

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:	
Uki-otoshi	
Koshi-guruma	
Ura-nage *	
SHIME-WAZA:	
Kata-ha-jime	
Kata-te-jime	

JAPANESE	ENGLISH DESCRIPTION
Kata-ha-jime	Single Collar Strangle
Koshi-guruma	Hip Wheel Throw
Uki-otoshi	Floating Drop
Ura-nage	Rear Throw

PERFORMANCE SKILLS

SHIME-WAZA:	
Kata-ha-jime – Uke in an “all fours” position	
TACHI-WAZA:	
Counter Koshi-guruma with Ura-nage *	
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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Welsh Judo Association
Cymdeithas Judo Cymru

NORTHERN
IRELAND
JUDO



**15TH MON –
16TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 13-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Ushiro-goshi

Sumi-gaeshi

Yoko-gake

SHIME-WAZA:

Hadaka-jime

JAPANESE

ENGLISH DESCRIPTION

Hadaka-jime

Naked Strangle

Sumi-gaeshi

Corner Throw

Ushiro-goshi

Rear Hip Throw

Yoko-gake

Side Hook Throw

PERFORMANCE SKILLS

SHIME-WAZA:

Hadaka-jime – Uke in a face-down prone position

TACHI-WAZA:

Sumi-gaeshi as a combination with Uchi-mata

Ushiro-goshi as a counter to Harai-goshi

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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**16TH MON –
17TH MON**

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 13-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS		JAPANESE	ENGLISH DESCRIPTION
TACHI-WAZA:		Kata	Forms
Sode-tsuru-komi-goshi		Katame-no-kata	Grappling Forms
Ko-uchi-gake-maki-komi		Ko-uchi-gake-maki-komi	Minor Inner Hook Thigh Winding
SHIME-WAZA:		Nage-no-kata	Throwing Forms
San-gaku-jime		San-gaku-gatame	Triangular Hold Down
		San-gaku-jime	Triangular Strangle
		San-gaku-osae-gatame	Triangular Strangle and Hold Down
		Sode-tsuru-komi-goshi	Sleeve Lift Pull Hip Throw
		Sumi-gaeshi	Corner Throw

PERFORMANCE SKILLS	
TACHI-WAZA:	
Demonstrate any two variations of Sumi-gaeshi	
NE-WAZA:	
San-gaku-gatame – complex entry	
San-gaku-jime – complex entry	
San-gaku-osae-gatame – turnover and hold	
RANDORI:	
Demonstrate attacking and defending with a cooperative partner.	

PERSONAL CHOICE	
<p>Demonstrate four techniques individually and then as a series of combinations and counters.</p> <p><i>Or</i></p> <p>Demonstrate one set of the Nage-no-kata or one set of the Katame-no-kata. Kata is introduced at this grade as a personal choice option. Kata demonstrations must be performed traditionally and include the formal opening and closing bowing procedures.</p>	

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



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17TH MON – 18TH MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 13–15YRS)