

Judo gradings and translations

6TH MON — 7TH MON (Orange belt 1 stripe)

Tachi-waza: - Ko-uchi-gari (minor inner sweep)

Tsuri-komi-goshi (drawing hip)

O-goshi (major hip)

Combination Techniques: O-uchi-gari into Ko-uchi-gari (major inner sweep into minor inner sweep)

Ko-uchi-gari into O-soto-gari or O-soto-gake (minor inner sweep into major outer sweep/hook)

O-uchi-gari countered by Tsuri-komi-goshi

Ne-waza: escape from Kesa-gatame using 'bridge and roll'

escape into Kesa-gatame from between Uke's legs'

Randori: demonstration of light Randori with a co-operative partner

PERSONAL CHOICE

demonstrate two of their favourite tachi-waza

1)

2)

demonstrate one of their favourite osaekomi-waza

1)

TERMINOLOGY

Uke (person being thrown) **Tori** (person throwing)

Waza-ari-awasete ippon (2 seven point scores equal an ippon)

- demonstrate the proper procedures for coming onto and leaving the mat for a contest
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7TH MON — 8TH MON (Orange belt 2 stripes)

Tachi-waza: Ko-soto-gari (minor outer sweep)
Ko-soto-gake (minor outer hook)
Morote-seoinage (two handed shoulder throw)

Combination Techniques: Ko-uchi-gari into Morote-seoi-nage (minor inner sweep into two handed shoulder throw)

Counter Techniques: Tai-otoshi countered by Ko-soto-gake or gari (hand throw body drop by minor outer hook)

Ne-waza: escape into Yoko-shiho-gatame from between Uke's legs
turn over from underneath Uke into Tate-shiho-gatame

PERSONAL CHOICE

demonstrate three of their favourite waza

- 1)
- 2)
- 3)

Randori:

- demonstration of attacking and defending in Randori with a co-operative partner

TERMINOLOGY

Shido (3 point penalty)

Hansoku-make (disqualification)

- demonstrate the Referee's signals for Matte, Osaekomi, Toketa and adjusting the judogi
 - give two examples of actions (not grips) against the contest rules for negative and safety reasons
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8TH MON — 9TH MON (Orange belt 3 stripes)

Tachi-waza: - Seoi-otoshi (shoulder drop)
O-soto-gari (major outer sweep)

Combination Techniques: Ippon-seoi-nage into Ko-uchi-gari (one arm shoulder throw into minor inner sweep)
any techniques, as combinations with - Seoi-otoshi
-Ko-uchi-gari

Ne-waza: Arm roll from behind uke and in front of uke

Randori: demonstration of attacking and defending in Randori with a co-operative partner

PERSONAL CHOICE

demonstrate three of their favourite waza

- 1)
- 2)
- 3)

TERMINOLOGY

Hiki-wake (draw)

- give two examples of grips against the contest rules for negative or safety reasons