

# ***NATIONAL GRADING SYLLABUS***



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## NATIONAL GRADING SYLLABUS

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### ***2004-05 NATIONAL GRADING BOARD***

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**VICE-CHAIRMAN**   Mr. Moe Oye      Shichidan  
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**MEMBERS**      Ms. Tina Takahashi      Rokudan  
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Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 2/38

## TABLE OF CONTENTS

Mission Statement .....	5
Principles of Grading .....	5
Purpose of the Judo Canada Grading Syllabus .....	6
1.0 THE NATIONAL GRADING BOARD .....	7
1.1 Mandate .....	7
1.2 Eligibility .....	7
1.3 Composition .....	8
1.4 Duties and Responsibilities .....	8
2.0 THE PROVINCIAL GRADING BOARDS .....	10
2.1 Mandate .....	10
2.2 Eligibility .....	10
2.3 Composition of Provincial Grading Boards .....	10
2.4 Duties and Responsibilities .....	11
2.5 Composition of Examination Jury.....	11
3.0 GRADING AND EXAMINATION PROCEDURES .....	13
3.1 Admission Requirements for Examination.....	13
3.2 Application Guidelines .....	14
3.3 Outstanding Achievement .....	15
3.4 Outstanding Contribution.....	15
3.5 Ranks Obtained Outside Canada.....	15
3.6 Guidelines for Examination .....	16
3.7 Confirmation of Promotion and Diploma .....	17
3.8 Appeals .....	17
4.0 POINT SYSTEM - RECOGNITION & DEFINITIONS .....	18
4.1 Active in Judo .....	18
4.2 Kata tournaments .....	19
4.3 National Coaching Certification Programme (NCCP) .....	20
4.4 Coaching/Teaching .....	20
4.5 Clinics.....	20
4.5.1 Clinic/Course Conductors .....	20
4.5.2 Clinic Participants.....	21
4.6 Club Membership Registration.....	21
4.7 Referee Certification.....	21
4.8 Refereeing.....	21

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 3/38

## **NATIONAL GRADING SYLLABUS**

---

4.9	Volunteers at Tournaments .....	22
4.10	Administration.....	22
4.11	Tournaments.....	22
	Accumulated Point System for Shiai .....	23
4.12	Point Recognition Summary .....	24
4.13	Dan Requirement Summary.....	25
5.0	SHODAN .....	26
5.1	Prerequisites .....	26
5.2	Ability to demonstrate .....	26
6.0	NIDAN.....	27
6.1	Prerequisites .....	27
6.2	Ability to demonstrate .....	27
7.0	SANDAN .....	28
7.1	Prerequisites .....	28
7.2	Ability to demonstrate .....	28
8.0	YONDAN .....	29
8.1	Prerequisites .....	29
8.2	Ability to demonstrate .....	29
9.0	GODAN .....	30
9.1	Prerequisites .....	30
9.2	Ability to demonstrate .....	30
10.0	ROKUDAN and Higher .....	31
10.1	Prerequisites .....	31
10.2	Ability to demonstrate .....	31
APPENDIX A: RANDORI.....		32
APPENDIX B: SHIMMEISHO NO WAZA .....		33
APPENDIX C: EXAMINATION SUMMARY.....		35
APPENDIX D: KODOKAN PROMOTION.....		36

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 4/38

## MISSION STATEMENT

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### *Mission Statement*

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

## PRINCIPLES OF GRADING

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

Grades in judo, 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

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 than the sensei to judge these elements.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 5/38

**PURPOSE OF THE NATIONAL GRADING SYLLABUS**

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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 from time to time, as necessary, by Judo Canada and ratified at its AGM. The syllabus shall be reviewed on a regular basis by the National Grading Board, in conjunction with the Provincial Grading Boards.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 6/38

## **1.0 THE NATIONAL GRADING BOARD**

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### **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 ensure 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 are in accordance with the powers delegated to the Provincial Grading Boards.
- 1.1.4 standardize the performance of kata and techniques across Canada, by compiling a list of techniques, books and video tapes, and to demonstrate same.

### **1.2 ELIGIBILITY**

Members of the National Grading Board 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 landed immigrant.
- 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 nationally and internationally.
- 1.2.7 be an active rokudan, minimum. In regions without a rokudan candidate, the highest available rank may be considered.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 7/38

## **NATIONAL GRADING SYLLABUS**

---

### **1.3 COMPOSITION**

- 1.3.1 The National Grading Board shall be composed of a minimum of three (3) members, including the chairperson.
- 1.3.2 The members of the National Grading Board shall be selected as follows:
- On election years, each region (B.C./Yukon, Prairies/NWT, Ontario, Quebec/Nunavut, and Atlantic) shall nominate from their region, a candidate for the board.
  - The executive committee shall select the board members and chairperson from among the regional nominees.
- 1.3.3 A quorum for a meeting shall be 50% of the committee, including the chairperson or designate.

