

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.	
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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: <i>Waza-ari-awasete-ippon</i>	
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.	



JudoScotland



Welsh Judo Association
Cymdeithas Judo Cymru

NORTHERN
IRELAND
JUDO



6TH MON-
7TH MON

SYLLABUS CHECKLIST

[AGE RECOMMENDATION 8-11YRS]

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS	
TACHI-WAZA:	
Kosoto-gari	<input type="checkbox"/>
Kosoto-gake	<input type="checkbox"/>
Morote-seoi-nage	<input type="checkbox"/>

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

JAPANESE	ENGLISH DESCRIPTION
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

PERFORMANCE SKILLS
TACHI-WAZA:
Ouchi-gari into Kouchi-gari
Kouchi-gari into Osoto-gari or Osoto-gake
Ouchi-gari countered by Tsuru-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

SUPPLEMENTARY JUDO KNOWLEDGE
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.



Welsh Judo Association
Cymdeithas Judo Cymru



**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.



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NORTHERN
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8TH MON— 9TH MON

SYLLABUS CHECKLIST

[AGE RECOMMENDATION 8-11YRS]