As a yellow belt, you should know what the Judo Code is and try to follow it on and off the tatami. You can find this code in your BJA Syllabus book. It is useful to know the following Japanese words.

- Osae-komi-waza = Hold down
- Tachi-waza = Standing technique
- Ukemi = Breakfall
- Kumi-kata = Gripping
- Nage-komi = Throwing

When holding both sides of jacket you must throw immediately.