

JUDOSCOTLAND KAI GRADE SYLLABUS

1ST TO 3RD KAI

1 ST Kai	1 ST Kai	1 ST Kai
Back breakfall from crouching position. Vertical jumping with partner.	Throw coaches choice	Hold coaches choice What does Matte,Hajime Mean?
2 ND Kai	2 ND Kai	2 ND Kai
Forward breakfall from crouching position. Horizontal jumping with partner.	Throw coaches choice	Hold coaches choice Do a standing bow ritsurie What does dojo mean?
3 RD Kai	3 RD Kai	3 RD Kai
Side breakfall from crouching position. Hopping with partner.	Throw coaches choice	Hold coaches choice Do a kneeling bow (zarie) What does judogi mean?