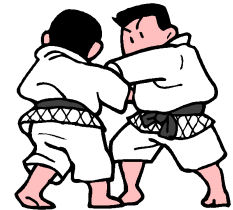


Yellow/Orange with Black Tips



NAGE-WAZA (Throws):

8 throws as selected from the 1st & 2nd Kyo (Sets) of the Gokyo-no-waza only.

OSAE-WAZA (Hold downs):

6 hold downs as selected.

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

1 combination and 1 counter as selected.

TURNOVERS:

2 turnovers as selected.

MOVING PAST THE LEGS:

2 movements past the legs as selected.

THEORY:

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
Yellow
Orange
Green
Blue

Brown
Black
Red /White
Red

Terminology:

Directions:

hidari	left
mae	front
migi	right
ushiro	backwards