

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.	
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SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of the following Japanese words:	
• Hajime, Dojo, Judogi, Zori	
• Mate, Osaekomi, Randori, Toketa	
• Rei, Tori, Uke	
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	
Osaekomi	Hold Down	
Osaekomi-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	



NOVICE- 6TH KYU

SYLLABUS CHECKLIST