

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Harai-goshi	
Uchi-mata	
Hiza-guruma	
Sasae-tsuru-komi-ashi	
Hane-goshi	
Okuri-ashi-barai	
Morote-eri-seoi-nage	

KANSETSU-WAZA:

Ude-gatame	
Waki-gatame	
Hiza-gatame	
Juji-gatame	

PERFORMANCE SKILLS

KANSETSU-WAZA:

Demonstrate Juji-gatame using the following:

Sit-back entry	
Rollover entry	
Over-the-shoulder entry	
Entry from beneath	

TACHI-WAZA:

Kouchi-gari into Morote-seoi-nage	
Tai-otoshi countered by Kosoto-gake or Kosoto-gari	

NAGE-KOMI/RANDORI:

Demonstration of attacking, defence, avoidance, and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a cooperative partner	
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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 (see table below).

Give two examples of actions against the contest rules.

Demonstrate a sound knowledge of the Judo Moral Code.

JAPANESE	ENGLISH DESCRIPTION	
Hane-goshi	Spring Hip	
Harai-goshi	Sweeping Hip	
Hiza-gatame	Armlock applied with the knee	
Hiza-guruma	Knee Wheel	
Juji-gatame	Cross Armlock	
Kan-setsu-waza	Joint Techniques	
Morote-eri-seoi-nage	Two-Handed Lapel Shoulder	
Okuri-ashi-barai	Foot Sweep	
Renraku-waza	Combination techniques in the opposite direction	
Renzoku-waza	Combination techniques in the same or similar direction	
Sasae-tsuru-komi-ashi	Propping Drawing Ankle	
Uchi-mata	Inner Thigh	
Ude-gatame	Straight Armlock	
Waki-gatame	Armlock applied with the armpit.	



4TH KYU – 3RD KYU SYLLABUS CHECKLIST