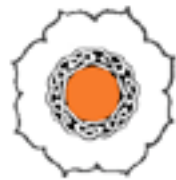


Junior Judo Syllabus



JudoIreland

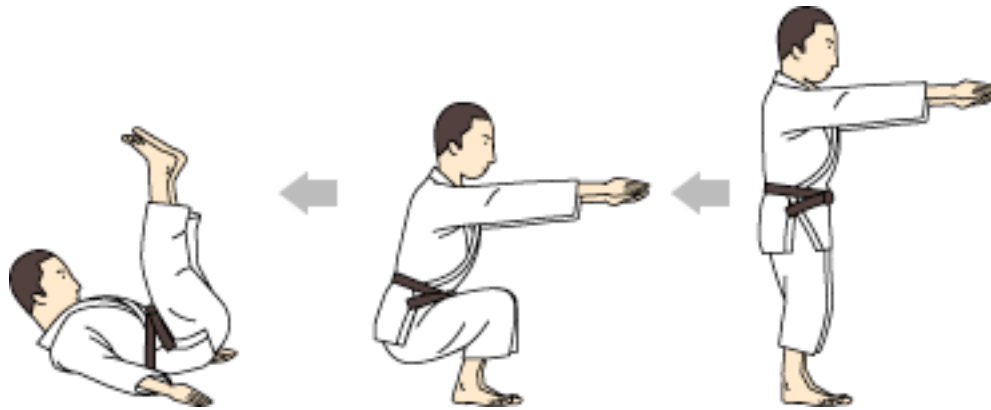
柔道



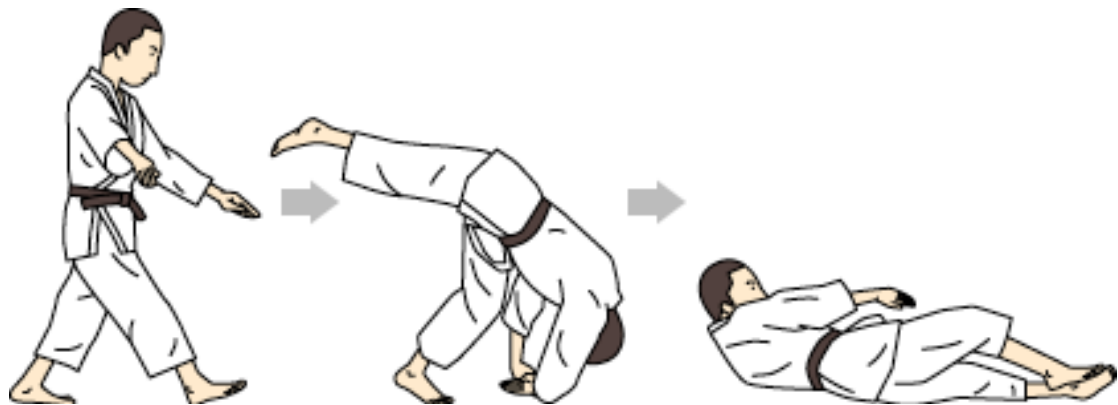
Basics

Ukemi: Break falls

Ushiro Ukemi - Backwards fall



Mae Mawari Ukemi - Forward Roll



Yoko Ukemi - Side Fall

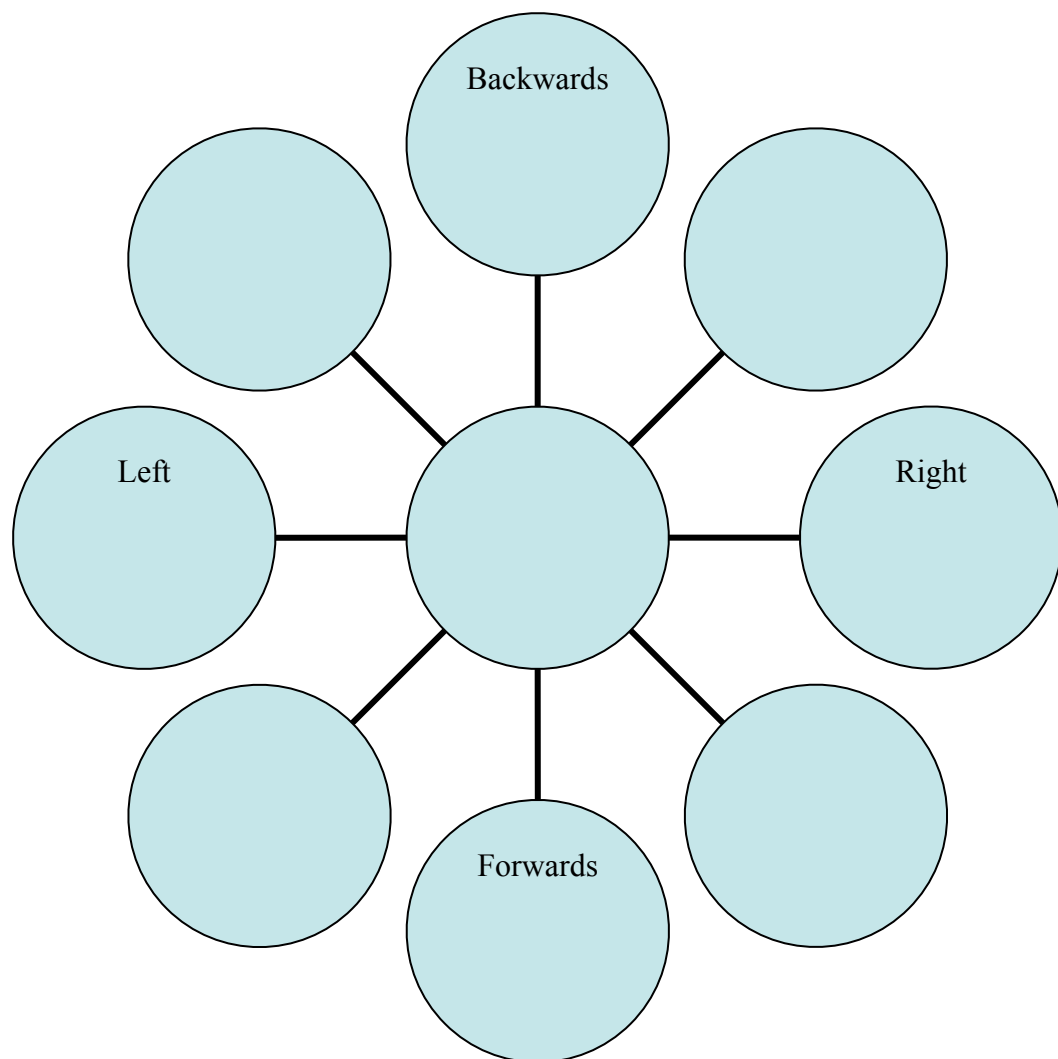


Mae Ukemi - Forward Fall



Four Point Landing

Kuzushi: Breaking Balance



White Belt

Ukemi: Break falls

- Ushiro Ukemi - Backward Break Fall
- Yoko Ukemi - Side Roll

Kuzushi: Breaking Balance

- Break Balance to Front

Nage Waza: Throwing Techniques

De Ashi Barai



Uki Goshi



Osaekomi Waza: Holddown Techniques

Kesa Gatame



Terminology:

- Hajime - Start
- Matte - Stop
- Rei - Bow

White / Yellow Belt

Ukemi

- Mae Mawari Ukemi - Forward Roll
- Four point landing

Kuzushi

- Break Balance to Rear

Nage Waza

O Uchi Gari

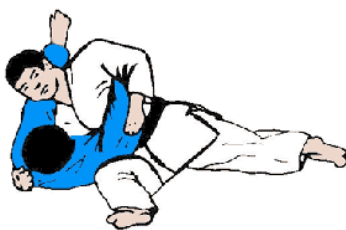


Ko Uchi Gari



Osaekomi Waza

Kesure Kesa Gatame



Escapes

Terminology:

- Sore Made - End of Class
- Sensei - Teacher
- Sensini - Student

Yellow Belt

Ukemi

- Mae Ukemi - Forward Fall

Kuzushi

- Break Balance to Sides
- Break Balance to Corners

Nage Waza

Hiza Guruma



Sasae Tsurikomi Ashi



Ippon Seoi Nage



Osaekomi Waza

Mune Gatame



Escapes

Terminology:

- Dojo - Judo Hall
- Judogi - Judo Suit
- Obi - Belt

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Yellow / Orange Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

Nage Waza

O Goshi



O Soto Gari



Tsuri Goshi



Osaekomi Waza

Kata Gatame



Escapes

Terminology:

- Osaekomi - Holddown
- Toketa - Holddown Broken
- Tatame - Judo Mat

Combination:

- O Soto Gari into Kesa Gatame

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Orange Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

Nage Waza

