NAME:

Kesa-gatame

MEMBERSHIP NO:

FUNDAMENTAL SKILLS UKEMI: Ushiro Ukemi TACHI-WAZA: Osoto-otoshi OSAE-KOMI-WAZA:

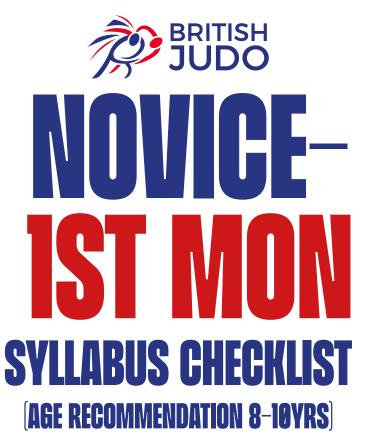
JAPANESE	ENGLISH DESCRIPTION	
Judogi	Judo Uniform	
Judoka	Judo player	
Hajime	Begin - Referee's command to start a judo contest.	
Ne-waza	Groundwork Techniques	
Osae-komi-waza	Holding Techniques	
Kesa-gatame	Scarf Hold	
Mate	Wait – Referee's command to temporarily halt a judo contest.	
O-soto-otoshi	Major Outer Drop Throw	
Rei	Standing Bow	
Tachi-waza	Standing Techniques	
Ushiro Ukemi	Rear breakfall	

PERFORMANCE SKILLS	
TRANSITION INTO NE-WAZA:	
Osoto-otoshi into Kesa-gatame	
NE-WAZA:	
Escape from Kesa-gatame by trapping Uke's leg.	

PERSONAL CHOICE

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

Explain the meaning of the following Japanese words: Hajime Mate Rei Explain the meaning of the Japanese terminology used for this grade. Answer the following questions: In which country was Judo devised?



NAME:

Mune-gatame

MEMBERSHIP NO:

FUNDAMENTAL SKILLS UKEMI: Yoko Ukemi TACHI-WAZA: Deashi-barai OSAE-KOMI-WAZA:

JAPANESE	ENGLISH DESCRIPTION	
Deashi-barai	Advanced Foot Sweep	
Mune-gatame	Major Outer Drop Throw	
Osae-komi	Holding Technique	
Randori	Free Practice	
Rei	Standing Bow	
Toketa	Hold Broken	
Yoko-ukemi	Side Breakfall	

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TRANSITION INTO NE-WAZA:

De-ashi-barai into Mune-gatame

NE-WAZA:

Escape from Mune-gatame using a 'bridge and roll' action.

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Osae-komi

Randori

Toketa

Demonstrate the correct procedure for standing and kneeling bows.

Answer the following questions:

Who was the founder of modern Judo?

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



AGE RECOMMENDATION 8-10YRS

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Mae Mawari Ukemi (3 versions)

TACHI-WAZA:

Uki-goshi

OSAE-KOMI-WAZA:

Kuzure-kesa-gatame

JAPANESE	ENGLISH DESCRIPTION
Dojo	Judo Practice Hall
Judogi	Judo Uniform
Kuzure-kesa-gatame	Modified Scarf Hold
Mae mawari ukemi	Forward rolling breakfall
Tori	The Offensive or Attacking Judoka
Uke	The Defensive or Defending Judoka
Uki-goshi	Floating Hip Throw
Zori	Judo Footwear

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

Uki-goshi into Kuzure-kesa-gatame

NE-WAZA:

Escape from Kuzure-kesa-gatame using 'sit up and push'.

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Dojo

Judogi

Zori

Uke

Tori

Demonstrate the correct wearing of the judogi and tying of the belt.

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



2ND MON3RD MONSYLLABUS CHECKLIST

AGE RECOMMENDATION 8-10YRS