

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS	
UKEMI:	
Ushiro Ukemi	<input type="checkbox"/>
TACHI-WAZA:	
Osoto-otoshi	<input type="checkbox"/>
OSAE-KOMI-WAZA:	
Kesa-gatame	<input type="checkbox"/>

PERFORMANCE SKILLS	
TRANSITION INTO NE-WAZA:	
Osoto-otoshi into Kesa-gatame	<input type="checkbox"/>
NE-WAZA:	
Escape from Kesa-gatame by trapping Uke's leg.	<input type="checkbox"/>

PERSONAL CHOICE	
Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.	<input type="checkbox"/>

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

SUPPLEMENTARY JUDO KNOWLEDGE	
Explain the meaning of the following Japanese words:	
Hajime	<input type="checkbox"/>
Mate	<input type="checkbox"/>
Rei	<input type="checkbox"/>
Explain the meaning of the Japanese terminology used for this grade.	
Answer the following questions:	
In which country was Judo devised?	<input type="checkbox"/>



NOVICE- 1ST MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS	
UKEMI:	
Yoko Ukemi	<input type="checkbox"/>
TACHI-WAZA:	
Deashi-barai	<input type="checkbox"/>
OSAE-KOMI-WAZA:	
Mune-gatame	<input type="checkbox"/>

PERFORMANCE SKILLS	
TRANSITION INTO NE-WAZA:	
De-ashi-barai into Mune-gatame	<input type="checkbox"/>
NE-WAZA:	
Escape from Mune-gatame using a 'bridge and roll' action.	<input type="checkbox"/>

JAPANESE	ENGLISH DESCRIPTION	
Deashi-barai	Advanced Foot Sweep	<input type="checkbox"/>
Mune-gatame	Chest Hold	<input type="checkbox"/>
Osae-komi	Holding Technique	<input type="checkbox"/>
Randori	Free Practice	<input type="checkbox"/>
Rei	Standing Bow	<input type="checkbox"/>
Toketa	Hold Broken	<input type="checkbox"/>
Yoko-ukemi	Side Breakfall	<input type="checkbox"/>

PERSONAL CHOICE	
Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.	<input type="checkbox"/>

SUPPLEMENTARY JUDO KNOWLEDGE	
Explain the meaning of the following Japanese words:	
Osae-komi	<input type="checkbox"/>
Randori	<input type="checkbox"/>
Toketa	<input type="checkbox"/>
Demonstrate the correct procedure for standing and kneeling bows.	<input type="checkbox"/>
Answer the following questions:	
Who was the founder of modern Judo?	<input type="checkbox"/>
Explain the meaning of the Japanese terminology used for this grade.	<input type="checkbox"/>
What is the judo moral code?	<input type="checkbox"/>



1ST MON –
2ND MON
SYLLABUS CHECKLIST
[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

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.

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

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.



BRITISH
JUDO

2ND MON—

3RD MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)