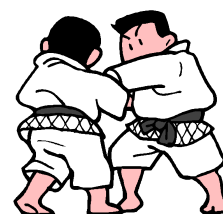


Orange



NAGE-WAZA (Throws):

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

OSAE-WAZA (Hold downs):

7 hold downs as selected.

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

1 combination and 1 counter as selected.

TURNOVERS:

3 turnovers as selected.

MOVING PAST THE LEGS:

2 movements past the legs as selected.

THEORY:

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

Parts of the Body:

ashi foot or leg
koshi/goshi hip
hiza knee
kata shoulder
mata thigh
te hand