



Orange / Green



NAGE-WAZA (Throws):

14 throws as selected from the 1st, 2nd & 3rd Kyo (Sets) of the Gokyo-no-waza only.

OSAE-WAZA (Hold downs):

9 hold downs as selected.

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

2 combinations and 2 counters as selected.

TURNOVERS:

3 turnovers as selected.

MOVING PAST THE LEGS:

3 movements past the legs as selected.

RANDORI:

Effective Randori must be shown against opponents of similar experience.

THEORY:

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
ude arm

Posture:

hidari shizentai ... left natural posture
shizentai natural posture
shizentai hon tai basic natural posture

migi shizentai ... right natural posture
jigo tai defence posture
jigo hon tai basic defensive posture

Counting:

1 ichi
2 ni
3 san
4 shi
5 go

6 roku
7 sichi
8 hachi
9 ku
10 ju