

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.



JudoScotland



Welsh Judo Association  
Cymdeithas Judo Cymru

NORTHERN  
IRELAND  
JUDO



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.	
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## PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.	
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## SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.	
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**13TH MON –  
14TH MON**

**SYLLABUS CHECKLIST**

(AGE RECOMMENDATION 11-15YRS)

NAME:

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## 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.



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