



Brown



NAGE-WAZA (Throws):

36 throws as selected from all 5 Kyo (Sets) of the Gokyo-no-waza.

OSAE-WAZA (Hold downs):

13 hold downs as selected.

UDE-KANSETSU-WAZA (Arm locks):

7 arm locks as selected.

Show 3 methods of neutralizing ude-kansetsu-waza.

SHIME-WAZA (Strangles):

7 strangles as selected.

Show 3 method of neutralizing shime-waza.

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

7 combinations and 7 counters as selected.

TURNOVERS:

7 turnovers as selected.

MOVING PAST THE LEGS:

5 movements past the legs as selected.

NAGE-NO-KATA:

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

RANDORI:

Effective Randori must be shown against opponents of similar experience.

THEORY:

Contest Terminology:

Term	Meaning	Effect
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 ippon	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.

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

Decisions:

Hiki Wake	a draw	Draw, tie or even.
Fusen Gachi	default win.	Win by default.
Yusei Gachi	superior win	Win by superiority.

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

Hand Signals:



Matte



Osaekomi



Toketa



Hantei



Koka



Yuko



Waza-ari



Ippon

Terminology:

gake hook
hane spring
harai sweep

jime strangle
juji cross
makikomiwind around

yoko side
kuzure broken

sutemi sacrifice
hikikomi pulling in

Techniques:

Nage-waza throwing techniques
Osae-waza holding techniques
Ude-kansetsu-waza..... arm locking techniques
Shime-waza strangling techniques
Te-waza hand techniques
Ashi-waza foot or leg techniques
Koshi-waza hip techniques