### **1.4 DUTIES AND RESPONSIBILITIES**

- 1.4.1 The National Grading Board is authorized to delegate certain powers to the Provincial Grading Boards as constituted in accordance with the requirements of this syllabus.
- 1.4.2 The National Grading Board is responsible for ensuring that promotions made by Provincial Grading Boards 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 National Grading Board, in consultation with and approval of the Provincial Grading Board 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 Provincial Grading Board.
  - (b) The candidate has made an outstanding contribution to the sport of judo.
- 1.4.5 The National Grading Board will meet a minimum of once a year.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 8/38



## **NATIONAL GRADING SYLLABUS**

---

- 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 Provincial Grading Board).
- 1.4.7 At least once per year, the NGB will convene a grading forrokudan and higher at a location that is cost effective for the participants. At least one member of the NGB must be a member of the examination jury, and where possible, two (2) of the examiners shall be from the provincial grading board(s) in the region in which the grading is being held.
- 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.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 9/38

## **2.0 THE PROVINCIAL GRADING BOARDS**

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### **2.1 MANDATE**

- 2.1.1 The Provincial Grading Boards are authorized to conduct grading examinations in their province or territory, and to promote candidates, in accordance with the regulations in this syllabus.
- 2.1.2 Provincial Grading Boards, operating up to their authority level, shall recommend all promotion without examination to the National Grading Board for consideration.
- 2.1.3 The Provincial Grading Board shall recommend candidates to the National Grading Board for rokudan and higher.

### **2.2 ELIGIBILITY**

A member of a Provincial Grading Board shall:

- 2.2.1 be member in good standing with Judo Canada and their provincial association.
- 2.2.2 be a Canadian citizen or landed immigrant.
- 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 same for the appropriate levels of grading.

### **2.3 COMPOSITION OF PROVINCIAL GRADING BOARD**

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

## **NATIONAL GRADING SYLLABUS**

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### **2.4 DUTIES AND RESPONSIBILITIES**

- 2.4.1 The Provincial Grading Board must inform the National Grading Board of any proposed changes to the composition of Provincial Grading Board by September 30th of each year, or whenever changes occur.
- 2.4.2 The Provincial Grading Board should schedule at least two (2) grading examinations per year.
- 2.4.3 The Provincial Grading Board must ensure that all recommendations for promotions comply with the provisions set forth in the National Grading Syllabus.
- 2.4.4 The Provincial Grading Board 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 Provincial Grading Board may review chief instructors throughout the province for possible promotion.
- 2.4.6 The Provincial Grading Board is responsible for appointing the examination jury.
- 2.4.7 A Provincial Grading Board requiring assistance for grading examinations above the level set out in this syllabus should write to the chairperson of the National Grading Board.
- 2.4.8 Honourary black belt: The Provincial Grading Board may award at their discretion, up to one honorary black belt per year to individuals that have contributed to and supported judo in an outstanding manner.

## **NATIONAL GRADING SYLLABUS**

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### **2.5 COMPOSITION OF EXAMINATION JURY**

2.5.1 The composition of the Provincial Grading Board 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;

For example, to evaluate a candidate to the level of sandan requires a jury comprised of two yondan and one sandan.

2.5.2 The Provincial Grading Board may nominate examiners who are entitled to sit on an examination jury. The PGB shall notify in writing, to the National Grading Board, the names of the examiners and corresponding grades that they may examine.

2.5.3 Exceptions to the above composition may be made by the NGB.

## **3.0 GRADING AND EXAMINATION PROCEDURES**

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### **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 a member in good standing with Judo Canada through a provincial association and must have a Judo Canada passport.
  - (c) be recommended to the Provincial Grading Board by the head instructor (sensei) of the dojo through which he or she is registered, or be invited by the PGB.
  - (d) be a Canadian citizen or a landed immigrant except for exceptional circumstances.
- 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 Provincial Grading Board 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 must hold landed immigrant status and 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 not a Canadian citizen and who does not have landed immigrant status, 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.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 13/38

## NATIONAL GRADING SYLLABUS

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### 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 Provincial Grading Board, and must be accompanied by:

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

Incorrect submissions will be returned.

