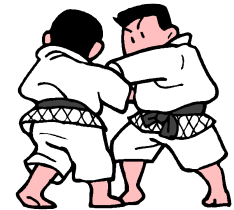




Yellow/Orange with Black Tips



Minimum Age: 7yrs

NAGE-WAZA (Throws):

De Ashi Harai
Sasae Tsuru Komi Ashi
O Goshi
O Soto Gari
Uki Goshi
O Uchi Gari
Ippon Seoinage
Morote Seoinage

OSAE-WAZA (Hold downs):

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

TURNOVERS:

Double Arm Drag
Half Nelson

MOVING PAST THE LEGS:

Double Leg Grab
Hungry Knee

RENRAKU-WAZA (Combinations) & KAESHI-WAZA (Counters):

1 combination and 1 counter as selected.

THEORY:

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
Yellow
Orange
Green
Blue

Brown
Black
Red /White
Red

Terminology:

Directions:

hidari left
mae front
migi right
ushiro backward