

JUDOSCOTLAND KAI GRADE SYLLABUS

4TH TO 6TH KAI

4 th Kai	4 th Kai	4 th Kai
Front breakfall from knees Forward roll from standing	Two throws coaches choice Show movement with partner	Two holds coaches choice Show how to tie your belt What does ukemi mean?
5 th Kai	5 th Kai	5 th Kai
Side breakfall from standing	Two throws coaches choice Show	Two holds coaches choice Show how to submit What does ippon and soremade mean?
6 th Kai	6 th Kai	6 th Kai
Back breakfall from standing	Two throws coaches choice	Two holds coaches choice What do waza ari, sonomama and yoshi mean?