3.2.3 In reviewing the application of a candidate, the Grading Board shall consider the following criteria:

- overall record of tournament participation,
- length of time and attendance at training,
- refereeing, tournament functions and technical clinic attendance,
- record as an instructor, and,
- services rendered to the promotion and development of judo.

### 3.3 OUTSTANDING ACHIEVEMENT

3.3.1 **BATSUGUN:** Outstanding competitors (consistently winning medals in tournaments listed below) may be exempt from the technical evaluation. The NGB and the involved PGB may jointly grant a promotion by batsugun for exceptional results in major competition. To be considered within this category, a candidate must normally have a minimum of three hundred (300) points from national championship, Judo Canada domestic points tournament and those tournaments identified in the National Team Handbook. **OR**

Competitors who display an exceptional performance at the national championship may be promoted by the NGB, in consultation with the individual

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 14/38

## **NATIONAL GRADING SYLLABUS**

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PGB.

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

### **3.4 OUTSTANDING CONTRIBUTION**

Judoka who have contributed to the sport of Judo in an “outstanding” way (meritorious deed, distinguished service, etc.) may be considered for promotion. The NGB and the respective PGB may jointly grant a promotion for outstanding contribution to the sport of judo.

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

#### **3.5.1 Ranks Obtained outside of Canada While a Member of Judo Canada**

The National Grading Board reserves the right to analyze and accept or reject the validity of any promotion received outside of Canada while a member of Judo Canada.

The National Grading Board will not recognize any promotion obtained outside Canada without Judo Canada's authorization if the judoka was out of the country for a period of less than one (1) year.

#### **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 National Grading Board will investigate the validity of the documents. If a judoka cannot submit documented proof of promotion, the Provincial Grading Board 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 National Grading Board chairman will initial the passport to certify the recognition of the rank.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 15/38

### 3.6 GUIDELINES FOR EXAMINATION

3.6.1 **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.

#### **Informal Examination**

The candidate performs the examination in a group situation with other candidates performing simultaneously or in competition. (This method has the benefit of allowing a candidate an opportunity of performing in a low-stress atmosphere.)

#### **Attendance/ Participation 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.

#### 3.6.2 **SPECIAL CASE:**

Judoka not coming under the aforementioned categories may have their name submitted by the Provincial Grading Board to the National Grading Board for consideration.

Candidates must be able to teach, explain or demonstrate the Kata required for the recommended rank.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 16/38



## **NATIONAL GRADING SYLLABUS**

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### **3.6.3 PARTNER:**

The partner must be a member in good standing.

**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 Provincial Grading Board must, within thirty (30) days of the examination, forward a report with its promotions and recommendations for promotion to the National Grading Board.

**3.7.2** The National Grading Board reserves the right to overrule the Provincial Grading Board on promotions if criteria 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 National Grading Board.

**3.7.5** After the National Grading Board recognizes a promotion, the diploma will be dated to the time of the PGB evaluation.

**3.7.6** Kodokan and International Judo Federation diplomas are available upon request. Kodokan diplomas may be subject to additional requirements. See Addendum.

## **3.8 APPEALS**

Appeals of decisions must be made in accordance with the constitution and bylaws of the applicable association.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 17/38

## **4.0 POINT SYSTEM - RECOGNITION & DEFINITIONS**

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### **4.0 PURPOSE**

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

Points are awarded to judoka that are active technically as competitors, instructors, coaches, 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 in good standing with a provincial association and/or Judo Canada.

Judoka must be at least 15 years old and at least ikkyu in rank to earn points.

Points are divided into the following categories: Active in Judo; Technical activities (shiai, kata tournaments, NCCP certification, refereeing, teaching, attending/conducting clinics/courses); Volunteer activities (administration, club membership, volunteer at tournaments).

### **4.1 ACTIVE IN JUDO**

Points are awarded for being active in judo. An active year is defined as practicing a minimum of 100 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 offices for mudansha and the Judo Canada office for yudansha.

Mudansha must be a paid member of the Provincial Association and yudansha must be a paid member 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

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 18/38

## **NATIONAL GRADING SYLLABUS**

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### **4.2 KATA TOURNAMENTS**

A 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 three provincial and three inter-provincial competitions per active year. Provincial level events must be from those events identified by the PGB as a points tournament. The candidate will choose which events to include.

Points accumulated in kata competitions, 2 points per place, will be awarded as follows:

Following the competition the evaluators rank the pairs from highest to lowest (one method to do this is to average the scores of the evaluators). For each pair that a given team places above the competition standings, two (2) points are awarded.

e.g. If there are nine (9) pairs and a pair places 2<sup>nd</sup>, the points awarded will be 14, i.e. 7 x 2pts. Each of tori and uke may claim the points awarded.

