

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

| | |
|------------------------|--------------------------|
| UKEMI: | |
| Ushiro Ukemi | <input type="checkbox"/> |
| TACHI-WAZA: | |
| Osoto-otoshi | <input type="checkbox"/> |
| OSAE-KOMI-WAZA: | |
| Kesa-gatame | <input type="checkbox"/> |

PERFORMANCE SKILLS

| | |
|--|--------------------------|
| TRANSITION INTO NE-WAZA: | |
| Osoto-otoshi into Kesa-gatame | <input type="checkbox"/> |
| NE-WAZA: | |
| Escape from Kesa-gatame by trapping Uke's leg. | <input type="checkbox"/> |

PERSONAL CHOICE

| | |
|---|--------------------------|
| Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza. | <input type="checkbox"/> |
|---|--------------------------|

| JAPANESE | ENGLISH DESCRIPTION | |
|----------|---------------------|--|
|----------|---------------------|--|

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

SUPPLEMENTARY JUDO KNOWLEDGE

| | |
|--|--------------------------|
| Explain the meaning of the following Japanese words: | |
| Hajime | <input type="checkbox"/> |
| Mate | <input type="checkbox"/> |
| Rei | <input type="checkbox"/> |
| Explain the meaning of the Japanese terminology used for this grade. | |
| Answer the following questions: | |
| In which country was Judo devised? | <input type="checkbox"/> |



NOVICE- 1ST MON SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

| FUNDAMENTAL SKILLS | |
|------------------------|--------------------------|
| UKEMI: | |
| Yoko Ukemi | <input type="checkbox"/> |
| TACHI-WAZA: | |
| Deashi-barai | <input type="checkbox"/> |
| OSAE-KOMI-WAZA: | |
| Mune-gatame | <input type="checkbox"/> |

| PERFORMANCE SKILLS | |
|---|--------------------------|
| TRANSITION INTO NE-WAZA: | |
| De-ashi-barai into Mune-gatame | <input type="checkbox"/> |
| NE-WAZA: | |
| Escape from Mune-gatame using a 'bridge and roll' action. | <input type="checkbox"/> |

| JAPANESE | ENGLISH DESCRIPTION | |
|--------------|---------------------|--------------------------|
| Deashi-barai | Advanced Foot Sweep | <input type="checkbox"/> |
| Mune-gatame | Chest Hold | <input type="checkbox"/> |
| Osae-komi | Holding Technique | <input type="checkbox"/> |
| Randori | Free Practice | <input type="checkbox"/> |
| Rei | Standing Bow | <input type="checkbox"/> |
| Toketa | Hold Broken | <input type="checkbox"/> |
| Yoko-ukemi | Side Breakfall | <input type="checkbox"/> |

| PERSONAL CHOICE | |
|---|--------------------------|
| Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza. | <input type="checkbox"/> |

| SUPPLEMENTARY JUDO KNOWLEDGE | |
|--|--------------------------|
| Explain the meaning of the following Japanese words: | |
| Osae-komi | <input type="checkbox"/> |
| Randori | <input type="checkbox"/> |
| Toketa | <input type="checkbox"/> |
| Demonstrate the correct procedure for standing and kneeling bows. | <input type="checkbox"/> |
| Answer the following questions: | |
| Who was the founder of modern Judo? | <input type="checkbox"/> |
| Explain the meaning of the Japanese terminology used for this grade. | <input type="checkbox"/> |



1ST MON – 2ND MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

| | |
|-------------------------------|--------------------------|
| UKEMI: | |
| Mae Mawari Ukemi (3 versions) | <input type="checkbox"/> |
| TACHI-WAZA: | |
| Uki-goshi | <input type="checkbox"/> |
| OSAE-KOMI-WAZA: | |
| Kuzure-kesa-gatame | <input type="checkbox"/> |

PERFORMANCE SKILLS

| | |
|---|--------------------------|
| TRANSITION INTO NE-WAZA: | |
| Uki-goshi into Kuzure-kesa-gatame | <input type="checkbox"/> |
| NE-WAZA: | |
| Escape from Kuzure-kesa-gatame using 'sit up and push'. | <input type="checkbox"/> |

PERSONAL CHOICE

| | |
|---|--------------------------|
| Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza. | <input type="checkbox"/> |
|---|--------------------------|

| JAPANESE | ENGLISH DESCRIPTION | |
|--------------------|-----------------------------------|--------------------------|
| Dojo | Judo Practice Hall | <input type="checkbox"/> |
| Judogi | Judo Uniform | <input type="checkbox"/> |
| Kuzure-kesa-gatame | Modified Scarf Hold | <input type="checkbox"/> |
| Mae mawari ukemi | Forward rolling breakfall | <input type="checkbox"/> |
| Tori | The Offensive or Attacking Judoka | <input type="checkbox"/> |
| Uke | The Defensive or Defending Judoka | <input type="checkbox"/> |
| Uki-goshi | Floating Hip Throw | <input type="checkbox"/> |
| Zori | Judo Footwear | <input type="checkbox"/> |

SUPPLEMENTARY JUDO KNOWLEDGE

| | |
|--|--------------------------|
| Explain the meaning of the following Japanese words: | |
| Dojo | <input type="checkbox"/> |
| Judogi | <input type="checkbox"/> |
| Zori | <input type="checkbox"/> |
| Uke | <input type="checkbox"/> |
| Tori | <input type="checkbox"/> |
| Demonstrate the correct wearing of the judogi and tying of the belt. | <input type="checkbox"/> |
| Explain the meaning of the Japanese terminology used for this grade. | <input type="checkbox"/> |



2ND MON – 3RD MON SYLLABUS CHECKLIST (AGE RECOMMENDATION 8-10YRS)