

Yellow/Orange



Minimum Age: 7yrs

NAGE-WAZA (Throws):

O Goshi
O Soto Gari
Uki Goshi
O Uchi Gari
Ippon Seoinage
Morote Seoinage

TURNOVERS:

Double Arm Drag
Half Nelson

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.

Belts: Senior (Main) Colours:

White	Green	Black
Yellow	Blue	Red /White
Orange	Brown	Red

OSAE-WAZA (Hold downs):

Hon Kesa Gatame
Mune Gatame
Kuzure Kesa Gatame
Makura Kesa Gatame
Yoko Shiho Gatame

MOVING PAST THE LEGS:

Double Leg Grab
Hungry Knee