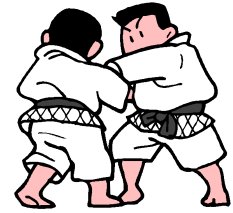




White/Yellow with Black Tips



NAGE-WAZA (Throws):

2 throws as selected from the 1st Kyo (Set) of the Gokyo-no-waza only.

OSAE-WAZA (Hold downs):

2 hold downs as selected.

TURNOVERS:

1 turnover as selected.

MOVING PAST THE LEGS:

1 movement past the legs as selected.

THEORY:

Demonstrate:

Proper gripping of the judogi (Kumikata).

Forms of sitting and salutation.

Wearing and folding of judogi.

Posture.

Body movement and walking.

Pivoting (Tai Sabaki).

Elements of a throw:

- Prepare to unbalance (Tsukuri)
- Unbalance (Kuzushi)
- Completion of Throw (Kake)

Posture:

- Shizentai (Natural Posture)
- Migi Shizentai (Right Natural Posture)
- Hidari Shizentai (Left Natural Posture)