

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:	
Tsuri-komi-goshi	
O-goshi	
Kouchi-gari	

JAPANESE	ENGLISH DESCRIPTION
Kouchi-gari	Minor Inner Reaping Throw
O-goshi	Major Hip Throw
Tsuri-komi-goshi	Drawing Hip Throw
Waza-ari-awasete-ippon	Almost Ippon
Yoko-shiho-gatame	Side four quarters hold

PERFORMANCE SKILLS

TACHI-WAZA:	
Ouchi-gari into Kouchi-gari	
Kouchi-gari into Osoto-gari or Osoto-gake	
Ouchi-gari countered by Tsuri-komi-goshi.	
NE-WAZA:	
Escape from Kesa-gatame using 'bridge and roll'.	
Move into Kesa-gatame from between Uke's legs.	
NAGE-KOMI /RANDORI:	
Demonstration of light Randori with a cooperative partner	

PERSONAL CHOICE

Demonstrate two tachi-waza and one ne-waza technique.	
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SUPPLEMENTARY JUDO KNOWLEDGE

Give two examples of actions against the contest rules.	
Name three items from the judo moral code.	
Explain the meaning of the Japanese words: <i>Waza-ari-awasete-ippon</i>	
Explain the meaning of all the Japanese terminology used in this section.	
Demonstrate the proper procedures for entering and leaving the mat for a contest.	



BRITISH JUDO
6TH MON-
7TH MON
SYLLABUS CHECKLIST
 (AGE RECOMMENDATION 8-11YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS	
TACHI-WAZA:	
Kosoto-gari	
Kosoto-gake	
Morote-seoi-nage	

PERSONAL CHOICE	
Demonstrate two tachi-waza and one ne-waza technique.	

JAPANESE	ENGLISH DESCRIPTION	
Kosoto-gake	Minor Outer Hook Throw	
Kosoto-gari	Minor Outer Reaping Throw	
Morote-seoi-nage	Two-Handed Shoulder Throw	
Shido	Minor infringement	
Hansoku-make	Disqualification	

PERFORMANCE SKILLS	
TACHI-WAZA:	
Kouchi-gari into Morote-seoi-nage	
Tai-otoshi countered by Kosoto-gake or Kosoto-gari	
NE-WAZA:	
Move into Yoko-shiho-gatame from between Uke's legs.	
Turnover from underneath Uke into Tate-shiho-gatame	
RANDORI:	
Demonstration of light Randori with a cooperative partner	

The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.

SUPPLEMENTARY JUDO KNOWLEDGE	
Name three items from the judo moral code.	
Explain the meaning of all the Japanese terminology used in this section.	
<i>Explain the meaning of the Japanese words:</i>	
• Shido	
• Hansoku-make	
Demonstrate the Referee's signals for:	
• Mate	
• Osækomi	
• Toketa	
• Adjusting the judogi.	
Give two examples of actions (not grips) against the contest rules for negative and safety reasons.	



**7TH MON –
8TH MON**

SYLLABUS CHECKLIST

[AGE RECOMMENDATION 8-11YRS]

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Osoto-gari	
Seoi-otoshi	

JAPANESE

ENGLISH DESCRIPTION

Osoto-gari	Major Outer Reaping Throw	
Seoi-otoshi	Shoulder Drop Throw	
Hiki-wake	Draw a drawn contest	

PERFORMANCE SKILLS

TACHI-WAZA:

Ippon-seoi-nage into Kouchi-gari	
Any techniques, as combinations with:	
· Seoi-otoshi	
· Kouchi-gari	

NE-WAZA:

Arm roll with Uke approaching from the front.	
Arm roll with Uke approaching from behind.	

RANDORI:

Randori demonstration with a cooperative partner.	
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PERSONAL CHOICE

Demonstrate two tachi-waza and one ne-waza technique.	
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SUPPLEMENTARY JUDO KNOWLEDGE

Name three items from the judo moral code.	
Explain the meaning of all the Japanese terminology used in this section.	
Explain the meaning of the Japanese word: <i>Hiki-wake</i>	
Give two examples of grips against the contest rules for negative or safety reasons.	



8TH MON – 9TH MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-11YRS)