

NAME:

MEMBERSHIP NO:

| FUNDAMENTAL SKILLS | |
|---------------------------|--|
| TACHI-WAZA: | |
| Sode-tsuri-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 | |

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

| PERFORMANCE SKILLS | |
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| 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. | |

| 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-tsuri-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