Goshi De Ashi Barai Uki Goshi Ushiro Kesa Gatame Makura Kesa Gatame Kuzure Kesa Gatame Kuzure Yoko Shiho Gatame Demonstrate an escape from Kami Shiho Gatame 1st set Nage No Kata</p>	<p>4th Kyu to 3rd Kyu Harai Goshi De Ashi Barai Uki Goshi Ushiro Kesa Gatame Makura Kesa Gatame Kuzure Kesa Gatame Kuzure Yoko Shiho Gatame Demonstrate an escape from Kami Shiho Gatame 1st set Nage No Kata</p>	<p>4th Kyu to 3rd Kyu Harai Goshi De Ashi Barai Uki Goshi Ushiro Kesa Gatame Makura Kesa Gatame Kuzure Kesa Gatame Kuzure Yoko Shiho Gatame Hiza Gatame Kata Hajime Gyaku Juji Jime 1st set Nage No Kata</p>
	<p>3rd Kyu to 3 Blue bars Hane Goshi Okuri Ashi Barai Hiza Guruma O Uchi Mata Seoi Otoshi Tate Shiho Gatame Mune Gatame 1st set Nage No Kata</p>	<p>3rd Kyu to 3 Brown bars Ko Soto Gari Koshi Guruma Takai Uchi Mata Counter to Harai Goshi with Te Guruma Ippon Seoi Nage into Ko Uchi Makikomi Counter Tai Otoshi with Sukui Nage 2nd set Nage No Kata</p>	<p>3rd Kyu to 2nd Kyu Hane Goshi Okuri Ashi Barai Hiza Guruma O Uchi Mata Seoi Otoshi Tomoe Nage Tate Shiho Gatame Mune Gatame 1st set Nage No Kata 3 Renraku Waza 3 Kaeshi Waza 2nd set Nage No Kata</p>	<p>3rd Kyu to 2nd Kyu Hane Goshi Okuri Ashi Barai Hiza Guruma O Uchi Mata Seoi Otoshi Tomoe Nage Tate Shiho Gatame Mune Gatame Sankaku Jime Ryote Jime 3 Renraku Waza 3 Kaeshi Waza 2nd set of Nage No Kata</p>
<p>4 to 6 Red bars Ukemi Tsukuri and Kuzushi O Goshi O Soto Gari Ippon Seoi Nage Kesa Gatame Kata Gatame</p>	<p>3rd Kyu to 3 Black bars Ashi Guruma O Guruma Tsuru Komi Goshi 5 Renraku Waza 5 Kaeshi Waza First 3 sets of Nage No Kata First set of Katame No Kata</p>	<p>2nd Kyu to 1st Kyu Ko Soto Gari Koshi Guruma Takai Uchi Mata Ashi Guruma O Guruma Tsuru Komi Goshi First 3 sets of Nage No Kata Counter to Harai Goshi with Te Guruma Ippon Seoi Nage into Ko Uchi Makikomi Counter Tai Otoshi with Sukui Nage</p>	<p>2nd Kyu to 1st Kyu Ko Soto Gari Koshi Guruma Takai Uchi Mata Ashi Guruma O Guruma Counter Harai Goshi with Te Guruma Ippon Seoi-Nage into Ko Uchi Makikomi Counter Tai Otoshi with Sukui Nage First 3 sets of Nage No Kata</p>	
<p>6 to 8 Red bars O Uchi Gari Ko Uchi Gari Morote Seoi Nage Tai Otoshi Kami Shiho Gatame Yoko Shiho Gatame Kuzure Kami Shiho Gatame</p>				

AEJF Dan Grade Syllabus

All Kata must be assessed and signed off by an AEJF examiner, the Kata Card must be presented to the grading panel. The Kata Card will be valid for 6 months from the date of assessment.

<u>Contest Grade</u>	<u>Teacher Grade</u>
<u>1st Kyu to 1st Dan</u> Pass a basic referee award prior to the grading. Demonstrate 20 techniques of your own choosing, plus 5 of the examiners choosing. Nage No Kata Shiai (there will be no set amount of contests, Shiai will continue until the examiners are satisfied to make a judgement).	<u>1st Kyu to 1st Dan</u> Pass a basic referee award prior to the grading. Demonstrate 20 techniques of your own choosing, plus 5 of the examiners choosing. 4 Renraku Waza 4 Kaeshi Waza Nage No Kata 1 st set of Katame No Kata Teach 1 technique of your own choosing
<u>1st Dan to 2nd Dan</u> Pass a basic timekeepers award prior to the grading. Demonstrate 20 techniques of your own choosing, plus 5 of the examiners choosing. Katame No Kata Shiai (there will be no set amount of contests, Shiai will continue until the examiners are satisfied to make a judgement).	<u>1st Dan to 2nd Dan</u> Pass a basic timekeepers and Club coaching award prior to the grading. Demonstrate 20 techniques of your own choosing, plus 5 of the examiners choosing. 6 Renraku Waza 6 Kaeshi Waza Katame No Kata Teach 2 techniques of your own choosing. Teach the class 1 set from Nage No Kata.
<u>2nd Dan to 3rd Dan</u> Pass a Regional referee award prior to the grading. Demonstrate 15 Renraku Waza. Kaeshi Kata Shiai (there will be no set amount of contests, Shiai will continue until the examiners are satisfied to make a judgement).	<u>2nd Dan to 3rd Dan</u> Pass a Regional referee and county coaching award prior to the grading. Demonstrate 15 Renraku Waza. Kaeshi Kata 1 st set of Kime No Kata Instruct a class with 3 techniques of the examiners choosing. Teach the class 1 set from Katame no Kata.
<u>3rd Dan to 4th Dan</u> Pass a National referee award prior to the grading. Demonstrate 20 Renraku Waza Demonstrate 20 Kaeshi Waza Kime No Kata Shiai (there will be no set amount of contests, Shiai will continue until the examiners are satisfied to make a judgement).	<u>3rd Dan to 4th Dan</u> Pass a National referee and Regional coaching award prior to the grading. Demonstrate 20 Renraku Waza Demonstrate 20 Kaeshi Waza Kime No Kata 1 st set of Ju No kata Teach the class 1 set from your choice of kata.
<u>4th Dan to 5th Dan</u> Pass a International referee award prior to the grading Demonstrate 20 Renraku Waza Demonstrate 20 Kaeshi Waza Ju No Kata Shiai (there will be no set amount of contests, Shiai will continue until the examiners are satisfied to make a judgement).	<u>4th Dan to 5th Dan</u> Pass a International referee and National coaching award prior to the grading Ju No Kata Teach a range of techniques at a national course. Teach the class 1 set of kata from the examiners choosing.

6th dan and above will be awarded by a panel of examiners.

Attending National courses and contributing to National Events will reduce the amount of time needed between grades.