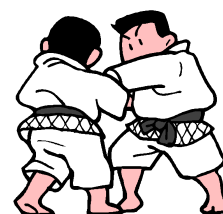


Blue / Brown



NAGE-WAZA (Throws):

30 throws as selected from 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):

5 arm locks as selected.

Show 2 methods of neutralizing ude-kansetsu-waza.

SHIME-WAZA (Strangles):

5 strangles as selected.

Show 2 method of neutralizing shime-waza.

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

6 combinations and 6 counters as selected.

TURNOVERS:

6 turnovers as selected.

MOVING PAST THE LEGS:

5 movements past the legs as selected.

NAGE-NO-KATA:

Uke and Tori for the first three sets: te-waza, goshi-waza & ashi-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.