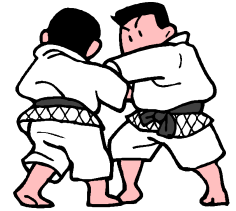


Yellow with Black Tips



NAGE-WAZA (Throws):

4 throws as selected from the 1st Kyo (Set) of the Gokyo-no-waza only.

OSAE-WAZA (Hold downs):

4 hold downs as selected.

TURNOVERS:

2 turnovers as selected.

MOVING PAST THE LEGS:

1 movements past the legs as selected.

THEORY:

Demonstrate:

Proper gripping of the judogi (Kumikata).

Forms of sitting and salutation.

Wearing and folding of judogi.

Posture.

Body movement and walking.

Pivoting (Tai Sabaki).

Elements of a throw:

- Prepare to unbalance (Tsukuri)
- Unbalance (Kuzushi)
- Completion of Throw (Kake)

Posture:

- Shizentai (Natural Posture)
- Migi Shizentai (Right Natural Posture)
- Hidari Shizentai (Left Natural Posture)

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.