

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS	
UKEMI:	
Ushiro Ukemi	<input type="checkbox"/>
TACHI-WAZA:	
Osoto-otoshi	<input type="checkbox"/>
OSAE-KOMI-WAZA:	
Kesa-gatame	<input type="checkbox"/>

PERFORMANCE SKILLS	
TRANSITION INTO NE-WAZA:	
Osoto-otoshi into Kesa-gatame	<input type="checkbox"/>
NE-WAZA:	
Escape from Kesa-gatame by trapping Uke's leg.	<input type="checkbox"/>

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

PERSONAL CHOICE	
Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.	<input type="checkbox"/>

SUPPLEMENTARY JUDO KNOWLEDGE	
Explain the meaning of the following Japanese words:	
Hajime	<input type="checkbox"/>
Mate	<input type="checkbox"/>
Rei	<input type="checkbox"/>
Explain the meaning of the Japanese terminology used for this grade.	
Answer the following questions:	
In which country was Judo devised?	<input type="checkbox"/>



Welsh Judo Association
Cymdeithas Judo Cymru

NORTHERN
IRELAND
JUDO



NOVICE— 1ST MON SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS	
UKEMI:	
Yoko Ukemi	<input type="checkbox"/>
TACHI-WAZA:	
Deashi-barai	<input type="checkbox"/>
OSAE-KOMI-WAZA:	
Mune-gatame	<input type="checkbox"/>

PERFORMANCE SKILLS	
TRANSITION INTO NE-WAZA:	
De-ashi-barai into Mune-gatame	<input type="checkbox"/>
NE-WAZA:	
Escape from Mune-gatame using a 'bridge and roll' action.	<input type="checkbox"/>

JAPANESE	ENGLISH DESCRIPTION	
Deashi-barai	Advanced Foot Sweep	<input type="checkbox"/>
Mune-gatame	Major Outer Drop Throw	<input type="checkbox"/>
Osae-komi	Holding Technique	<input type="checkbox"/>
Randori	Free Practice	<input type="checkbox"/>
Rei	Standing Bow	<input type="checkbox"/>
Toketa	Hold Broken	<input type="checkbox"/>
Yoko-ukemi	Side Breakfall	<input type="checkbox"/>

PERSONAL CHOICE	
Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.	<input type="checkbox"/>

SUPPLEMENTARY JUDO KNOWLEDGE	
Explain the meaning of the following Japanese words:	
Osae-komi	<input type="checkbox"/>
Randori	<input type="checkbox"/>
Toketa	<input type="checkbox"/>
Demonstrate the correct procedure for standing and kneeling bows.	<input type="checkbox"/>
Answer the following questions:	
Who was the founder of modern Judo?	<input type="checkbox"/>
Explain the meaning of the Japanese terminology used for this grade.	<input type="checkbox"/>



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1ST MON – 2ND MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 8-10YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:	
Mae Mawari Ukemi (3 versions)	<input type="checkbox"/>
TACHI-WAZA:	
Uki-goshi	<input type="checkbox"/>
OSAE-KOMI-WAZA:	
Kuzure-kesa-gatame	<input type="checkbox"/>

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:	
Uki-goshi into Kuzure-kesa-gatame	<input type="checkbox"/>
NE-WAZA:	
Escape from Kuzure-kesa-gatame using 'sit up and push'.	<input type="checkbox"/>

PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.	<input type="checkbox"/>
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JAPANESE	ENGLISH DESCRIPTION	
Dojo	Judo Practice Hall	<input type="checkbox"/>
Judogi	Judo Uniform	<input type="checkbox"/>
Kuzure-kesa-gatame	Modified Scarf Hold	<input type="checkbox"/>
Mae mawari ukemi	Forward rolling breakfall	<input type="checkbox"/>
Tori	The Offensive or Attacking Judoka	<input type="checkbox"/>
Uke	The Defensive or Defending Judoka	<input type="checkbox"/>
Uki-goshi	Floating Hip Throw	<input type="checkbox"/>
Zori	Judo Footwear	<input type="checkbox"/>

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:	
Dojo	<input type="checkbox"/>
Judogi	<input type="checkbox"/>
Zori	<input type="checkbox"/>
Uke	<input type="checkbox"/>
Tori	<input type="checkbox"/>
Demonstrate the correct wearing of the judogi and tying of the belt.	
<input type="checkbox"/>	
Explain the meaning of the Japanese terminology used for this grade.	
<input type="checkbox"/>	



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