



Yellow with Black Tips



Minimum Age: 6yrs

NAGE-WAZA (Throws):

- O Goshi
- O Soto Gari
- Uki Goshi
- O Uchi Gari

OSAE-WAZA (Hold downs):

- Hon Kesa Gatame
- Mune Gatame
- Kuzure Kesa Gatame
- Makura Kesa Gatame

TURNOVERS:

- Double Arm Drag
- Half Nelson

MOVING PAST THE LEGS:

- Double Leg Grab

THEORY:

Demonstrate:

- Proper gripping of the judogi (Kumikata).
- Forms of sitting and salutation.
- Wearing 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

Discuss:

The purpose of falling (Ukemi).
 The purpose of warming up and cooling down.

History:

Our type of judo is **Kodokan** judo. Judo was started by **Dr Jigoro Kano** in **Japan** in **1882**. The **Kodokan** is the Mother School of judo.