

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Tsuri-komi-goshi

O-goshi

Kouchi-gari

## JAPANESE

## ENGLISH DESCRIPTION

Kouchi-gari

Minor Inner Reaping Throw

O-goshi

Major Hip Throw

Tsuri-komi-goshi

Drawing Hip Throw

Waza-ari-awasete-ippon

Almost Ippon

Yoko-shiho-gatame

Side four quarters hold

## PERFORMANCE SKILLS

### TACHI-WAZA:

Ouchi-gari into Kouchi-gari

Kouchi-gari into Osoto-gari or Osoto-gake

Ouchi-gari countered by Tsuri-komi-goshi.

### NE-WAZA:

Escape from Kesa-gatame using 'bridge and roll'.

Move into Kesa-gatame from between Uke's legs.

### NAGE-KOMI /RANDORI:

Demonstration of light Randori with a cooperative partner

## PERSONAL CHOICE

Demonstrate two tachi-waza and one ne-waza technique.

## SUPPLEMENTARY JUDO KNOWLEDGE

Give two examples of actions against the contest rules.

Name three items from the judo moral code.

Explain the meaning of the Japanese words: *Waza-ari-awasete-ippon*

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

Demonstrate the proper procedures for entering and leaving the mat for a contest.



**6TH MON –  
7TH MON**  
**SYLLABUS CHECKLIST**  
(AGE RECOMMENDATION 8-11YRS)

**NAME:**

**MEMBERSHIP NO:**

<b>FUNDAMENTAL SKILLS</b>	
<b>TACHI-WAZA:</b>	
Kosoto-gari	
Kosoto-gake	
Morote-seoi-nage	

<b>JAPANESE</b>	<b>ENGLISH DESCRIPTION</b>	
Kosoto-gake	Minor Outer Hook Throw	
Kosoto-gari	Minor Outer Reaping Throw	
Morote-seoi-nage	Two-Handed Shoulder Throw	
Shido	Minor infringement	
Hansoku-make	Disqualification	

<b>PERSONAL CHOICE</b>	
Demonstrate two tachi-waza and one ne-waza technique.	

<b>PERFORMANCE SKILLS</b>	
<b>TACHI-WAZA:</b>	
Ouchi-gari into Kouchi-gari	
Kouchi-gari into Osoto-gari or Osoto-gake	
Ouchi-gari countered by Tsuru-komi-goshi.	
<b>NE-WAZA:</b>	
Escape from Kesa-gatame using 'bridge and roll'.	
Move into Kesa-gatame from between Uke's legs.	
<b>NAGE-KOMI /RANDORI:</b>	
Demonstration of light Randori with a cooperative partner	

<b>SUPPLEMENTARY JUDO KNOWLEDGE</b>	
Name three items from the judo moral code.	
Explain the meaning of all the Japanese terminology used in this section.	
<i>Explain the meaning of the Japanese words:</i>	
• Shido	
• Hansoku-make	
Demonstrate the Referee's signals for:	
• Mate	
• Osaekomi	
• Toketa	
• Adjusting the judogi.	
Give two examples of actions (not grips) against the contest rules for negative and safety reasons.	



**7TH MON –  
8TH MON**  
**SYLLABUS CHECKLIST**  
**(AGE RECOMMENDATION 8-11YRS)**

**NAME:**

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## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Osoto-gari

Seoi-otoshi

## JAPANESE

## ENGLISH DESCRIPTION

Osoto-gari

Major Outer Reaping Throw

Seoi-otoshi

Shoulder Drop Throw

Hiki-wake

Draw a drawn contest

## PERFORMANCE SKILLS

### TACHI-WAZA:

Ippon-seoi-nage into Kouchi-gari

Any techniques, as combinations with:

· Seoi-otoshi

· Kouchi-gari

### NE-WAZA:

Arm roll with Uke approaching from the front.

Arm roll with Uke approaching from behind.

### RANDORI:

Randori demonstration with a cooperative partner.

## PERSONAL CHOICE

Demonstrate two tachi-waza and one ne-waza technique.

## SUPPLEMENTARY JUDO KNOWLEDGE

Name three items from the judo moral code.

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

Explain the meaning of the Japanese word: *Hiki-wake*

Give two examples of grips against the contest rules for negative or safety reasons.



**8TH MON-**  
**9TH MON**

**SYLLABUS CHECKLIST**

**[AGE RECOMMENDATION 8-11YRS]**