

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Harai-goshi

Uchi-mata

KAN-SETSU-WAZA:

Ude-gatame

Waki-gatame

JAPANESE

ENGLISH DESCRIPTION

Harai-goshi

Sweeping Hip

Kan-setsu-waza

Joint Techniques

Uchi-mata

Inner Thigh

Ude-gatame

Straight Armlock

Waki-gatame

Armlock applied with the armpit.

PERFORMANCE SKILLS

RANDORI:

Randori demonstration with a cooperative partner.

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.



9TH MON- 10TH MON SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Hiza-guruma

Sasae-tsuri-komi-ashi

KAN-SETSU-WAZA:

Juji-gatame

Sit back entry

Rollover entry

Hiza-gatame

JAPANESE

ENGLISH DESCRIPTION

Hiza-gatame

Armlock applied with the knee

Hiza-guruma

Knee Wheel

Juji-gatame

Cross Armlock

Kan-setsu-waza

Joint Techniques

Sasae-tsuri-komi-ashi

Propping Drawing Ankle

PERFORMANCE SKILLS

TACHI-WAZA:

Kouchi-gari into Morote-seoi-nage

Tai-otoshi countered by Kosoto-gake or Kosoto-gari

NE-WAZA:

Move into Yoko-shiho-gatame from between Uke's legs.

Turnover from underneath Uke into Tate-shiho-gatame

RANDORI:

Randori demonstration with a cooperative partner.

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.



**10TH MON –
11TH MON**
SYLLABUS CHECKLIST
(AGE RECOMMENDATION 11-15YRS)

NAME:

MEMBERSHIP NO:

FUNDAMENTAL SKILLS

TACHI-WAZA:

Hane-goshi

Okuri-ashi-barai

Morote-eri-seoi-nage

KAN-SETSU-WAZA:

Juji-gatame

Entry over the shoulder

Entry from beneath

JAPANESE

ENGLISH DESCRIPTION

Hane-goshi

Spring Hip

Juji-gatame

Cross Armlock

Morote-eri-seoi-nage

Two-Handed Lapel Shoulder

Okuri-ashi-barai

Foot Sweep

PERFORMANCE SKILLS

RANDORI:

Randori demonstration with a cooperative partner.

PERSONAL CHOICE

Demonstrate four techniques individually and then as a series of combinations and counters.

SUPPLEMENTARY JUDO KNOWLEDGE

Explain the meaning of all the Japanese terminology used in this section.



11TH MON – 12TH MON

SYLLABUS CHECKLIST

(AGE RECOMMENDATION 11-15YRS)