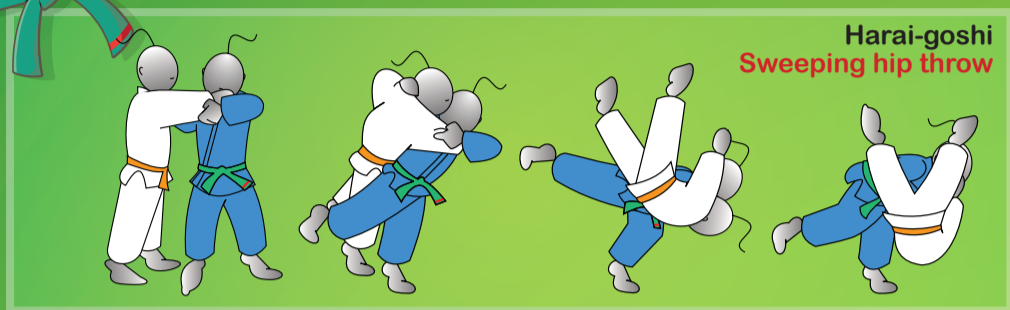


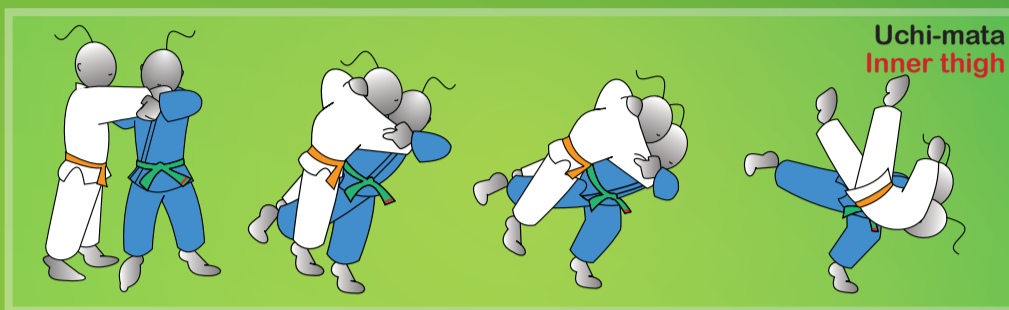
BRITISH JUDO ASSOCIATION

SYLLABUS

10TH MON TO 12TH MON



Harai-goshi
Sweeping hip throw



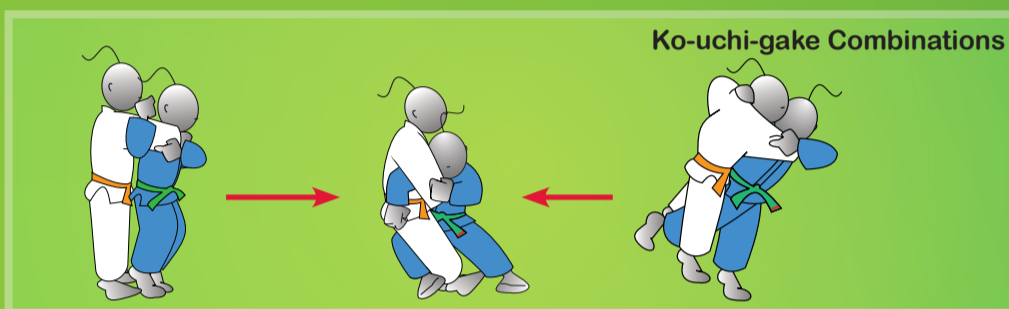
Uchi-mata
Inner thigh



