



SYLLABUS

4TH MON TO 6TH MON



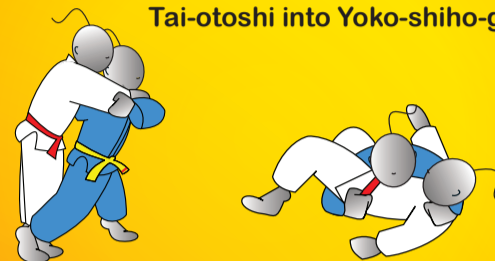
Mae Mawari Ukemi (2)
Forward rolling breakfall



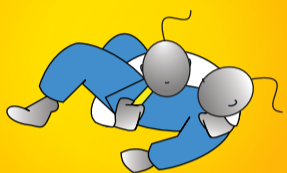
Tai-otoshi
Hand throw body drop



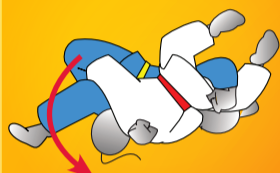
Tai-otoshi into Yoko-shiho-gatame



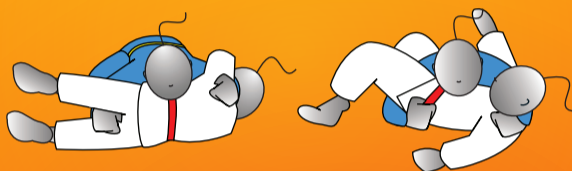
Yoko-shiho-gatame
Side four quarters hold



Yoko-shiho escape



Turnover into Yoko-shiho-gatame



Migi Shizentai
Right standing grip



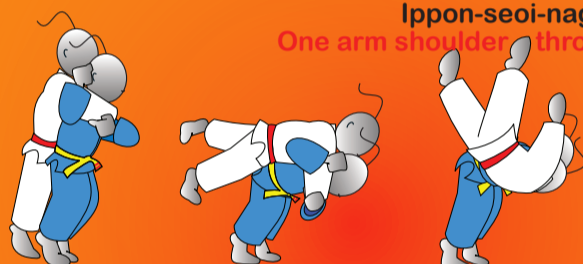
Hidari Shizentai
Left standing grip



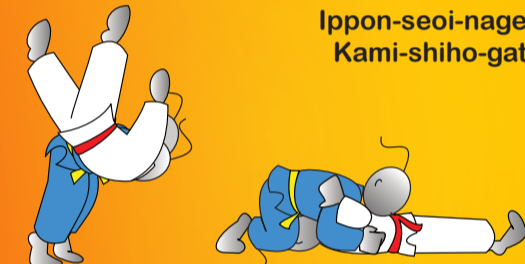
Mae Mawari Ukemi (3)
Forward rolling breakfall



Ippon-seoi-nage
One arm shoulder throw



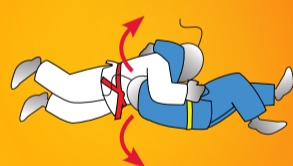
Ippon-seoi-nage into Kami-shiho-gatame



Kami-shiho-gatame
Upper four quarters hold



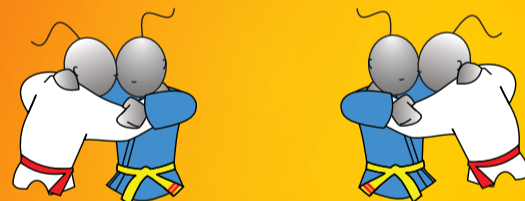
Kami-shiho-gatame escape



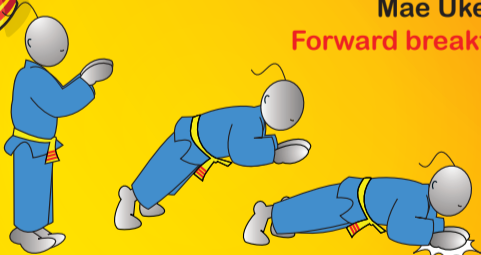
Turnover into Kesa-gatame



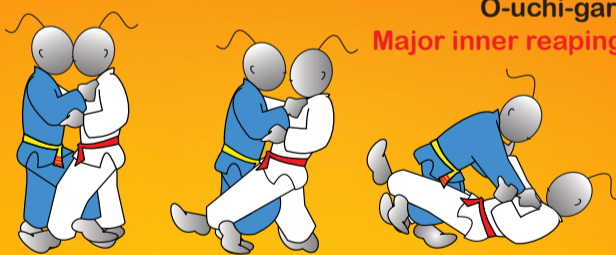
Alternative right and left grips



Mae Ukemi
Forward breakfall



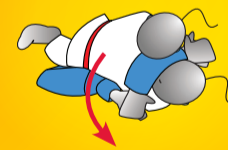
O-uchi-gari
Major inner reaping



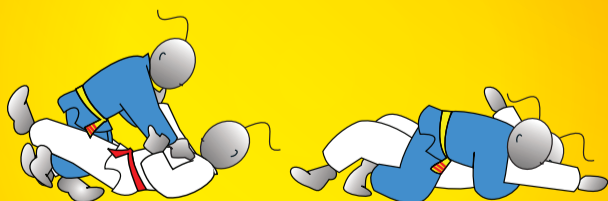
Tate-shiho-gatame
Lengthwise four quarters hold



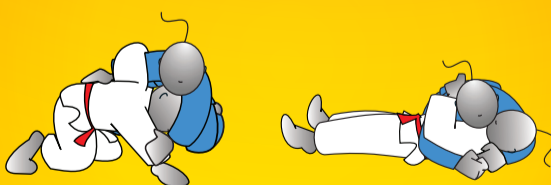
Tate-shiho-gatame escape



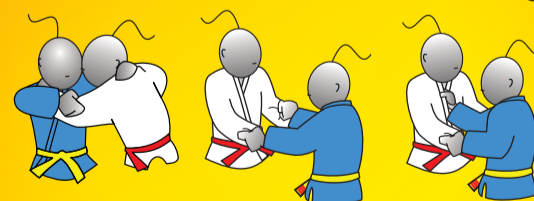
O-uchi-gari into Tate-shiho-gatame



Turnover into Mune-gatame



Demonstrate other grips



When holding both sides of jacket you must throw immediately

REQUIREMENTS

As a yellow belt, you should know what the Judo Code is and try to follow it on and off the tatami. You can find this code in your BJA Syllabus book. It is useful to know the following Japanese words.

Osaekomi-waza = Hold down
Tachi-waza = Standing technique
Ukemi = Breakfall

Kumi-kata = Gripping
Nage-komi = Throwing

