

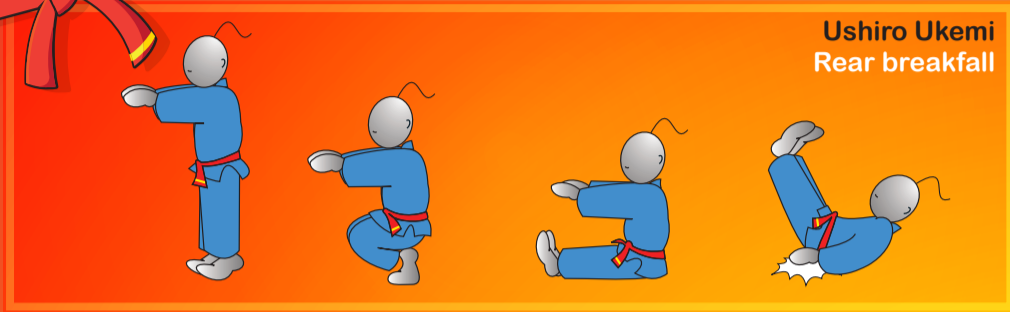
BRITISH
JUDO



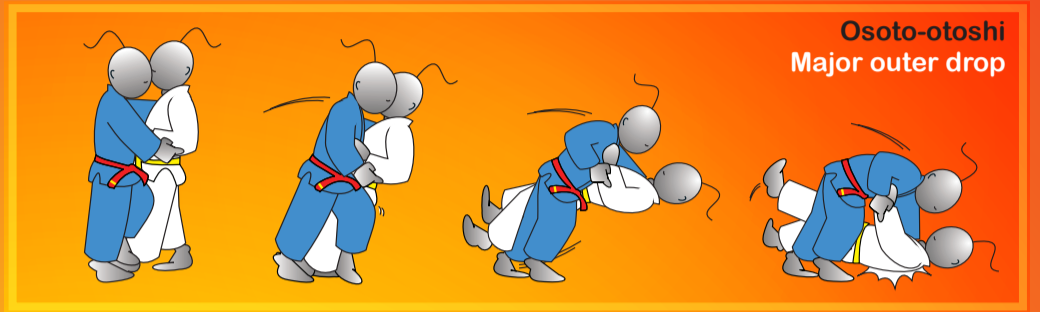
BRITISH JUDO ASSOCIATION

SYLLABUS

1ST MON TO 3RD MON



Ushiro Ukemi
Rear breakfall



Osoto-otoshi
Major outer drop



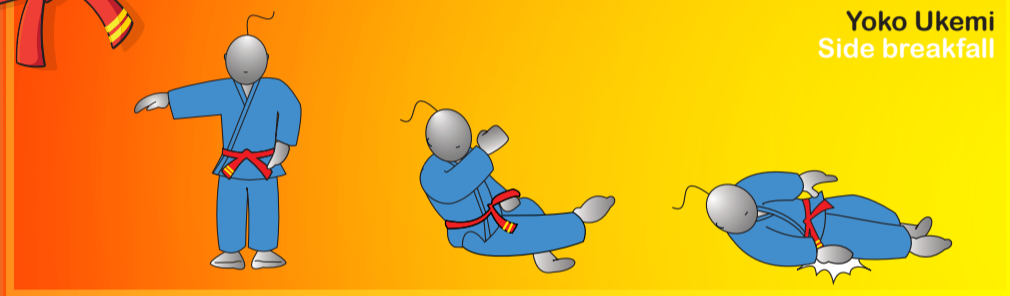
Kesa-gatame
Scarf hold



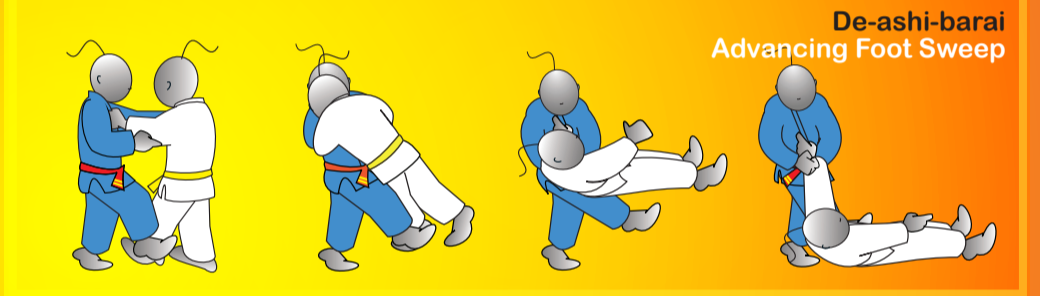
Kesa-gatame escape



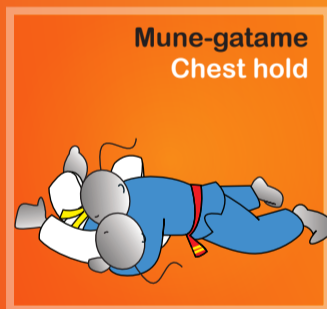
Osoto-otoshi into Kesa-gatame



Yoko Ukemi
Side breakfall



De-ashi-barai
Advancing Foot Sweep



Mune-gatame
Chest hold



Mune-gatame escape



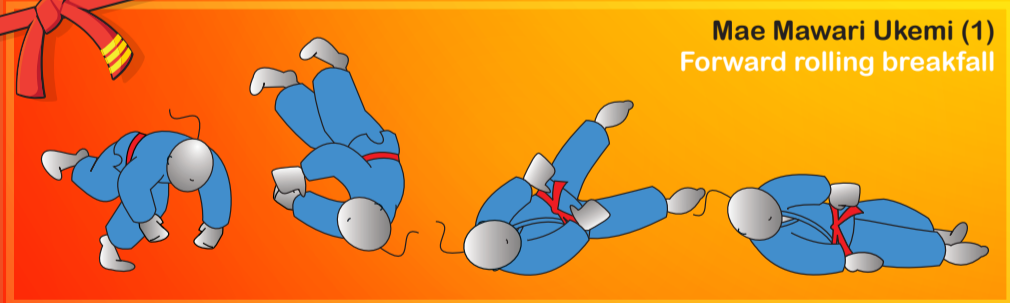
De-ashi-barai into Mune-gatame



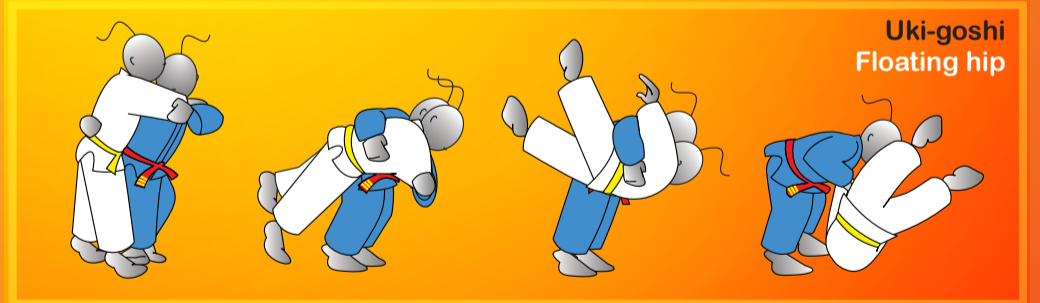
Tachi-rei
