

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Ushiro Ukemi

TACHI-WAZA:

Osoto-otoshi

OSAE-KOMI-WAZA:

Kesa-gatame

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

Osoto-otoshi into Kesa-gatame

NE-WAZA:

Escape from Kesa-gatame by trapping Uke's leg.

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Hajime

Mate

Rei

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

Answer the following questions:

In which country was Judo devised?

| JAPANESE | ENGLISH DESCRIPTION |
|---------------|--|
| Judogi | Judo Uniform |
| Judoka | Judo player |
| Hajime | Begin - Referee's command to start a judo contest. |
| Ne-waza | Groundwork Techniques |
| Osaekomi-waza | Holding Techniques |
| Kesa-gatame | Scarf Hold |
| Mate | Wait – Referee's command to temporarily halt a judo contest. |
| O-soto-otoshi | Major Outer Drop Throw |
| Rei | Standing Bow |
| Tachi-waza | Standing Techniques |
| Ushiro Ukemi | Rear breakfall |



NOVICE- 1ST MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Yoko Ukemi

TACHI-WAZA:

Deashi-barai

OSAE-KOMI-WAZA:

Mune-gatame

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

De-ashi-barai into Mune-gatame

NE-WAZA:

Escape from Mune-gatame using a 'bridge and roll' action.

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

JAPANESE ENGLISH DESCRIPTION

| | | |
|--------------|---------------------|--|
| Deashi-barai | Advanced Foot Sweep | |
| Mune-gatame | Chest Hold | |
| Osaekomi | Holding Technique | |
| Randori | Free Practice | |
| Rei | Standing Bow | |
| Toketa | Hold Broken | |
| Yoko-ukemi | Side Breakfall | |

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Osaekomi

Randori

Toketa

Demonstrate the correct procedure for standing and kneeling bows.

Answer the following questions:

Who was the founder of modern Judo?

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



1ST MON – 2ND MON SYLLABUS CHECKLIST (AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Mae Mawari Ukemi (3 versions)

TACHI-WAZA:

Uki-goshi

OSAE-KOMI-WAZA:

Kuzure-kesa-gatame

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

Uki-goshi into Kuzure-kesa-gatame

NE-WAZA:

Escape from Kuzure-kesa-gatame using 'sit up and push'.

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

JAPANESE

ENGLISH DESCRIPTION

| | | |
|--------------------|-----------------------------------|--|
| Dojo | Judo Practice Hall | |
| Judogi | Judo Uniform | |
| Kuzure-kesa-gatame | Modified Scarf Hold | |
| Mae mawari ukemi | Forward rolling breakfall | |
| Tori | The Offensive or Attacking Judoka | |
| Uke | The Defensive or Defending Judoka | |
| Uki-goshi | Floating Hip Throw | |
| Zori | Judo Footwear | |

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Dojo

Judogi

Zori

Uke

Tori

Demonstrate the correct wearing of the judogi and tying of the belt.

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



2ND MON- 3RD MON SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)