

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Uki-otoshi

Koshi-guruma

Ura-nage *

SHIME-WAZA:

Kata-ha-jime

JAPANESE

ENGLISH DESCRIPTION

Kata-ha-jime

Single Collar Strangle

Koshi-guruma

Hip Wheel Throw

Uki-otoshi

Floating Drop

Ura-nage

Rear Throw

PERFORMANCE SKILLS

SHIME-WAZA:

Kata-ha-jime – Uke in an “all fours” position

TACHI-WAZA:

Counter Koshi-guruma with Ura-nage *

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.



15TH MON –
16TH MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 13-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Ushiro-goshi

Sumi-gaeshi

Yoko-gake

SHIME-WAZA:

Hadaka-jime

JAPANESE

ENGLISH DESCRIPTION

Hadaka-jime

Naked Strangle

Sumi-gaeshi

Corner Throw

Ushiro-goshi

Rear Hip Throw

Yoko-gake

Side Hook Throw

PERFORMANCE SKILLS

SHIME-WAZA:

Hadaka-jime – Uke in a face-down prone position

TACHI-WAZA:

Sumi-gaeshi as a combination with Uchi-mata

Ushiro-goshi as a counter to Harai-goshi

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.



**16TH MON –
17TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 13-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS		JAPANESE	ENGLISH DESCRIPTION
TACHI-WAZA:		Kata	Forms
Sode-tsurikomi-goshi		Katame-no-kata	Grappling Forms
Ko-uchi-gake-maki-komi		Ko-uchi-gake-maki-komi	Minor Inner Hook Thigh Winding
SHIME-WAZA:		Nage-no-kata	Throwing Forms
San-gaku-jime		San-gaku-gatame	Triangular Hold Down
		San-gaku-jime	Triangular Strangle
		San-gaku-osae-gatame	Triangular Strangle and Hold Down
		Sode-tsurikomi-goshi	Sleeve Lift Pull Hip Throw
		Sumi-gaeshi	Corner Throw

PERFORMANCE SKILLS	
TACHI-WAZA:	
Demonstrate any two variations of Sumi-gaeshi	
NE-WAZA:	
San-gaku-gatame – complex entry	
San-gaku-jime – complex entry	
San-gaku-osae-gatame – turnover and hold	
RANDORI:	
Demonstrate attacking and defending with a cooperative partner.	

PERSONAL CHOICE	
Demonstrate four techniques individually and then as a series of combinations and counters. Or Demonstrate one set of the Nage-no-kata or one set of the Katame-no-kata. Kata is introduced at this grade as a personal choice option. Kata demonstrations must be performed traditionally and include the formal opening and closing bowing procedures.	

SUPPLEMENTARY JUDO KNOWLEDGE	
Explain the meaning of all the Japanese terminology used in this section.	
Give three examples of any of penalties in the competition rules	



**17TH MON –
18TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 13–15YRS)