

Judo gradings and translations

NOVICE – 1ST MON (red belt 1 stripe)

Tachi-waza: Osoto-otoshi (Major Outer drop)

Osaekomi-waza: Kesa-gatame (Scarf hold)

Combination Techniques: Osoto-otoshi into Kesa-gatame

Ne-waza: escape from Kesa-gatame by 'trapping Uke's leg

PERSONAL CHOICE

- demonstrate two of their favourite waza

1)

2)

- TERMINOLOGY

Rei (bow) Hajime (start) Matte (stop)

1ST MON – 2ND MON (red belt 2 stripes)

Tachi-waza: De-ashi-barai (advancing foot sweep)

Osaekomi-waza: Mune-gatame (chest hold)

Combination Techniques: De-ashi-barai into Mune-gatame

Ne-waza: escape from Mune-gatame using a 'bridge and roll action'

- demonstrate the correct bowing procedure for
Tachi-rei (standing bow) and Za-rei (kneeling bow)

PERSONAL CHOICE

- demonstrate two of their favourite waza

1)

2)

- TERMINOLOGY

Osaekomi (hold on) Toketa (hold broken) Randori (free practice)

2ND MON – 3RD MON (red belt 3 stripes)

Tachi-waza: Uke-goshi (floating hip)

Osaekomi-waza: Kuzure-kesa-gatame (broken scarf hold)

Combination Techniques: Uke-goshi into Kuzure-kesa-gatame

Ne-waza: escape from Kuzure-kesa-gatame using 'sit up and push'

- demonstrate the correct wearing of the judogi and tying of the obi

PERSONAL CHOICE

- demonstrate two of their favourite waza

1)

2)

- TERMINOLOGY

Dojo (practice hall) Judoji (judo suit) Zori (judo shoes)
