NAME:

MEMBERSHIP NO:

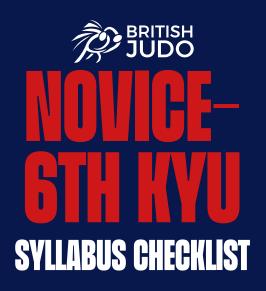
FUNDAMENTAL SKILLS		
UKEMI:		
Ushiro Ukemi		
Yoko Ukemi		
Mae-Mawari-Ukemi (3 versions)		
TACHI-WAZA:		
Osoto-otoshi		
Deashi-barai		
Uki-goshi		
OSAE-KOMI-WAZA:		
Kesa-gatame		
Mune-gatame		
Kuzure-kesa-gatame		

PERFORMANCE SKILLS		
TRANSITION INTO NE-WAZA:		
Osoto-otoshi into Kesa-gatame		
Deashi-barai into Mune-gatame		
Uki-goshi into Kuzure-kesa-gatame		
NE-WAZA:		
Escape from Kesa-gatame by trapping Uke's leg.		
Escape from Mune-gatame – using 'bridge and roll' action.		
Escape from Kuzure-kesa-gatame – using 'sit up and push.		

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE		
Explain the meaning of the following Japanese words:		
· Hajime		
· Mate		
· Rei		
Explain the meaning of the Japanese terminology used for this grade.		
Demonstrate the correct wearing of the judogi and tying of the belt.		
Demonstrate the correct procedure for standing and kneeling bows.		
Answer the following questions:		
· In which country was Judo devised?		
· Who was the founder of modern Judo?		
· What is the Judo Moral Code?		



JAPANESE	ENGLISH DESCRIPTION
Deashi-barai	Advanced Foot Sweep Throw
Dojo	Judo Hall
Hajime	Begin
Judogi	Judo Uniform
Judoka	Judo player
Kuzure-kesa-gatame	Broken Scarf Hold
Mae mawari ukemi	Forward Rolling Breakfall
Mate	Wait / Stop
Mune-gatame	Chest Hold
Ne-waza	Groundwork Techniques
Osae-komi	Hold Down
Osae-komi-waza	Holding Techniques
Osoto-otoshi	Major Outer Drop Throw
Randori	Free Practice
Rei	Standing Bow
Tachi-waza	Standing Techniques
Tori	The Offensive or Attacking Judoka
Toketa	Hold broken
Uke	The Defensive or Defending Judoka
Uki-goshi	Floating Hip Throw
Ushiro Ukemi	Rear Breakfall
Yoko Ukemi	Side Breakfall
Zori	Judo Footwear