NAME:

Kesa-gatame

### **MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS UKEMI: Ushiro Ukemi TACHI-WAZA: Osoto-otoshi OSAE-KOMI-WAZA:

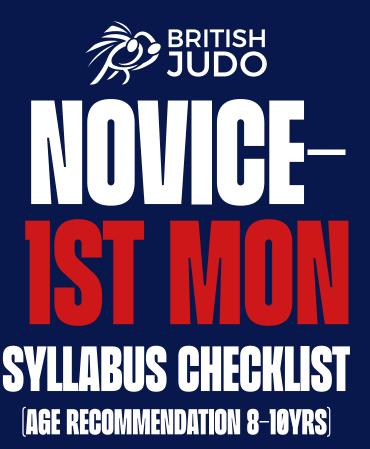
JAPANESE	ENGLISH DESCRIPTION	
Judogi	Judo Uniform	
Judoka	Judo player	
Hajime	Begin - Referee's command to start a judo contest.	
Ne-waza	Groundwork Techniques	
Osae-komi-waza	Holding Techniques	
Kesa-gatame	Scarf Hold	
Mate	Wait – Referee's command to temporarily halt a judo contest.	
O-soto-otoshi	Major Outer Drop Throw	
Rei	Standing Bow	
Tachi-waza	Standing Techniques	
Ushiro Ukemi	Rear breakfall	

PERFORMANCE SKILLS	
TRANSITION INTO NE-WAZA:	
Osoto-otoshi into Kesa-gatame	
NE-WAZA:	
Escape from Kesa-gatame by trapping Uke's leg.	

### **PERSONAL CHOICE**

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

# SUPPLEMENTARY JUDO KNOWLEDGE Explain the meaning of the following Japanese words: Hajime Mate Rei Explain the meaning of the Japanese terminology used for this grade. Answer the following questions: In which country was Judo devised?



NAME:

**MEMBERSHIP NO:** 

### FUNDAMENTAL SKILLS UKEMI: Yoko Ukemi TACHI-WAZA: Deashi-barai

OSA	E-KC	MI-	WA	ZA:

Mune-gatame

JAPANESE	ENGLISH DESCRIPTION	
Deashi-barai	Advanced Foot Sweep	
Mune-gatame	Chest Hold	
Osae-komi	Holding Technique	
Randori	Free Practice	
Rei	Standing Bow	
Toketa	Hold Broken	
Yoko-ukemi	Side Breakfall	

### **PERFORMANCE SKILLS**

TRANSITION INTO NE-WAZA:

De-ashi-barai into Mune-gatame

**NE-WAZA:** 

Escape from Mune-gatame using a 'bridge and roll' action.

### **PERSONAL CHOICE**

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

### SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Osae-komi

Randori

Toketa

Demonstrate the correct procedure for standing and kneeling bows.

### Answer the following questions:

Who was the founder of modern Judo?

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

What is the judo moral code?



**(AGE RECOMMENDATION 8-10YRS)** 

NAME:

**MEMBERSHIP NO:** 

### **FUNDAMENTAL SKILLS**

**UKEMI:** 

Mae Mawari Ukemi (3 versions)

TACHI-WAZA:

Uki-goshi

**OSAE-KOMI-WAZA:** 

Kuzure-kesa-gatame

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

### **PERFORMANCE SKILLS**

TRANSITION INTO NE-WAZA:

Uki-goshi into Kuzure-kesa-gatame

**NE-WAZA:** 

Escape from Kuzure-kesa-gatame using 'sit up and push'.

### **PERSONAL CHOICE**

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

### **SUPPLEMENTARY JUDO KNOWLEDGE**

Explain the meaning of the following Japanese words:

Dojo

Judogi

Zori

Uke

Tori

Demonstrate the correct wearing of the judogi and tying of the belt.

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

