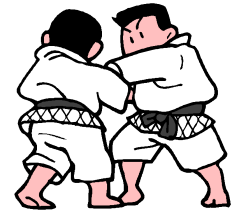




# Yellow/Orange



## **NAGE-WAZA (Throws):**

6 throws as selected from the 1<sup>st</sup> Kyo (Set) of the Gokyo-no-waza only.

## **OSAE-WAZA (Hold downs):**

5 hold downs as selected.

## **TURNOVERS:**

2 turnovers as selected.

## **MOVING PAST THE LEGS:**

2 movements 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)

### **Terminology:**

dojo ..... judo hall  
 judogi ..... judo suit  
 judoka ..... judo player  
 obi ..... belt  
 sensei ..... teacher  
 tatami ..... judo mat

### **Discuss:**

The purpose of falling (Ukemi).  
 The purpose of warming up and cooling down.

### **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.

### **Belts: Senior (Main) Colours:**

|        |            |
|--------|------------|
| White  | Brown      |
| Yellow | Black      |
| Orange | Red /White |
| Green  | Red        |
| Blue   |            |