

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Tani-otoshi

Yoko-guruma

KAN-SETSU-WAZA:

Ude-garami

JAPANESE

ENGLISH DESCRIPTION

Kuzure-kesa-gatame

Modified Scarf Hold

Tani-otoshi

Valley Drop Throw

Ude-garami

Entangled Armlock

Yoko-guruma

Side Wheel Throw

PERFORMANCE SKILLS

NE-WAZA:

Ude-garami from Kuzure-kesa-gatame

RANDORI:

Randori demonstration with a cooperative partner.

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.



12TH MON – 13TH MON SYLLABUS CHECKLIST (AGE RECOMMENDATION 11-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Tomoe-nage	
Yoko-tomoe-nage	

SHIME-WAZA:

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

JAPANESE	ENGLISH DESCRIPTION
Gyaku-juji-jime	Reverse Cross Strangle
Kata-juji-jime	Half Cross Strangle
Nami-juji-jime	Normal Cross Strangle
Okuri-eri-jime	Sliding Collar Strangle
Seoi-otoshi	Shoulder Drop
Tomoe-nage	Circle Throw
Yoko-tomoe-nage	Side Circle Throw

PERFORMANCE SKILLS

SHIME-WAZA:

Nami-juji-jime – Uke underneath (between Tori's legs)	
Gyaku-juji-jime – Uke on top (between Tori's legs)	
Okuri-eri-jime – Uke attempts a Seoi-otoshi (or other) dropping attack.	

RANDORI:

Demonstrate attacking and defending with a cooperative partner.	
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PERSONAL CHOICE

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

Explain the meaning of all the Japanese terminology used in this section.	
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BRITISH
JUDO

**13TH MON –
14TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Uki-waza

Soto-maki-komi

SHIME-WAZA:

Koshi-jime

Kata-te-jime

JAPANESE

ENGLISH DESCRIPTION

Kata-te-jime

Strangle with One Hand

Koshi-jime

Strangle using the hip

Shime-waza

Strangle Techniques

Soto-maki-komi

Outside Winding

Uki-waza

Floating Throw

PERFORMANCE SKILLS

SHIME-WAZA:

Koshi-jime - Uke has attempted a "dropping attack."

Kata-te-jime - Uke in "all fours" position

RANDORI:

Demonstrate attacking and defending with a cooperative partner.

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.



**14TH MON –
15TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)