



Judo Assist Ireland

Grading Syllabus for DAN GRADES

1st Dan (Black Belt) Requirements

- ◆ Demonstrate any/all techniques of the examiners choice from the senior grading syllabus
- ◆ Demonstrate Go-No-Sen Kata in full
- ◆ Complete a Junior Coaching Award
- ◆ Complete an Adaptive Coaching Course
- ◆ Complete Junior/Club Referee Course
- ◆ Contribute 30 hours to your club in a voluntary capacity
- ◆ Submit a one page essay on the history/origins of Judo
- ◆ Accumulate 100 contest points from competition and/or gradings

2nd Dan (Black Belt) Requirements

- ◆ Demonstrate any/all techniques of the examiners choice from the senior grading syllabus
- ◆ Demonstrate Gatami No Kata in full
- ◆ Complete a Club Coaching Award
- ◆ Complete an Adaptive Coaching Course level II
- ◆ Complete Senior/Regional Referee Course
- ◆ Contribute 30 hours to your club in a voluntary capacity
- ◆ Submit a two page essay on the benefits of inclusive Judo
- ◆ Accumulate 100 contest points from competition and/or gradings
- ◆ Must hold a first Dan for two years