

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Tsuri-komi-goshi

O-goshi

Kouchi-gari

## JAPANESE

## ENGLISH DESCRIPTION

Kouchi-gari

Minor Inner Reaping Throw

O-goshi

Major Hip Throw

Tsuri-komi-goshi

Drawing Hip Throw

Waza-ari-awasete-ippon

Almost Ippon

Yoko-shiho-gatame

Side four quarters hold

## PERFORMANCE SKILLS

### TACHI-WAZA:

Ouchi-gari into Kouchi-gari

Kouchi-gari into Osoto-gari or Osoto-gake

Ouchi-gari countered by Tsuri-komi-goshi.

### NE-WAZA:

Escape from Kesa-gatame using 'bridge and roll'.

Move into Kesa-gatame from between Uke's legs.

### NAGE-KOMI /RANDORI:

Demonstration of light Randori with a cooperative partner

## PERSONAL CHOICE

Demonstrate two tachi-waza and one ne-waza technique.

## SUPPLEMENTARY JUDO KNOWLEDGE

Give two examples of actions against the contest rules.

Name three items from the judo moral code.

Explain the meaning of the Japanese words: *Waza-ari-awasete-ippon*

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

Demonstrate the proper procedures for entering and leaving the mat for a contest.



**6TH MON-**  
**7TH MON**  
**SYLLABUS CHECKLIST**  
**(AGE RECOMMENDATION 8-11YRS)**

**NAME:****MEMBERSHIP NO:**

FUNDAMENTAL SKILLS	
<b>TACHI-WAZA:</b>	
Kosoto-gari	
Kosoto-gake	
Morote-seoi-nage	

PERSONAL CHOICE	
Demonstrate two tachi-waza and one ne-waza technique.	

JAPANESE	ENGLISH DESCRIPTION	
Kosoto-gake	Minor Outer Hook Throw	
Kosoto-gari	Minor Outer Reaping Throw	
Morote-seoi-nage	Two-Handed Shoulder Throw	
Shido	Minor infringement	
Hansoku-make	Disqualification	

PERFORMANCE SKILLS	
<b>TACHI-WAZA:</b>	
Kouchi-gari into Morote-seoi-nage	
Tai-otoshi countered by Kosoto-gake or Kosoto-gari	
<b>NE-WAZA:</b>	
Move into Yoko-shiho-gatame from between Uke's legs.	
Turnover from underneath Uke into Tate-shiho-gatame	
<b>NAGE-KOMI /RANDORI:</b>	
Demonstration of Randori with a cooperative partner	

*The demonstration should be in the form of light Randori for approximately three minutes. The examiner will expect to see a variety of techniques and kumi-kata and, if possible, throws to both the right and left sides. Although there are no specified requirements, the judoka should understand and observe the simple regulations and terminology governing Randori.*

SUPPLEMENTARY JUDO KNOWLEDGE	
Name three items from the judo moral code.	
Explain the meaning of all the Japanese terminology used in this section.	
<i>Explain the meaning of the Japanese words:</i>	
• Shido	
• Hansoku-make	
Demonstrate the Referee's signals for:	
• Mate	
• Osaekomi	
• Toketa	
• Adjusting the judogi.	
Give two examples of actions (not grips) against the contest rules for negative and safety reasons.	



BRITISH  
JUDO

# 7TH MON – 8TH MON

## SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-11YRS)

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Osoto-gari

Seoi-otoshi

## JAPANESE

## ENGLISH DESCRIPTION

Osoto-gari

Major Outer Reaping Throw

Seoi-otoshi

Shoulder Drop Throw

Hiki-wake

Draw a drawn contest

## PERFORMANCE SKILLS

### TACHI-WAZA:

Ippon-seoi-nage into Kouchi-gari

Any techniques, as combinations with:

· Seoi-otoshi

· Kouchi-gari

### NE-WAZA:

Arm roll with Uke approaching from the front.

Arm roll with Uke approaching from behind.

### RANDORI:

Randori demonstration with a cooperative partner.

## PERSONAL CHOICE

Demonstrate two tachi-waza and one ne-waza technique.

## SUPPLEMENTARY JUDO KNOWLEDGE

Name three items from the judo moral code.

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

Explain the meaning of the Japanese word: *Hiki-wake*

Give two examples of grips against the contest rules for negative or safety reasons.



**8TH MON-**  
**9TH MON**

**SYLLABUS CHECKLIST**

**[AGE RECOMMENDATION 8-11YRS]**