Ties in competition standings should be handled by averaging the points involved.  
e.g. two teams, who if not tied would receive 8 and 6 points, would instead receive 7 points each, which is the average of the two scores.

Candidates may claim 2 points for participation in addition to those earned as outlined above.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 19/38

## **NATIONAL GRADING SYLLABUS**

---

### **4.3 NATIONAL COACHING CERTIFICATION PROGRAMME (NCCP)**

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 certified .....	10 points
NCCP Level II certified.....	15 points
NCCP Level III certified .....	20 points
NCCP Level IV certified .....	40 points
NCCP Level V certified .....	60 points

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

### **4.4 COACHING / TEACHING**

Points will be awarded for coaching or teaching for a minimum of 100 hours per year based on the certification level of the individual as follows:

NCCP Level 1 certified .....	4 points per year
NCCP Level 2 certified .....	8 points per year
NCCP Level 3 certified .....	12 points per year
NCCP Level 4 certified .....	20 points per year
NCCP Level 5 certified .....	24 points per year

### **4.5 CLINICS**

#### **4.5.1 CLINIC / COURSE CONDUCTORS (max 20 points per year)**

Points will be awarded, on a per clinic basis, to course conductors up to a maximum of 20 points per year, for conducting regional, provincial or nationally organized kata, referee and technical clinics. No points shall be awarded for pre-tournament clinics, such as referee sessions prior to shiai.

Regional .....	3 points per clinic
Provincial .....	6 points per clinic
Inter-provincial (includes National) .....	9 points per clinic
International .....	12 points per clinic

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 20/38

## **NATIONAL GRADING SYLLABUS**

---

### **4.5.2 CLINIC PARTICIPANTS (max 10 points per year)**

Points will be awarded, on a per clinic basis (minimum one day), to participants up to a maximum of 10 points per year, for participation at provincially or nationally sanctioned kata, referee and technical clinics. No points shall be awarded for pre-tournament clinics, such as referee sessions prior to shiai.

Provincial .....2 points per clinic  
National .....2 points per clinic

### **4.6 CLUB MEMBERSHIP REGISTRATION**

A maximum of 10 points per year will be awarded to the head Sensei, (i.e. one per dojo) for the number of paid up members as follows:

> 25 members ..... 1 points per year  
> 50 members ..... 2 points per year  
> 75 members ..... 3 points per year  
> 100 members ..... 4 points per year  
> 125 members ..... 5 points per year  
> 150 members..... 6 points per year  
> 175 members ..... 7 points per year  
> 200 members ..... 8 points per year  
> 225 members..... 9 points per year  
> 250 members..... 10 points per year

In addition, the Dojo Shu may claim 10 points per year as the head of the dojo.

### **4.7 REFEREE 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  
International (C, B, A) ..... 15 points per level

Only one certification can be claimed. e.g. Prov. A and Ntl C at the same evaluation tournament.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 21/38

## **NATIONAL GRADING SYLLABUS**

---

### **4.8 REFEREEING (maximum 20 points / year)**

Points will be awarded for refereeing on a per event basis up to a maximum of 20 points per year as follows:

Regional (at least three clubs).....	2 points per event
Provincial .....	4 points per event
Inter-provincial (at least three provinces).....	8 points per event
International .....	10 points per event

### **4.9 VOLUNTEERS AT TOURNAMENTS (maximum 10 points / year)**

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

Regional .....	2 points per event
Provincial .....	4 points per event
Interprovincial .....	8 points per event
National / International (e.g. Nationals, Rendez-Vous, Pan Am, World, Olympic) .....	10 points per event

### **4.10 ADMINISTRATION (maximum 20 points / 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:

Club.....	3 points per year
Provincial Region.....	5 points per year
Provincial .....	10 points per year
National .....	15 points per year
International .....	20 points per year

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 22/38

## NATIONAL GRADING SYLLABUS

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### 4.11 TOURNAMENTS

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 IJF Junior or higher;
- the candidate may claim points earned in a maximum of three provincial and three inter-provincial competitions per active year. Provincial level tournaments must be from those events identified by the PGB as a points tournament. The candidate will choose which events to include.
- all national junior and senior championships will be used for points.
- all international tournament points must be approved by the Provincial Grading Board or the National Grading Board. Refer to the Judo Canada Team Handbook.

