

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	

PERSONAL CHOICE

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

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the Japanese terminology used for this grade.	
Name three items from the judo moral code.	
Give two examples of actions (not grips) against the contest rules for negative or safety reasons.	
Demonstrate the proper procedures for entering and leaving the mat for a contest.	
Explain the meaning of the Japanese words:	
• Shido	
• Hansoku-maki	
Demonstrate the Referee's signals for:	
• Mate	
• Osaekomi	
• Toketa	
• Adjusting the judogi	

PERFORMANCE SKILLS**RANDORI:**

Demonstrate with a cooperative partner.	
---	--

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.	

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	

5TH KYU – 4TH KYU

SYLLABUS CHECKLIST