

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.



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Welsh Judo Association  
Cymdeithas Judo Cymru

NORTHERN  
IRELAND  
JUDO



# 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.



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**10TH MON –  
11TH MON**

**SYLLABUS CHECKLIST**

(AGE RECOMMENDATION 11-15YRS)

NAME:

MEMBERSHIP NO:

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Hane-goshi	<input type="checkbox"/>
Okuri-ashi-barai	<input type="checkbox"/>
Morote-eri-seoi-nage	<input type="checkbox"/>

### KAN-SETSU-WAZA:

Juji-gatame	<input type="checkbox"/>
Entry over the shoulder	<input type="checkbox"/>
Entry from beneath	<input type="checkbox"/>

## JAPANESE

## ENGLISH DESCRIPTION

Hane-goshi	Spring Hip	<input type="checkbox"/>
Juji-gatame	Cross Armlock	<input type="checkbox"/>
Morote-eri-seoi-nage	Two-Handed Lapel Shoulder	<input type="checkbox"/>
Okuri-ashi-barai	Foot Sweep	<input type="checkbox"/>

## PERFORMANCE SKILLS

### RANDORI:

Randori demonstration with a cooperative partner.	<input type="checkbox"/>
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## PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.	<input type="checkbox"/>
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## SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.	<input type="checkbox"/>
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# 11TH MON – 12TH MON

## SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)