**\*candidates may claim two points for participation in the above-named events**

### **ACCUMULATED POINTS SYSTEM FOR SHIAI**

<b>Rank</b>	<b>Ippon</b>	<b>Waza-ari</b>	<b>Yuko</b>	<b>Koka/Yusei</b>
Ikkyu defeats Nikyu	7.0	5.0	2.5	1.0
Ikkyu defeats Ikkyu	10	7.0	3.5	1.5
Ikkyu defeats Shodan	15	11	5.5	3.0
Ikkyu defeats Nidan	20	14	7.0	3.5
Ikkyu defeats Sandan	25	18	9.0	4.5
Ikkyu defeats Yondan +	30	21	10.5	5.0
Shodan defeats Ikkyu	7.0	5.0	2.5	1.0
Shodan defeats Shodan	10	7.0	3.5	1.5
Shodan defeats Nidan	15	11	5.5	3.0
Shodan defeats Sandan	20	14	7.0	3.5
Shodan defeats Yondan +	25	18	9.0	4.5
Nidan defeats Ikkyu	5.0	4.0	2.0	0.5
Nidan defeats Shodan	7.0	5.0	2.5	1.0
Nidan defeats Nidan	10	7.0	3.5	1.5
Nidan defeats Sandan	15	11	5.5	3.0
Nidan defeats Yondan +	20	14	7.0	3.5
Sandan+ defeats Ikkyu	2.0	1.0	0.5	0.0
Sandan+ defeats Shodan	5.0	4.0	2.0	0.5
Sandan+ defeats Nidan	7.0	5.0	2.5	1.0
Sandan+ defeats Sandan	10	7.0	3.5	1.5
Sandan+ defeats Yondan +	15	11	5.5	3.0

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 23/38

## NATIONAL GRADING SYLLABUS

### 4.12 POINT RECOGNITION SUMMARY

Point Recognition Area						Max.
1. Active in Judo	as Ikkyu					30/year
	as Shodan					25/year
	as Nidan & above					20/year
2. Kata Competitions	2/place 2/event					
3. Participation in Tournaments	2/event					
4. NCCP Certification since last promotion	Level 1 10 points					
	Level 2 15 points					
	Level 3 20 points					
	Level 4 40 points					
	Level 5 60 points					
5. Coaching/Teaching (> 100 hrs/year) NCCP certified:	Level 1					4/year
	Level 2					8/year
	Level 3					12/year
	Level 4					20/year
	Level 5					24/year
6. Membership Registration – Head Sensei (one per dojo)	1/25					10/year
7. Dojo Shu						10/year
	<b>Club</b>	<b>Region</b>	<b>Prov.</b>	<b>Nat.</b>	<b>Intl.</b>	
8. Clinic/Course Conductor	3/clinic		6/clinic	9/clinic	12/clinic	20/year
9. Clinic Participant			2/clinic	2/clinic		10/year
10. Referee Certification since last promotion			5/level	10/level	15/level	
11. Refereeing	2/event		4/event	8/event	10/event	20/year
12. Tournament Volunteer	2/event		4/event	8/event	10/event	10/year
13. Administration	3/year	5/year	10/year	15/year	20/year	20/year



## **NATIONAL GRADING SYLLABUS**

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### **4.13 DAN REQUIREMENT SUMMARY**

Dan Level	1st	2nd	3rd	4th	5th	6th	7th	8th
Age Minimum	15	17	20	24	29	37	46	56
Time in Grade	1yr	1yr	2yr	4yr	6yr	8yr	10yr	12yr
Technical Points		40	50	60	70	70	70	70
Total Points	120	160	200	240	280	280	280	280

## **5.0 SHODAN**

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### **5.1 PREREQUISITES**

- 5.1.1 Increased proficiency in all lower rank requirements.
- 5.1.2 Minimum of three (3) years in judo.
- 5.1.3 Minimum of at least one year as ikkyu.
- 5.1.4 A minimum of 120 points, and at least 30 points may be required to come from Technical activities
- 5.1.5 Point accumulation starts at age 14 and from ikkyu in rank.
- 5.1.6 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**

- 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.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 26/38

## **6.0 N I D A N**

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### **6.1 PREREQUISITES**

- 6.1.1 Minimum age of 17 years old
- 6.1.2 Minimum of at least one year as shodan.
- 6.1.3 A minimum of 160 points, with at least 40 of the points coming from Technical activities.

### **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**

6.2.3 **Kata**

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

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 27/38

## **7.0 SANDAN**

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### **7.1 PREREQUISITES**

- 7.1.1 Minimum age of 20 years old.
- 7.1.2 A minimum of two years as nidan.
- 7.1.3 A minimum of 200 points, with at least 50 of the points coming from technical activities.

