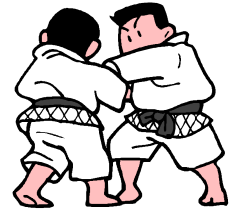


# Yellow



Minimum Age: 6yrs

## **NAGE-WAZA (Throws):**

- O Soto Gari
- Uki Goshi
- O Goshi

## **OSAE-WAZA (Hold downs):**

- Hon Kesa Gatame
- Mune Gatame
- Kuzure Kesa 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)

## **Terminology:**

dojo ..... judo hall  
 judogi ..... judo suit  
 judoka ..... judo player  
 obi ..... belt  
 sensei ..... teacher  
 tatami ..... judo mat