

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Ushiro Ukemi

TACHI-WAZA:

Osoto-otoshi

OSAE-KOMI-WAZA:

Kesa-gatame

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

Osoto-otoshi into Kesa-gatame

NE-WAZA:

Escape from Kesa-gatame by trapping Uke's leg.

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Hajime

Mate

Rei

Explain the meaning of the Japanese terminology used for this grade.

Answer the following questions:

In which country was Judo devised?

JAPANESE	ENGLISH DESCRIPTION
Judogi	Judo Uniform
Judoka	Judo player
Hajime	Begin - Referee's command to start a judo contest.
Ne-waza	Groundwork Techniques
Osaekomi-waza	Holding Techniques
Kesa-gatame	Scarf Hold
Mate	Wait – Referee's command to temporarily halt a judo contest.
O-soto-otoshi	Major Outer Drop Throw
Rei	Standing Bow
Tachi-waza	Standing Techniques
Ushiro Ukemi	Rear breakfall



NOVICE- 1ST MON SYLLABUS CHECKLIST (AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Yoko Ukemi

TACHI-WAZA:

Deashi-barai

OSAE-KOMI-WAZA:

Mune-gatame

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

De-ashi-barai into Mune-gatame

NE-WAZA:

Escape from Mune-gatame using a 'bridge and roll' action.

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

JAPANESE

ENGLISH DESCRIPTION

Deashi-barai

Advanced Foot Sweep

Mune-gatame

Major Outer Drop Throw

Osaekomi

Holding Technique

Randori

Free Practice

Rei

Standing Bow

Toketa

Hold Broken

Yoko-ukemi

Side Breakfall

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Osaekomi

Randori

Toketa

Demonstrate the correct procedure for standing and kneeling bows.

Answer the following questions:

Who was the founder of modern Judo?

Explain the meaning of the Japanese terminology used for this grade.



1ST MON – 2ND MON SYLLABUS CHECKLIST (AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Mae Mawari Ukemi (3 versions)

TACHI-WAZA:

Uki-goshi

OSAE-KOMI-WAZA:

Kuzure-kesa-gatame

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

Uki-goshi into Kuzure-kesa-gatame

NE-WAZA:

Escape from Kuzure-kesa-gatame using 'sit up and push'.

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.

JAPANESE	ENGLISH DESCRIPTION	
Dojo	Judo Practice Hall	
Judogi	Judo Uniform	
Kuzure-kesa-gatame	Modified Scarf Hold	
Mae mawari ukemi	Forward rolling breakfall	
Tori	The Offensive or Attacking Judoka	
Uke	The Defensive or Defending Judoka	
Uki-goshi	Floating Hip Throw	
Zori	Judo Footwear	

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:

Dojo

Judogi

Zori

Uke

Tori

Demonstrate the correct wearing of the judogi and tying of the belt.

Explain the meaning of the Japanese terminology used for this grade.



**2ND MON –
3RD MON
SYLLABUS CHECKLIST
(AGE RECOMMENDATION 8-10YRS)**