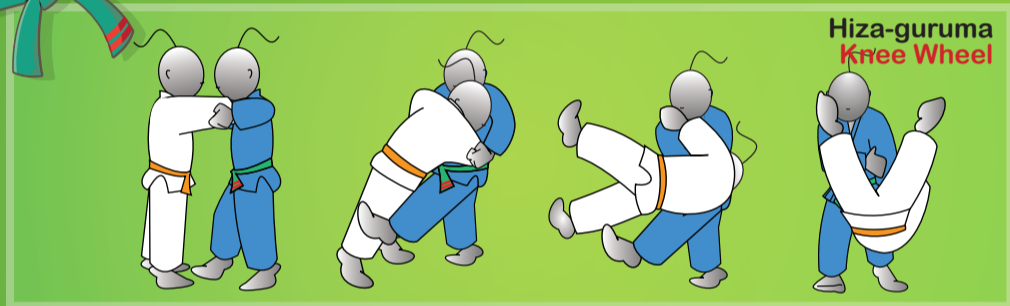
Ude-gatame
Arm lock



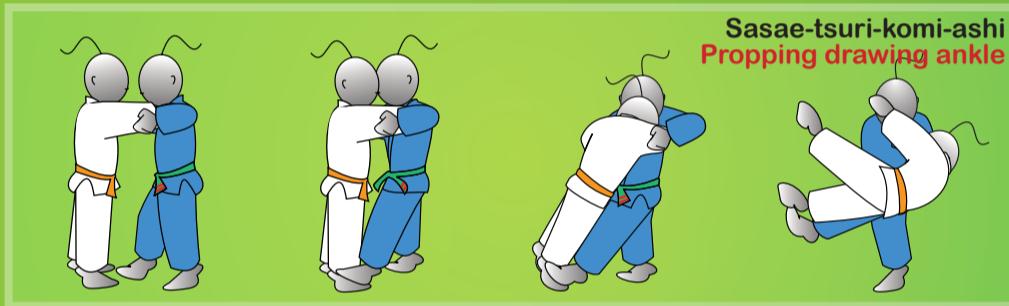
Waki-gatame
Armpit lock



Ko-uchi-gake Combinations



Hiza-guruma
Knee Wheel



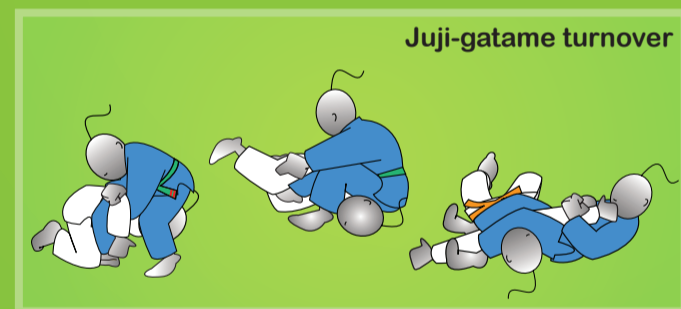
Sasae-tsuri-komi-ashi
Propping drawing ankle



