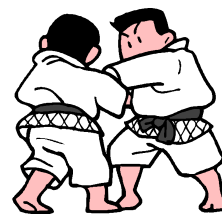


Blue With Black Tips



NAGE-WAZA (Throws):

28 throws as selected from the 1st, 2nd, 3rd & 4th Kyo (Sets) of the Gokyo-no-waza only Go Kyo only.

OSAE-WAZA (Hold downs):

13 hold downs as selected.

UDE-KANSETSU-WAZA (Arm locks):

4 arm locks as selected.

Show 2 methods of neutralizing ude-kansetsu-waza.

SHIME-WAZA (Strangles):

4 strangles as selected.

Show 2 method of neutralizing shime-waza.

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

6 combinations and 6 counters as selected.

TURNOVERS:

6 turnovers as selected.

MOVING PAST THE LEGS:

4 movements past the legs as selected.

NAGE-NO-KATA:

Uke and Tori for the first two sets: te-waza & goshi-waza & Uke for 3rd Set: ashi-waza.

RANDORI:

Effective Randori must be shown against opponents of similar experience.

THEORY:

Contest Terminology:

Start, stop, finish and Golden Score:

| Term | Meaning | Effect |
|--------------|------------------|---|
| Rei | bow | Players must bow at beginning and end of contest, preferably without prompting. |
| Hajime | begin | Contest starts and clock starts. |
| Matte * | wait | Play and time stops. Players return to centre. |
| Sore-made | that is all | Ends contest when time is up. |
| Golden Score | scores are level | Time restarts. First score or 2 nd penalty wins or loses. |
| Hantei * | decision | Request for side judge's decision if scores are equal after Golden Score. |

Scores:

| | | |
|--------------------------|-------------------------|--|
| Yuko * | almost waza-ari | Next score up. (15 to <20 sec |
| osaekomi) | | |
| Waza-ari * | ½ point | Next score up. (20 to <25 sec |
| osaekomi) | | |
| Waza-ari awasete ippon * | 2 waza-aris score ippon | Same as Ippon: ends contest. |
| Ippon * | full point | Top score: ends contest. (25 sec |
| osaekomi) | | |
| Osaekomi * | holding | Hold recognised and holding time starts. |
| Toketa * | hold broken | Holding time ends. |

Instructions & Penalties:

| | | |
|----------------|------------------|--|
| Sono-Mama | do not move | Players freeze in position and the clock stops. |
| Yoshi | carry on | Play continues and the clock restarts |
| Maitta | submission | I give up. |
| Shido * | note | 1 st – Warning 2 nd – Yuko to opponent |
| | | 3 rd – Waza-ari to opponent |
| Hansoku Make * | disqualification | A grave penalty = Ippon to opponent |

Decisions:

| | | |
|-------------|--------------|---------------------|
| Hiki Wake | a draw | Draw, tie or even. |
| Fusen Gachi | default win. | Win by default. |
| Yusei Gachi | superior win | Win by superiority. |

* All these terms require the referee to make a hand signal.

Hand Signals:



Matte



Osaekomi



Toketa



Hantei



Koka



Yuko



Waza-ari



Ippon