FUNDAMENTAL SKILLS

TACHI-WAZA:

Tai-otoshi

OSAE-KOMI-WAZA:

Yoko-shiho-gatame

JAPANESE	ENGLISH DESCRIPTION	
Kumi-kata	Engagement Position	
Tai-otoshi	Body Drop Throw	
Yoko-shiho-gatame	Side Four Quarters Hold	

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

Tai-otoshi into Yoko-shiho-gatame

NE-WAZA:

Escape from Yoko-shiho-gatame using 'trap, bridge and roll'.

Turnover into Yoko-shiho-gatame (Uke in face-down prone position).

KUMI-KATA:

Demonstrate the right and left standard grips.

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

SUPPLEMENTARY JUDO KNOWLEDGE

Demonstrate a basic knowledge of the Judo Moral Code.

Explain the meaning of the Japanese terminology used for this grade.



MEMBERSHIP NO:

FUNDAMENTAL SKILLS TACHI-WAZA: Ippon-seoi-nage OSAE-KOMI-WAZA: Kami-shiho-gatame

JAPANESE	ENGLISH DESCRIPTION	
Ippon-seoi-nage	One Arm Shoulder Throw	
Kami-shiho-gatame	Upper Four Quarters Hold	

PERFORMANCE SKILLS				
TRANSITION:				
Ippon-seoi-nage into Kami-shiho-gatame				
NE-WAZA:				
Turnover into Kesa-gatame (Uke in "all fours" position).				
Escape from Kami-shiho-gatame using 'action and reaction'.				
KUMI-KATA:				
Demonstrate alternatives to the right and left standard grips.				

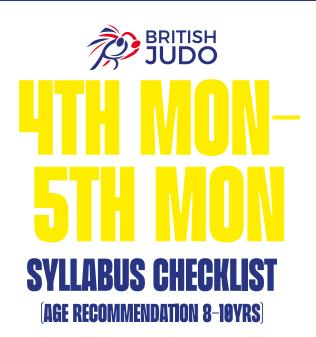
PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

SUPPLEMENTARY JUDO KNOWLEDGE

Demonstrate a sound knowledge of the Judo Moral Code.

Explain the meaning of the Japanese terminology used for this grade.



NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Mae Ukemi

TACHI-WAZA: Ouchi-gari

OSAE-KOMI-WAZA:

Tate-shiho-gatame

JAPANESE	ENGLISH DESCRIPTION	
Mae Ukemi	Front Breakfall	
Nage-komi	Repetitive Throwing	
Ouchi-gari	Major Inner Reaping Throw	
Randori	Free Practice	
Tate-shiho-gatame	Lengthwise Four Quarters Hold	

PERFORMANCE SKILLS

TRANSITION:

Ouchi-gari into Tate-shiho-gatame

NE-WAZA:

Escape from Tate-shiho-gatame using a 'clamp and roll' action.

Turnover into Mune-gatame with Uke in "all fours" position).

KUMI-KATA:

Demonstrate double lapel and high collar grips.

NAGE-KOMI /RANDORI:

Demonstrate Nage-komi in light Randori with a cooperative partner.

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

SUPPLEMENTARY JUDO KNOWLEDGE

Give two examples of actions against the contest rules.

