



Blue



NAGE-WAZA (Throws):

26 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):

3 arm locks as selected.

Show 2 methods of neutralizing ude-kansetsu-waza.

SHIME-WAZA (Strangles):

3 strangles as selected.

Show 2 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 two sets: te-waza & goshi-waza.

RANDORI:

Effective Randori must be shown against opponents of similar experience.

THEORY:

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 nd 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 <25 sec
osaekomi)		
Waza-ari *	½ point	Next score up. (15 to <20 sec
osaekomi)		
Waza-ari awasete ippon *	2 waza-aris score ippon	Same as Ippon: ends contest.
Ippon *	full point	Top score: ends contest. (25 sec
osaekomi)		
Osaekomi *	holding	Hold recognised and holding time starts.
Toketa *	hold broken	Holding time ends.

Instructions & Penalties:

Sono-Mama	do not move	Players freeze in position and the clock stops.
Yoshi	carry on	Play continues and the clock restarts
Maitta	submission	I give up.
Shido *	note	1 st – Warning 2 nd – Yuko to opponent 3 rd – Waza-ari to opponent
Hansoku Make *	disqualification	A grave penalty = Ippon to opponent

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

Hand Signals:



Matte



Osaekomi



Toketa



Hantei



Koka



Yuko



Waza-ari



Ippon