



# Green / Blue With Black Tips



## **NAGE-WAZA (Throws):**

24 throws as selected from the 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> & 4<sup>th</sup> 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):**

2 arm locks as selected.

Show 1 methods of neutralizing ude-kansetsu-waza.

## **SHIME-WAZA (Strangles):**

2 strangles as selected.

Show 1 method of neutralizing shime-waza.

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

5 combinations and 5 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 & Uke for the second set: goshi-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

#### 4. 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	that is all	Ends contest when time is up.
Golden Score	scores are level	Time restarts. First score or 2 <sup>nd</sup> penalty wins or loses.
Hantei *	decision	Request for side judge's decision if scores are equal after Golden Score.

##### Scores:

Yuko *	almost waza-ari	Next score up. (10 to <15 sec osaekomi)
Waza-ari *	½ point	Next score up. (15 to <20 sec osaekomi)
Waza-ari awasete ippon *	2 waza-aris score	Same as Ippon: ends contest.
Ippon *	full point	Top score: ends contest. (20 sec osaekomi)
Osaekomi *	holding	Hold recognised and holding time starts.
Toketa *	hold broken	Holding time ends.

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

##### Hand Signals:



Matte



Osaekomi



Toketa



Hantei



Koka



Yuko



Waza-ari



Ippon