### **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**

7.2.3 **Kata**

- Must perform the complete Nage -no-kata as Tori and Uke  
*and*
- one complete kata as tori from the following:  
Katame-no-kata or  
Ju-no-kata

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 28/38

## 8.0 Y O N D A N

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### 8.1 PREREQUISITES

- 8.1.1 Minimum age of 24 years old.
- 8.1.2 A minimum of four years as sandan.
- 8.1.3 A minimum of 240 points, with at least 60 of the points coming from technical activities.

### 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 candidate's choice.

- 10 nage waza, includes 6 shimmeisho
- 5 osae waza, includes 2 shimmeisho
- 5 shime waza, includes 2 shimmeisho
- 5 kansetsu waza, includes 2 shimmeisho

Additional techniques may be selected by the Examination Board.

8.2.2 **Randori**

8.2.3 **Kata**

Candidates may be required to present in writing the plan of their technical presentation and indicate which kata will be demonstrated.

- Must perform Katame-no-kata, Tori and Uke  
*and*
- One complete kata as Tori from the following:  
Goshin-jitsu or  
Ju-no-kata or  
Kime-no-kata

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 29/38

## **9.0 G O D A N**

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### **9.1 PREREQUISITES**

- 9.1.1 Minimum age of 29 years old.
- 9.1.2 A minimum of six years as yondan.
- 9.1.3 A minimum of 280 points, with at least 70 of the points coming from technical activities.

### **9.2 ABILITY TO DEMONSTRATE**

9.2.1 All the techniques must be demonstrated from the point of view of application. Comments on each technique will be given on how to apply the move for one or two variations from a standard approach. 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-jitsu as Tori and Uke  
*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

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 30/38

## **10.0 R O K U D A N and Higher**

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### **10.1 PREREQUISITES**

- 1.1 Candidates must present a comprehensive activity profile demonstrating their substantial and outstanding contribution to the sport of Judo 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 Provincial Grading Board. Upon review, the PGBs will forward their recommendations with the appropriate documentation, to the National Grading Board before at least 30 days prior to the grading exam.

- 1.2 Time in grade starts at a minimum of 8 years as godan and rises by 2 years for each successive rank.
- 1.3 A minimum of 280 points, with at least 70 of the points coming from Technical activities.

### **10.2 ABILITY TO DEMONSTRATE**

- 2.1 The National Grading Board may require candidates to attend an exam.

#### **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. Goshinjitsu no Kata

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 31/38

### APPENDIX A: Randori

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

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

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

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 32/38



## APPENDIX B: Nage waza, Katame waza and Shimmeisho no waza (Supplementary Techniques)

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### NAGE-WAZA

#### TE-WAZA

##### Gokyo

Tai-otoshi  
Seoi-nage  
Ippon seoi-nage  
Kata-guruma  
Uki-otoshi  
Sumi-otoshi  
Sukui-nage

Obi-otoshi  
Seoi-otoshi  
Yama-arashi

##### Shimmeisho no waza

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

### KOSHI-WAZA

##### Gokyo

Uki-goshi  
Harai-goshi  
Tsurikomi-goshi  
Sode-Tsurikomi-goshi  
Hane-goshi  
O-goshi

Ushiro-goshi  
Utsuri-goshi  
Tsurikomi-goshi  
Koshi-guruma

##### Shimmeisho no waza

Daki-age

### ASHI-WAZA

##### Gokyo

Hiza-guruma  
Ouchi-gari  
Osoto-gari  
Sasae-tsurikomi-ashi  
Harai-tsurikomi-ashi  
Okuri-ashi-harai  
Deashi-harai  
Kouchi-gari

Ko-soto-gari  
Kosoto-gake  
Ashi-guruma  
Uchi-mata  
O-guruma  
Osoto-guruma

##### Shimmeisho no waza

Tsubame-gaeshi  
Osoto-gaeshi  
O-uchi-gaeshi  
Ko-uchi-gaeshi  
Hane-goshi-gaeshi  
Harai-goshi-gaeshi  
Uchi-mata-gaeshi  
Osoto-otoshi

### MASUTEMI-WAZA

##### Gokyo

Tomoe-nage  
Ura-nage  
Sumi-gaeshi

Hikikkomi-gaeshi  
Obi-tori-gaeshi  
Tawara-gaeshi

## **NATIONAL GRADING SYLLABUS**

### **APPENDIX B: Nage waza (continued)**

#### **YOKO-SUTEMI-WAZA**

##### **Gokyo**

Uki-waza  
Yoko-gake  
Yoko-guruma  
Tani-otoshi  
Yoko-wakare  
Yoko-otoshi  
Hane-makikomi  
Soto-makikomi  
Uchi-makikomi

