

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Tsuri-komi-goshi	
O-goshi	
Kouchi-gari	

JAPANESE

ENGLISH DESCRIPTION

Kouchi-gari	Minor Inner Reaping Throw	
O-goshi	Major Hip Throw	
Tsuri-komi-goshi	Drawing Hip Throw	
Waza-ari-awasete-ippon	Almost Ippon	
Yoko-shiho-gatame	Side four quarters hold	

PERFORMANCE SKILLS

TACHI-WAZA:

Ouchi-gari into Kouchi-gari	
Kouchi-gari into Osoto-gari or Osoto-gake	
Ouchi-gari countered by Tsuri-komi-goshi.	

NE-WAZA:

Escape from Kesa-gatame using 'bridge and roll'.	
Move into Kesa-gatame from between Uke's legs.	

NAGE-KOMI /RANDORI:

Demonstration of light Randori with a cooperative partner	
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PERSONAL CHOICE

Demonstrate two tachi-waza and one ne-waza technique.	
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SUPPLEMENTARY JUDO KNOWLEDGE

Give two examples of actions against the contest rules.	
Name three items from the judo moral code.	
Explain the meaning of the Japanese words: <i>Waza-ari-awasete-ippon</i>	
Explain the meaning of all the Japanese terminology used in this section.	
Demonstrate the proper procedures for entering and leaving the mat for a contest.	



BRITISH JUDO
6TH MON-
7TH MON
SYLLABUS CHECKLIST
 (AGE RECOMMENDATION 8-11YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS	
TACHI-WAZA:	
Kosoto-gari	
Kosoto-gake	
Morote-seoi-nage	

PERSONAL CHOICE	
Demonstrate two tachi-waza and one ne-waza technique.	

JAPANESE	ENGLISH DESCRIPTION	
Kosoto-gake	Minor Outer Hook Throw	
Kosoto-gari	Minor Outer Reaping Throw	
Morote-seoi-nage	Two-Handed Shoulder Throw	
Shido	Minor infringement	
Hansoku-make	Disqualification	

PERFORMANCE SKILLS	
TACHI-WAZA:	
Ouchi-gari into Kouchi-gari	
Kouchi-gari into Osoto-gari or Osoto-gake	
Ouchi-gari countered by Tsuru-komi-goshi.	
NE-WAZA:	
Escape from Kesa-gatame using 'bridge and roll'.	
Move into Kesa-gatame from between Uke's legs.	
NAGE-KOMI /RANDORI:	
Demonstration of light Randori with a cooperative partner	

SUPPLEMENTARY JUDO KNOWLEDGE	
Name three items from the judo moral code.	
Explain the meaning of all the Japanese terminology used in this section.	
<i>Explain the meaning of the Japanese words:</i>	
• Shido	
• Hansoku-make	
Demonstrate the Referee's signals for:	
• Mate	
• Osaekomi	
• Toketa	
• Adjusting the judogi.	
Give two examples of actions (not grips) against the contest rules for negative and safety reasons.	



**7TH MON –
8TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-11YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Osoto-gari

Seoi-otoshi

JAPANESE

ENGLISH DESCRIPTION

Osoto-gari

Major Outer Reaping Throw

Seoi-otoshi

Shoulder Drop Throw

Hiki-wake

Draw a drawn contest

PERFORMANCE SKILLS

TACHI-WAZA:

Ippon-seoi-nage into Kouchi-gari

Any techniques, as combinations with:

· Seoi-otoshi

· Kouchi-gari

NE-WAZA:

Arm roll with Uke approaching from the front.

Arm roll with Uke approaching from behind.

RANDORI:

Randori demonstration with a cooperative partner.

PERSONAL CHOICE

Demonstrate two tachi-waza and one ne-waza technique.

SUPPLEMENTARY JUDO KNOWLEDGE

Name three items from the judo moral code.

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

Explain the meaning of the Japanese word: *Hiki-wake*

Give two examples of grips against the contest rules for negative or safety reasons.



8TH MON – 9TH MON

SYLLABUS CHECKLIST

[AGE RECOMMENDATION 8-11YRS]