

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Tai-otoshi

OSAE-KOMI-WAZA:

Yoko-shiho-gatame

JAPANESE

ENGLISH DESCRIPTION

Kumi-kata

Engagement Position

Tai-otoshi

Body Drop Throw

Yoko-shiho-gatame

Side Four Quarters Hold

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

Tai-otoshi into Yoko-shiho-gatame

NE-WAZA:

Escape from Yoko-shiho-gatame using 'trap, bridge and roll'.

Turnover into Yoko-shiho-gatame (Uke in face-down prone position).

KUMI-KATA:

Demonstrate the right and left standard grips.

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE

Demonstrate a basic knowledge of the Judo Moral Code.

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



3RD MON—

4TH MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Ippon-seoi-nage

OSAE-KOMI-WAZA:

Kami-shiho-gatame

JAPANESE

ENGLISH DESCRIPTION

Ippon-seoi-nage

One Arm Shoulder Throw

Kami-shiho-gatame

Upper Four Quarters Hold

PERFORMANCE SKILLS

TRANSITION:

Ippon-seoi-nage into Kami-shiho-gatame

NE-WAZA:

Turnover into Kesa-gatame (Uke in "all fours" position).

Escape from Kami-shiho-gatame using 'action and reaction'.

KUMI-KATA:

Demonstrate alternatives to the right and left standard grips.

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE

Demonstrate a sound knowledge of the Judo Moral Code.

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



**4TH MON –
5TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Mae Ukemi

TACHI-WAZA:

Ouchi-gari

OSAE-KOMI-WAZA:

Tate-shiho-gatame

JAPANESE

ENGLISH DESCRIPTION

Mae Ukemi

Front Breakfall

Nage-komi

Repetitive Throwing

Ouchi-gari

Major Inner Reaping Throw

Randori

Free Practice

Tate-shiho-gatame

Lengthwise Four Quarters Hold

PERFORMANCE SKILLS

TRANSITION:

Ouchi-gari into Tate-shiho-gatame

NE-WAZA:

Escape from Tate-shiho-gatame using a 'clamp and roll' action.

Turnover into Mune-gatame with Uke in "all fours" position).

KUMI-KATA:

Demonstrate double lapel and high collar grips.

NAGE-KOMI /RANDORI:

Demonstrate Nage-komi in light Randori with a cooperative partner.

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE

Give two examples of actions against the contest rules.



**5TH MON -
6TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)