



GO KYU

SEINAN – OVER 16



NAGE-WAZA (Throws):

8 throws as selected from the 1st Go Kyo only.

OSAE-WAZA (Hold downs):

2 hold downs as selected.

KANSETSU-WAZA (Arm locks):

1 arm locks as selected.

SHIME-WAZA (Strangles):

1 strangles as selected.

TURNOVERS:

2 turnovers as selected.

MOVING PAST THE LEGS:

2 movements past the legs as selected.

THEORY:

- (a) **History:** Our type of judo is **Kodokan** judo. Judo was started by **Dr Jigoro Kano** in **Japan** in **1882**. The **Kodokan** is the Mother School of judo.
- (b) **Terminology:**
- | | |
|--------------|-------------|
| dojo | judo hall |
| judogi | judo suit |
| judoka | judo player |
| obi | belt |
| sensei | teacher |
| tatami | judo mat |
- (c) **Discuss:**
- The purpose of falling (Ukemi).
 - The purpose of warming up and cooling down.
- (d) **Demonstrate:**
- Proper grappling 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 (Kuzushi)
 - Unbalance (Tsukuri)
 - Throw (Kake)
 - Forms of unbalance (Kuzushi):
 - Shizentai (Natural Posture)

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

