

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Tani-otoshi

Yoko-guruma

KAN-SETSU-WAZA:

Ude-garami

JAPANESE

ENGLISH DESCRIPTION

Kuzure-kesa-gatame

Modified Scarf Hold

Tani-otoshi

Valley Drop Throw

Ude-garami

Entangled Armlock

Yoko-guruma

Side Wheel Throw

PERFORMANCE SKILLS

NE-WAZA:

Ude-garami from Kuzure-kesa-gatame

RANDORI:

Randori demonstration with a cooperative partner.

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.



12TH MON – 13TH MON SYLLABUS CHECKLIST (AGE RECOMMENDATION 11-15YRS)

NAME:**MEMBERSHIP NO:****FUNDAMENTAL SKILLS****TACHI-WAZA:**

Tomoe-nage

Yoko-tomoe-nage

SHIME-WAZA:

Okuri-eri-jime

Kata-juji-jime

Nami-juji-jime

Gyaku-juji-jime

JAPANESE**ENGLISH DESCRIPTION**

Gyaku-juji-jime

Reverse Cross Strangle

Kata-juji-jime

Half Cross Strangle

Nami-juji-jime

Normal Cross Strangle

Okuri-eri-jime

Sliding Collar Strangle

Seoi-otoshi

Shoulder Drop

Tomoe-nage

Circle Throw

Yoko-tomoe-nage

Side Circle Throw

PERFORMANCE SKILLS**SHIME-WAZA:**

Nami-juji-jime – Uke underneath (between Tori's legs)

Gyaku-juji-jime – Uke on top (between Tori's legs)

Okuri-eri-jime – Uke attempts a Seoi-otoshi (or other) dropping attack.

RANDORI:

Demonstrate attacking and defending with a cooperative partner.

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.



13TH MON –
14TH MON
SYLLABUS CHECKLIST
 (AGE RECOMMENDATION 11-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Uki-waza

Soto-maki-komi

SHIME-WAZA:

Koshi-jime

Kata-te-jime

JAPANESE

ENGLISH DESCRIPTION

Kata-te-jime

Strangle with One Hand

Koshi-jime

Strangle using the hip

Shime-waza

Strangle Techniques

Soto-maki-komi

Outside Winding

Uki-waza

Floating Throw

PERFORMANCE SKILLS

SHIME-WAZA:

Koshi-jime - Uke has attempted a "dropping attack."

Kata-te-jime - Uke in "all fours" position

RANDORI:

Demonstrate attacking and defending with a cooperative partner.

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.



14TH MON – 15TH MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)