

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Sode-tsuru-komi-goshi	
Sumi-gaeshi	
Yoko-gake	
Ko-uchi-gake-maki-komi	
Ushiro-goshi	
Ura-nage	
Uki-otoshi	
Koshi-guruma	
SHIME-WAZA:	
Kata-ha-jime	
Hadaka-jime	
San-gaku-jime	

When demonstrating Ura-nage, it is crucial to prioritise safety. Completing the complete throw is not necessary; instead, focus on showcasing the technique's effectiveness. To enhance safety measures, consider using a landing mat during the demonstration.

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.	
or	
Demonstrate one set of the Nage-no-kata or one set of the Katame-no-kata.	

SUPPLEMENTARY JUDO KNOWLEDGE

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

PERFORMANCE SKILLS

TACHIWAZA

Demonstrate any two variations of Sumi-gaeshi.	
Ushiro-goshi as a counter to Harai-goshi	
Sumi-gaeshi as a combination with Uchi-mata	
Counter Koshi-guruma with Ura-nage *	

NE-WAZA:

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	

RANDORI:

Demonstration of attack, defence, avoidance, and continuous attacking performance skills with a cooperative partner in tachi-waza and ne-waza in randori.	
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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-tsuru-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	



2ND KYU – 1ST KYU

SYLLABUS CHECKLIST