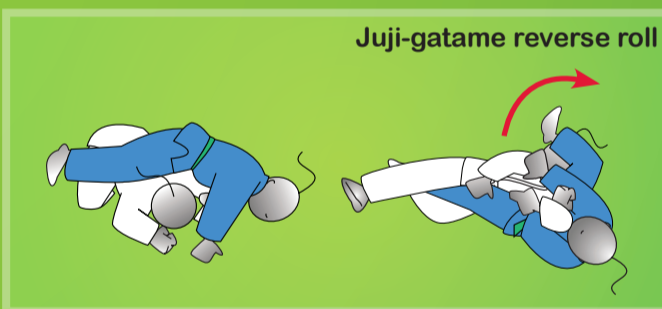
Hiza-gatame
Knee lock



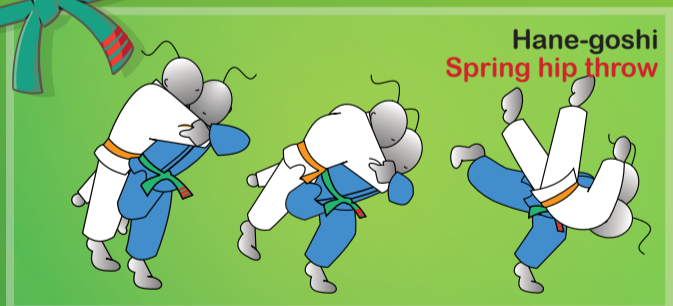
Juji-gatame
Cross armlock



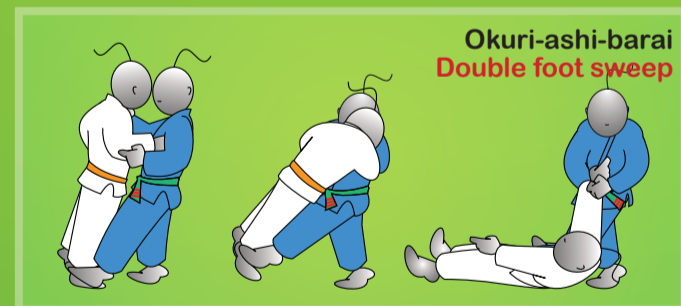
Juji-gatame turnover



Juji-gatame reverse roll



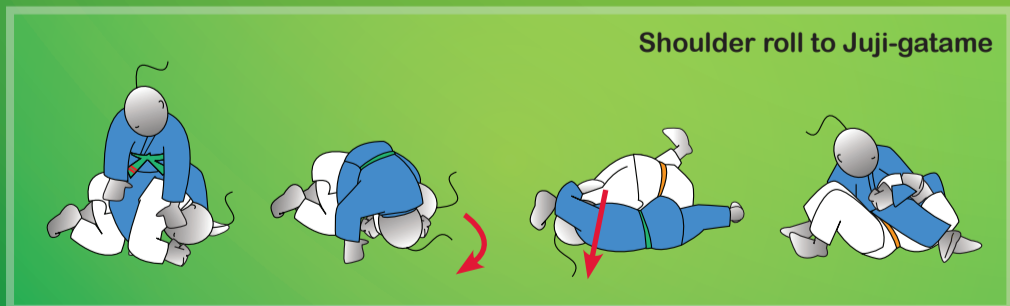
Hane-goshi
Spring hip throw



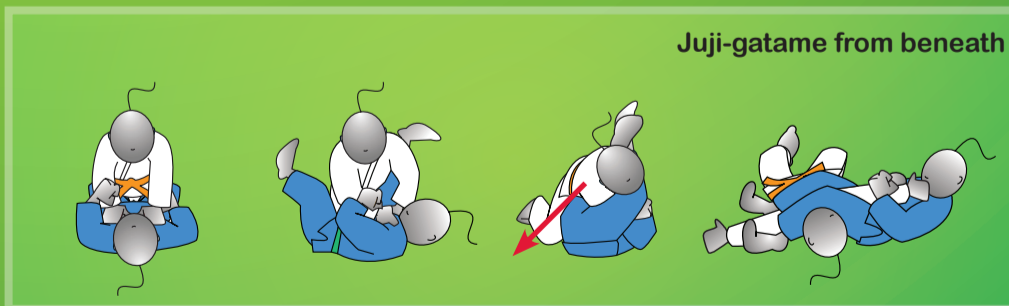
Okuri-ashi-barai
Double foot sweep



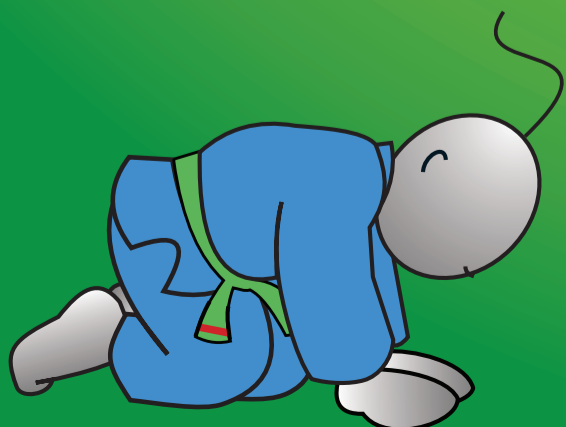
Morote-eri-seoi-nage
Two handed shoulder throw



Shoulder roll to Juji-gatame



Juji-gatame from beneath



REQUIREMENTS

From 10th Mon onwards you can learn Kansetsu-waza (armlocks). You must remember to ALWAYS demonstrate armlocks in a slow and controlled manner and you should NEVER apply pressure to the level of submission.

Kansetsu-waza = armlocks
Kumi-kata = gripping
Kaeshi-waza = counters

Renzoku-waza = combinations in the same direction
Renraku-waza = combinations in different directions.

