

NAME: MEMBERSHIP NO: **FUNDAMENTAL SKILLS****TACHI-WAZA:**

Sode-tsuri-komi-goshi	
Sumi-gaeshi	
Yoko-gake	
Ko-uchi-gake-maki-komi	
Ushiro-goshi	
Ura-nage	
Uki-otoshi	
Koshi-guruma	
SHIME-WAZA:	
Kata-ha-jime	
Hadaka-jime	
San-gaku-jime	
San-gaku-gatame	
San-gaku-osae-gatame	

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters. or Demonstrate one set of the Nage-no-kata or one set of the Katame-no-kata.	
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SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the Japanese terminology used for this grade.	
Give three examples of penalties in the competition rules.	

PERFORMANCE SKILLS**TACHIWAZA**

Demonstrate any two variations of Sumi-gaeshi.	
Ushiro-goshi as a counter to Harai-goshi	
Sumi-gaeshi as a combination with Uchi-mata	
Counter Koshi-guruma with Ura-nage *	

NE-WAZA:

San-gaku-jime – complex entry	
San-gaku-gatame – complex entry	
San-gaku-osae-gatame – turnover and hold	
Hadaka-jime – Uke prone position	
Kata-ha-jime – Uke “all fours” position	

RANDORI:

Demonstration of attack, defence, avoidance, and continuous attacking performance skills with a cooperative partner in tachi-waza and ne-waza in randori.	
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JAPANESE	ENGLISH DESCRIPTION	
Hadaka-jime	Naked Strangle	
Kata	Forms	
Kata-ha-jime	Single Collar Strangle	
Katame-no-kata	Grappling Forms	
Koshi-guruma	Hip Wheel Throw	
Ko-uchi-gake-maki-komi	Minor Inner Hook Thigh Winding	
Nage-no-kata	Throwing Forms	
Renraku-waza	Combination Techniques in the Opposite Direction	
Renzoku-waza	Combination Techniques in the Same or Similar Direction	
San-gaku-gatame	Triangular Hold Down	
San-gaku-jime	Triangular Strangle	
San-gaku-osae-gatame	Triangular Strangle and Hold Down	
Sode-tsuri-komi-goshi	Sleeve Lift Pull Hip Throw	
Sumi-gaeshi	Corner Throw	
Uki-otoshi	Floating Drop	
Ura-nage	Rear Throw	
Ushiro-goshi	Rear Hip Throw	
Yoko-gake	Side Hook Throw	



2ND KYU – 1ST KYU

SYLLABUS CHECKLIST