##### **Shimmeisho no waza**

Osoto-makikomi  
Uchi-mata-makikomi  
Harai-makikomi  
\* Kani-basami (prohibited waza)  
\* Kawazu-gake (prohibited waza)

Daki-wakare (IJF)

#### **KATAME-WAZA**

##### **OSAE-KOMI-WAZA**

Hon-kesa-gatame  
Kuzure-kesa-gatame  
(Makura-kesa-gatame)  
Kata-gatame  
Kami-shiho-gatame  
Kuzure-kami-shiho-gatame  
Yoko-shiho-gatame  
Tate-shiho-gatame

Uki-gatame (IJF)

##### **SHIME-WAZA**

Nami-juji-jime  
Gyaku-juji-jime  
Kata-juji-jime  
Hadaka-jime  
Okuri-eri-jie  
Kata-ha-jie

Sode-guruma-jime  
Kata-te-jime  
Ryo-te-jime  
Tsukkomi-jime  
Sankaku-jime  
\* Do-jime (prohibited waza)

Koshi-jime (IJF)

##### **KANSETSU-WAZA**

Ude-garami  
Ude-hishigi-juji gatame  
Ude-hishigi-ude gatame  
Ude-hishigi-hiza-gatame

Ude-hishigi-waki-gatame  
Ude-hishigi-hara-gatame  
Ude-hishigi-ashi-gatame  
Ude-hishigi-te-gatame  
Ude-hishigi-sankaku-gatame  
\* Ashi-garami (prohibited waza)

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 34/38

**APPENDIX C: EXAMINATION SUMMARY**

Dan	Ability to Demonstrate	Kata
1	Grading Board's Choice: <ul style="list-style-type: none"> <li>▪ 8 nage waza, from Gokyo</li> <li>▪ 3 osae waza</li> <li>▪ 3 shime waza</li> <li>▪ 3 kansetsu waza</li> </ul>	Perform 1st 3 sets of the Nage-no-kata as Tori
2	Grading Board's Choice: <ul style="list-style-type: none"> <li>▪ 8 nage waza, from Gokyo</li> <li>▪ 4 osae waza</li> <li>▪ 4 shime waza</li> <li>▪ 3 kansetsu waza</li> </ul>	Perform complete Nage-no-kata as Tori
3	Grading Board's Choice: <ul style="list-style-type: none"> <li>▪ 8 nage waza &amp; 4 shimmeisho no waza</li> <li>▪ 4 osae waza &amp; 2 shimmeisho no waza</li> <li>▪ 4 shime waza</li> <li>▪ 4 kansetsu waza</li> </ul>	Perform complete Nage-no-kata as Tori and Uke <i>and</i> complete Katame-no-kata as Tori or Ju-no-kata as Tori
4	Candidate's choice: Demonstrate & explain mechanics, including variations & escapes: <ul style="list-style-type: none"> <li>▪ 10 nage waza, includes 6 shimmeisho</li> <li>▪ 5 osae waza, includes 2 shimmeisho</li> <li>▪ 5 shime waza, includes 2 shimmeisho</li> <li>▪ 5 kansetsu waza, includes 2 shimmeisho</li> </ul> Additional techniques may be selected by the Examination Board.	Perform Katame-no-kata as Tori and Uke <i>and</i> one complete kata as Tori from: <ol style="list-style-type: none"> <li>1. Goshin-jitsu</li> <li>3. Kime-no-kata</li> <li>2. Ju-no-kata</li> </ol>
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: <ol style="list-style-type: none"> <li>1. Kime no kata</li> <li>2. Ju no kata</li> </ol>
6		perform/ demonstrate or explain / teach the principles of at least 2 complete kata (candidate's choice) selected from: <ol style="list-style-type: none"> <li>1. Kime no kata</li> <li>2. Ju no kata</li> <li>3. Goshinjitsu no Kata</li> </ol>

## **APPENDIX D: Kodokan Promotion**

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### **Forms and Fees**

Candidates apply for Kodokan promotion by completing the *Kodokan Application for Promotion in Rank* and submitting this form, along with the appropriate fees and resume, to Judo Canada at the time of their Judo Canada grading. The Judo Canada NG1, 2, 3, 3A, 3B, etc. are not sent to the Kodokan. Therefore, all the information must be on the Kodokan application form. Provincial Associations and/or Grading Board Chairpersons are asked to submit a letter confirming which candidates have requested Kodokan promotion.

