

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) **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="text"/>
Kami-shiho-gatame	Upper Four Quarters Hold	<input type="text"/>
Kumi-kata	Engagement Position	<input type="text"/>
Mae Ukemi	Front Breakfall	<input type="text"/>
Mune-gatame	Chest Hold	<input type="text"/>
Nage-komi	Repetitive Throwing	<input type="text"/>
O-uchi-gari	Major Inner Reaping Throw	<input type="text"/>
Randori	Free Practice	<input type="text"/>
Tai-otoshi	Body Drop Throw	<input type="text"/>
Tate-shiho-gatame	Lengthwise Four Quarters Hold	<input type="text"/>
Yoko-shiho-gatame	Side Four Quarters Hold	<input type="text"/>