

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Tsuri-komi-goshi	
O-goshi	
Seoi-otoshi	
Morote-seoi-nage	
Kouchi-gari	
Kosoto-gake	
Kosoto-gari	
Osoto-gari	

COMBINATION TECHNIQUES:

Ouchi-gari into Kouchi-gari	
Kouchi-gari into Osoto-gari or Osoto-gake	
Kouchi-gari into Morote-seoi-nage	
Ippon-seoi-nage into Kouchi-gari	
Any technique as a combination with Seoi-otoshi or Kouchi-gari.	

COUNTER TECHNIQUES:

Ouchi-gari countered by Tsuri-komi-goshi.	
Tai-otoshi countered by Kosoto-gari or Kosoto-gake.	

NE-WAZA:

Escape from Kesa-gatame using a 'bridge and roll'.	
Move into Kesa-gatame from between Uke's legs.	
Move into Yoko-shiho-gatame from between Uke's legs.	
Arm roll with Uke approaching from the front.	
Arm roll with Uke approaching from behind.	
Turnover from underneath Uke into Tate-shiho-gatame.	

PERFORMANCE SKILLS

RANDORI:

Demonstrate with a cooperative partner.	
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PERSONAL CHOICE

Demonstrate two additional techniques - one tachi-waza and one osaekomi-waza.	
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SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the Japanese terminology used for this grade.	
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Name three items from the judo moral code.	
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Give two examples of actions (not grips) against the contest rules for negative or safety reasons.	
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Demonstrate the proper procedures for entering and leaving the mat for a contest.	
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Explain the meaning of the Japanese words:

• Shido	
• Hansoku-maki	

Demonstrate the Referee's signals for:

• Mate	
• Osaekomi	
• Toketa	
• Adjusting the judogi	



5TH KYU – 4TH KYU SYLLABUS CHECKLIST

JAPANESE	ENGLISH DESCRIPTION	
Kosoto-gake	Minor Outer Hook Throw	
Kosoto-gari	Minor Outer Reaping Throw	
Kouchi-gari	Minor Inner Reaping Throw	
Morote-seoi-nage	Two-Handed Shoulder Throw	
Ogoshi	Major Hip Throw	
Osoto-gari	Major Outer Reaping Throw	
Seoi-otoshi	Shoulder Drop Throw	
Tai-otoshi	Body Drop Throw	
Tsuri-komi-goshi	Drawing Hip Throw	
Yoko-shiho-gatame	Side four quarters hold	