

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Tani-otoshi

Yoko-guruma

### KAN-SETSU-WAZA:

Ude-garami

## JAPANESE

## ENGLISH DESCRIPTION

Kuzure-kesa-gatame

Modified Scarf Hold

Tani-otoshi

Valley Drop Throw

Ude-garami

Entangled Armlock

Yoko-guruma

Side Wheel Throw

## PERFORMANCE SKILLS

### NE-WAZA:

Ude-garami from Kuzure-kesa-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.



# 12TH MON – 13TH MON SYLLABUS CHECKLIST (AGE RECOMMENDATION 11-15YRS)

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

Tomoe-nage

Yoko-tomoe-nage

**SHIME-WAZA:**

Okuri-eri-jime

Kata-juji-jime

Nami-juji-jime

Gyaku-juji-jime

**JAPANESE****ENGLISH DESCRIPTION**

Gyaku-juji-jime

Reverse Cross Strangle

Kata-juji-jime

Half Cross Strangle

Nami-juji-jime

Normal Cross Strangle

Okuri-eri-jime

Sliding Collar Strangle

Seoi-otoshi

Shoulder Drop

Tomoe-nage

Circle Throw

Yoko-tomoe-nage

Side Circle Throw

**PERFORMANCE SKILLS****SHIME-WAZA:**

Nami-juji-jime – Uke underneath (between Tori's legs)

Gyaku-juji-jime – Uke on top (between Tori's legs)

Okuri-eri-jime – Uke attempts a Seoi-otoshi (or other) dropping attack.

**RANDORI:**

Demonstrate attacking and defending 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.



**13TH MON –  
14TH MON**  
**SYLLABUS CHECKLIST**  
(AGE RECOMMENDATION 11-15YRS)

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Uki-waza

Soto-maki-komi

### SHIME-WAZA:

Koshi-jime

Kata-te-jime

## JAPANESE

## ENGLISH DESCRIPTION

Kata-te-jime

Strangle with One Hand

Koshi-jime

Strangle using the hip

Shime-waza

Strangle Techniques

Soto-maki-komi

Outside Winding

Uki-waza

Floating Throw

## PERFORMANCE SKILLS

### SHIME-WAZA:

Koshi-jime - Uke has attempted a "dropping attack."

Kata-te-jime - Uke in "all fours" position

### RANDORI:

Demonstrate attacking and defending 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.



# 14TH MON – 15TH MON

## SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)