

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Harai-goshi

Uchi-mata

### KAN-SETSU-WAZA:

Ude-gatame

Waki-gatame

## JAPANESE

## ENGLISH DESCRIPTION

Harai-goshi

Sweeping Hip

Kan-setsu-waza

Joint Techniques

Uchi-mata

Inner Thigh

Ude-gatame

Straight Armlock

Waki-gatame

Armlock applied with the armpit.

## PERFORMANCE SKILLS

### RANDORI:

Randori demonstration with a cooperative partner.

## PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

## SUPPLEMENTARY JUDO KNOWLEDGE

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



# 9TH MON- 10TH MON SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)

**NAME:****MEMBERSHIP NO:****FUNDAMENTAL SKILLS****TACHI-WAZA:**

Hiza-guruma

Sasae-tsuri-komi-ashi

**KAN-SETSU-WAZA:**

Juji-gatame

Sit back entry

Rollover entry

Hiza-gatame

**JAPANESE****ENGLISH DESCRIPTION**

Hiza-gatame

Armlock applied with the knee

Hiza-guruma

Knee Wheel

Juji-gatame

Cross Armlock

Kan-setsu-waza

Joint Techniques

Sasae-tsuri-komi-ashi

Propping Drawing Ankle

**PERFORMANCE SKILLS****TACHI-WAZA:**

Kouchi-gari into Morote-seoi-nage

Tai-otoshi countered by Kosoto-gake or Kosoto-gari

**NE-WAZA:**

Move into Yoko-shiho-gatame from between Uke's legs.

Turnover from underneath Uke into Tate-shiho-gatame

**RANDORI:**

Randori demonstration with a cooperative partner.

**PERSONAL CHOICE**

Demonstrate four techniques individually and then as a series of combinations and counters.

**SUPPLEMENTARY JUDO KNOWLEDGE**

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



**10TH MON –  
11TH MON**  
**SYLLABUS CHECKLIST**  
**(AGE RECOMMENDATION 11-15YRS)**

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Hane-goshi

Okuri-ashi-barai

Morote-eri-seoi-nage

### KAN-SETSU-WAZA:

Juji-gatame

Entry over the shoulder

Entry from beneath

## JAPANESE

## ENGLISH DESCRIPTION

Hane-goshi

Spring Hip

Juji-gatame

Cross Armlock

Morote-eri-seoi-nage

Two-Handed Lapel Shoulder

Okuri-ashi-barai

Foot Sweep

## PERFORMANCE SKILLS

### RANDORI:

Randori demonstration with a cooperative partner.

## PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

## SUPPLEMENTARY JUDO KNOWLEDGE

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



# 11TH MON – 12TH MON

## SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)