



White/Yellow



NAGE-WAZA (Throws):

1 throw as selected from the 1st Kyo (Set) of the Gokyo-no-waza only.

OSAE-WAZA (Hold downs):

1 hold down as selected.

TURNOVERS:

1 turnover as selected.

MOVING PAST THE LEGS:

1 movement past the legs as selected.

THEORY:

Demonstrate:

Proper gripping of the judogi (Kumikata).

Forms of sitting and salutation.

Wearing and folding of judogi.

Posture.

Body movement and walking.

