

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS	
<b>TACHI-WAZA:</b>	
Sode-tsurei-komi-goshi	
Sumi-gaeshi	
Yoko-gake	
Ko-uchi-gake-maki-komi	
Ushiro-goshi	
Ura-nage	
Uki-otoshi	
<b>SHIME-WAZA:</b>	
Kata-ha-jime	
Hadaka-jime	
San-gaku-jime	

PERFORMANCE SKILLS	
<b>TACHIWAZA</b>	
Demonstrate any two variations of Sumi-gaeshi.	
<b>NE-WAZA:</b>	
San-gaku-jime – complex entry	
San-gaku-gatame – complex entry	
San-gaku-osae-gatame – turnover and hold	
Hadaka-jime – Uke prone position	
Kata-ha-jime – Uke “all fours” position	
<b>RANDORI:</b>	
Demonstration of attack, defence, avoidance, and continuous attacking performance skills with a cooperative partner in tachi-waza and ne-waza in randori.	

PERSONAL CHOICE	
Demonstrate four techniques individually and then as a series of combinations and counters. <b>or</b> Demonstrate one set of the Nage-no-kata or one set of the Katame-no-kata.	

JAPANESE	ENGLISH DESCRIPTION	
Hadaka-jime	Naked Strangle	
Kata	Forms	
Kata-ha-jime	Single Collar Strangle	
Katame-no-kata	Grappling Forms	
Koshi-guruma	Hip Wheel Throw	
Ko-uchi-gake-maki-komi	Minor Inner Hook Thigh Winding	
Nage-no-kata	Throwing Forms	
Renraku-waza	Combination Techniques in the Opposite Direction	
Renzoku-waza	Combination Techniques in the Same or Similar Direction	
San-gaku-gatame	Triangular Hold Down	
San-gaku-jime	Triangular Strangle	
San-gaku-osae-gatame	Triangular Strangle and Hold Down	
Sode-tsurei-komi-goshi	Sleeve Lift Pull Hip Throw	
Sumi-gaeshi	Corner Throw	
Uki-otoshi	Floating Drop	
Ura-nage	Rear Throw	
Ushiro-goshi	Rear Hip Throw	
Yoko-gake	Side Hook Throw	

SUPPLEMENTARY JUDO KNOWLEDGE	
Explain the meaning of the Japanese terminology used for this grade.	
Give three examples of penalties in the competition rules.	



**2ND KYU –  
1ST KYU**

**SYLLABUS CHECKLIST**