

Judo gradings and translations

3RD MON — 4TH MON (Yellow belt 1 stripe)

Tachi-waza: Tai-otoshi (Hand throw body drop)

Osaekomi-waza: Yoko-Shiho-gatame (side four quarters hold)

Combination Techniques: Tai-Otoshi into Yoko-Shiho-gatame

Ne-waza: escape from Yoko-Shiho-gatame using 'Trap, Bridge and Roll'
turnover into Yoko-shiho-gatame (Uke in prone position)

Kumi-kata: demonstrate the right and left standard grip

PERSONAL CHOICE

demonstrate two tachi-waza and one osaekomi-waza from the BJA Technical Grading Syllabus

1)

2)

3)

4TH MON — 5TH MON (Yellow belt 2 stripes)

Tachi-waza: Ippon-seoi-nage (One arm shoulder throw)

Osaekomi-waza: Kami-shiho-gatame (upper four quarters hold)

Combination Techniques: Ippon-seoi-nage into Kami-shiho-gatame

Ne-waza: turnover into Kesa-gatame (Uke in "all fours" position)
escape from Kami-shiho-gatame using 'action and re-action'

Kumi-kata: demonstrate alternatives to the right and left standard grip

PERSONAL CHOICE

demonstrate two of their favourite waza

1)

2)

5TH MON — 6TH MON (Yellow belt 3 stripes)

Tachi-waza: O-uchi-gari (Major inner sweep)

Osaekomi-waza: Tate-shiho-gatame (Lengthwise four quarters hold)

Combination Techniques: O-uchi-gari into Tate-shiho-gatame

Ne-waza: turnover into Mune-gatame (Uke "all fours" position)
escape from Tate-shiho-gatame using 'clamp and roll' action

Kumi-kata: demonstrate alternatives to standard grips e.g right against left, double lapel and high collar

PERSONAL CHOICE

demonstrate two of their favourite waza

1)

2)

give two examples of actions against the contest rules