

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

UKEMI:

Mae Ukemi

TACHI-WAZA:

Tai-otoshi

Ippon-seoi-nage

Ouchi-gari

OSAE-KOMI-WAZA:

Yoko-shiho-gatame

Tate-shiho-gatame

Kami-shiho-gatame

SUPPLEMENTARY JUDO KNOWLEDGE

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

Give two examples of actions against the contest rules.

Demonstrate a sound knowledge of the Judo Moral Code.

PERSONAL CHOICE

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

PERFORMANCE SKILLS

TRANSITION INTO NE-WAZA:

Tai-otoshi into Yoko-shiho-gatame

Ippon-seoi-nage into Kami-shiho-gatame

Ouchi-gari into Tate-shiho-gatame

NE-WAZA:

Escape from Kami-shiho-gatame using 'action and re-action'

Escape from Tate-shiho-gatame using a 'clamp and roll' action.

Escape from Yoko-shiho-gatame using 'trap, bridge and roll' action.

Turnover into Kesa-gatame (Uke in "all fours" position)

Turnover into Mune-gatame (Uke in "all fours" position)

Turnover into Yoko-shiho-gatame (Uke in face-down prone position)

Turnover into Kesa-gatame (Uke in "all fours" position)

KUMI-KATA:

Demonstrate the right and left standard grips.

Demonstrate right against left grips, double lapel, and high collar grips.

NAGE-KOMI/RANDORI:

Demonstration of Nage-komi in light randori with a cooperative partner.



6TH KYU - 5TH KYU SYLLABUS CHECKLIST

JAPANESE	ENGLISH DESCRIPTION	
Ippon-seoi-nage	One Arm Shoulder Throw	<input type="checkbox"/>
Kami-shiho-gatame	Upper Four Quarters Hold	<input type="checkbox"/>
Kumi-kata	Engagement Position	<input type="checkbox"/>
Mae Ukemi	Front Breakfall	<input type="checkbox"/>
Mune-gatame	Chest Hold	<input type="checkbox"/>
Nage-komi	Repetitive Throwing	<input type="checkbox"/>
O-uchi-gari	Major Inner Reaping Throw	<input type="checkbox"/>
Randori	Free Practice	<input type="checkbox"/>
Tai-otoshi	Body Drop Throw	<input type="checkbox"/>
Tate-shiho-gatame	Lengthwise Four Quarters Hold	<input type="checkbox"/>
Yoko-shiho-gatame	Side Four Quarters Hold	<input type="checkbox"/>