If the applicant is a non-competitor, a resume of Judo activities must accompany his/her *Kodokan Application for Promotion in Rank*.

In order to be promoted by the Kodokan, applicants must be members of the Kodokan. There is a \$125.00 membership fee\* that should be paid when a candidate applies for Kodokan promotion to the rank of Shodan. Other promotion fees are as follows\*:

#### Promotion to the rank of :

Shodan	\$100.00
Nidan	\$125.00
Sandan	\$150.00
Yondan	\$220.00
Godan	\$325.00
Rokudan	\$575.00
Shichidan	\$700.00
Hachidan	\$950.00

If the request for Kodokan promotion is not accompanied by the appropriate forms, fees or resume, the applicant will receive **one notice** advising him/her to submit missing documentation and/or fees. If no response to the notice is received within thirty (30) days, the application will be considered withdrawn. Should this happen, any fees received will be returned to the applicant, minus a ten (10) percent administrative fee.

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 36/38

## NATIONAL GRADING SYLLABUS

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### Kodokan Kata Requirements

The Kodokan has specific Kata requirements that are not always the same as those of Judo Canada. Candidates should ensure that they meet these requirements before submitting a *Kodokan Application for Promotion in Rank*. The requirements for men and women are as follows:

Dan	Kata to be evaluated	
	Men	Women
Shodan	Nage-no-kata	Nage-no-kata (Te, Koshi, Ashi) Ju-no-kata (1 kyo)
Nidan	Nage-no-kata	Nage-no-kata (compl.) Ju-no-kata (1 & 2 kyo)
Sandan	Nage-no-kata Katame-no-kata	Ju-no-kata (compl.) Katame-no-kata
Yondan	Nage-no-kata Katame-no-kata	Ju-no-kata Kime-no-kata
Godan	Kime-no-kata <b>or</b> Goshin-jutsu	Ju-no-kata Goshin-jutsu Itsutsu-no-kata
Rokudan	Ju-no-kata Kime-no-kata <b>or</b> Goshin-jutsu	Ju-no-kata Koshiki-no-kata

### Judo Canada Submission of *Kodokan Applications for Promotion in Rank*

*Kodokan Applications for Promotion in Rank* will be sent to the Kodokan every six (6) months.

### Refusal of *Kodokan Applications for Promotion in Rank*

Any candidate whose application is refused by the Kodokan due to failure to meet requirements will have his/her fees returned, minus a ten (10) percent administrative fee.

The only exception to the above is a case in which promotion is refused due to lack of time in grade. In this case, the candidate's request for promotion will be retained and will automatically be resubmitted when the time in grade requirement has been met.

### Kodokan Certificates and Membership Cards

When received, Kodokan certificates and membership cards will be forwarded to Provincial

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 37/38

## **NATIONAL GRADING SYLLABUS**

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associations or Provincial Grading Board Chairpersons for distribution to successful candidates. The National Office will not generally send these documents directly to applicants.

It is possible to request **replacement certificates and membership cards** from the Kodokan. Those requesting replacement certificates or membership cards will be responsible for the bank fees necessary to make the transfer of funds to the Kodokan if they do not wish to wait until the next regular mailing of applications (June 1<sup>st</sup> or December 1<sup>st</sup>). The price of a replacement certificate is \$35.00\* and the price of a replacement membership card is \$15.00\*.

### **Special Cases**

#### *1. Posthumous Promotion*

While posthumous promotion is possible for exceptional candidates, there are strict policies that must be followed in this case:

- 1) The application for the deceased applicant must be received within one month of his/her death. The date of death must be clearly indicated on the application form.
- 2) The application must include a detailed resume of the candidate's judo activities and lifetime dedication to the sport. Only candidates who have made significant contributions to the development of Canadian Judo will be considered for posthumous promotion.
- 3) If the application is accepted, the Provincial Association or individual applying for promotion on behalf of the deceased candidate will be responsible for the bank fees necessary to make the transfer of funds to the Kodokan.

#### *2. Skipping Ranks*

The Kodokan does not generally permit the skipping of ranks. Applicants should apply for Kodokan ranks in order, regardless of their current Judo Canada rank. In the event of special circumstances, an applicant should contact the National Office to discuss the situation before submitting his/her request.

*\* All fees indicated were correct at time of printing and are subject to change.*

Judo Canada	Date produced: 2000-01-01	Version: ME 01.03.03E
Title: National Grading Syllabus	Last review: 2003-03-01	Page 38/38