

**NAME:**

**MEMBERSHIP NO:**

## FUNDAMENTAL SKILLS

### TACHI-WAZA:

Harai-goshi	
Uchi-mata	
Hiza-guruma	
Sasae-tsuru-komi-ashi	
Hane-goshi	
Okuri-ashi-barai	
Morote-eri-seoi-nage	

### KANSETSU-WAZA:

Ude-gatame	
Waki-gatame	
Hiza-gatame	
Juji-gatame	

## PERFORMANCE SKILLS

### KANSETSU-WAZA:

Demonstrate Juji-gatame using the following:

Sit-back entry	
Rollover entry	
Over-the-shoulder entry	
Entry from beneath	

### NAGE-KOMI/RANDORI:

Demonstration of attacking, defence, avoidance, and continuous attacking performance skills in Tachi-waza and Ne-waza in Randori with a cooperative partner

## PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

## SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the Japanese terminology used for this grade (see table below).

Give two examples of actions against the contest rules.

Demonstrate a sound knowledge of the Judo Moral Code.

JAPANESE	ENGLISH DESCRIPTION	
Hane-goshi	Spring Hip	
Harai-goshi	Sweeping Hip	
Hiza-gatame	Armlock applied with the knee	
Hiza-guruma	Knee Wheel	
Juji-gatame	Cross Armlock	
Kan-setsu-waza	Joint Techniques	
Morote-eri-seoi-nage	Two-Handed Lapel Shoulder nage	
Okuri-ashi-barai	Foot Sweep	
Renraku-waza	Combination techniques in the opposite direction	
Renzoku-waza	Combination techniques in the same or similar direction	
Sasae-tsuru-komi-ashi	Propping Drawing Ankle	
Uchi-mata	Inner Thigh	
Ude-gatame	Straight Armlock	
Waki-gatame	Armlock applied with the armpit.	



BRITISH  
JUDO

# 4TH KYU — 3RD KYU SYLLABUS CHECKLIST