



Green / Blue



NAGE-WAZA (Throws):

22 throws as selected from the 1st, 2nd, 3rd & 4th Kyo (Sets) of the Gokyo-no-waza only Go Kyo only.

OSAE-WAZA (Hold downs):

13 hold downs as selected.

UDE-KANSETSU-WAZA (Arm locks):

1 arm lock as selected.

Show 1 methods of neutralizing ude-kansetsu-waza.

SHIME-WAZA (Strangles):

1 strangles as selected.

Show 1 method of neutralizing shime-waza.

RENRAKU-WAZA (Combinations) & KAESHI-WAZA (Counters):

4 combinations and 4 counters as selected.

TURNOVERS:

5 turnovers as selected.

MOVING PAST THE LEGS:

4 movements past the legs as selected.

NAGE-NO-KATA:

Uke and Tori for the first set: te-waza.

RANDORI:

Effective Randori must be shown against opponents of similar experience.

THEORY:

General Terminology:

uke person who is thrown
tori thrower
o major
ko minor

uchi inner
soto outer
waza technique

Types of Training:

kumikata gripping
randori free practice
shiai competition
uchi komi .. repeated practice
batsukari positioning of
throw to point of balance

**Contest Terminology:
Start, stop, finish and Golden Score:**

Term	Meaning	Effect
Rei	bow	Players must bow at beginning and end of contest, preferably without prompting.
Hajime	begin	Contest starts and clock starts.
Matte *	wait	Play and time stops. Players return to centre.
Sore-made Golden Score	that is all scores are level	Ends contest when time is up. Time restarts. First score or 2 nd penalty wins or loses.
Hantei *	decision	Request for side judge's decision if scores are equal after Golden Score.

* All these terms require the referee to make a hand signal.

Hand Signals:



Matte



Hantei

JUDO CLUB