

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Soto-maki-komi	
Tani-otoshi	
Yoko-guruma	
Tomoe-nage	
Yoko-tomoe-nage	
Uki-waza	

### SHIME-WAZA:

Okuri-eri-jime	
Nami-juji-jime	
Gyaku-juji-jime	
Koshi-jime	
Kata-te-jime	
Kata-te-jime	

### KANSETSU-WAZA:

Ude-garami	
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## PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

## SUPPLEMENTARY JUDO KNOWLEDGE

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

## PERFORMANCE SKILLS

### COMBINATION TECHNIQUES:

Ude-garami from Kuzure-kesa-gatame	
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### NE-WAZA:

Koshi-jime – Uke attempts Seoi-otoshi (dropping attack)	
Kata-te-jime - Uke in "all fours" position	
Nami-juji-jime – Uke underneath (between Tori's legs)	
Gyaku-juji-jime – Uke on top (between Tori's legs)	
Okuri-eri-jime – Uke makes Seoi-otoshi (dropping attack)	

### 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	
Gyaku-juji-jime	Reverse Cross Strangle	
Kaeshi-waza	Counter Techniques	
Kata-te-jime	Strangle with One Hand	
Koshi-jime	Strangle using the hip	
Kuzure-kesa-gatame	Broken scarf hold	
Nami-juji-jime	Normal Cross Strangle	
Okuri-eri-jime	Sliding Collar Strangle	
Renraku-waza	Combination techniques in the opposite direction	
Renzoku-waza	Combination techniques in the same or similar direction	
Seoi-otoshi	Shoulder drop	
Shime-waza	Strangle Techniques	
Soto-maki-komi	Outside Winding	
Tani-otoshi	Valley Drop Throw	
Tomoe-nage	Circle Throw	
Ude-garami	Entangled Armlock	
Uki-waza	Floating Throw	
Yoko-guruma	Side Wheel Throw	
Yoko-tomoe-nage	Side Circle Throw	



# 3RD KYU – 2ND KYU SYLLABUS CHECKLIST