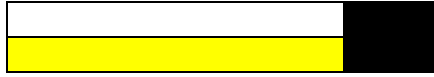
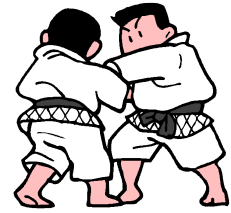




White/Yellow with Black Tips



Minimum Age 5yrs

NAGE-WAZA (Throws):

O Soto Gari
Uke Goshi

OSAE-WAZA (Hold downs):

Hon Kesa Gatame
Mune Gatame

TURNOVERS:

Double Arm Drag

MOVING PAST THE LEGS:

Double Leg Grab

THEORY:

Demonstrate:

Proper gripping of the judogi (Kumikata).
Forms of sitting and salutation.
Wearing, tie belt and folding of judogi.
Posture.
Body movement and walking.

Pivoting (Tai Sabaki).

Elements of a throw:

- Prepare to unbalance (Tsukuri)
- Unbalance (Kuzushi)
- Completion of Throw (Kake)

Posture:

- Shizentai (Natural Posture)
- Migi Shizentai (Right Natural Posture)
- Hidari Shizentai (Left Natural Posture)