Standing bow



Za-rei
Kneeling bow



Mae Mawari Ukemi (1)
Forward rolling breakfall



Uki-goshi
Floating hip



Kuzure-kesa-gatame
Broken scarf hold



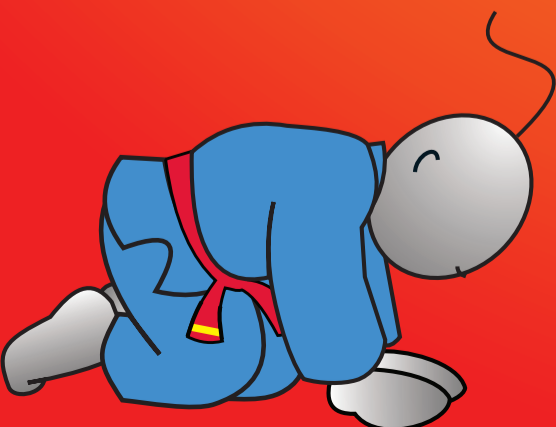
Kuzure-kesa-gatame
escape



Uki-goshi into Kuzure-kesa-gatame



Tying the obi
Tying the belt



REQUIREMENTS

Judo was invented in Japan, by Jigoro Kano. As a red belt, you should be able to wear your judogi correctly and be able to tie your belt. You should also know the following Japanese words.

Rei = Bow
Hajime = Start
Matte = Break

Osaekomi = Holding
Toketa = Hold broken
Dojo = Judo Hall

Zori = Flip Flops
Judogi = Judo Suit
Randori = Free Practice