Ko Soto Gari



Ko Soto Gake



Tai Otoshi



Osaekomi Waza

Kami Shiho Gatame



Escapes

Terminology:

- Ippon - 10 Point Score
- Wazari - 7 Point Score
- Yuko - 5 Point Score

Combination:

- Tai Otoshi into Kami Shiho Gatame

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Orange / Green Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

Nage Waza

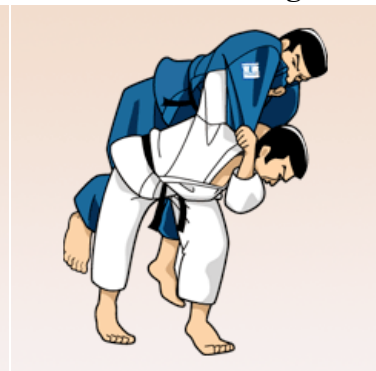
Koshi Guruma



Harai Goshi



Morote Seoi Nage



Osaekomi Waza

Makura Gatame



Escapes

Terminology:

- Tori - Attacker
- Uki - Defender

Go No Sen

- O Soto Gari - O Soto Gari

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Green Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

Nage Waza

Harai Tsurikomi Ashi



O Guruma



Uchimata



Osaekomi Waza

Kesure Kami Shiho
Gatame



Escapes

Terminology:

- Sone Mama - Freeze
- Yoshi - Unfreeze/Continue

Go No Sen

- Hiza Guruma - Hiza Guruma

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Green / Blue Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

Nage Waza

Yoko Otoshi



Okuri Ashi Barai



Ashi Guruma



Osaekomi Waza

Tate Shiho Gatame



Escapes

Terminology:

- Shido - Penalty
- Hansuko Make - Disqualification

Go No Sen

- O Uchi Gari - De Ashi Barai

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Blue Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

Nage Waza

Hane Goshi



Tsurikomi Goshi



Tomoenage



Osaekomi Waza

Ushiro Kesa Getame



Escapes

Terminology:

- Tachiwaza - Standing Techniques
- Osaekomiwaza - Holddown Techniques
- Katamewaza - Grappling Techniques

Go No Sen

- De Ashi Barai - De Ashi Barai

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Blue / Brown Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

Nage Waza

Uki Waza



O Soto Guruma



Yoko Gake



Osaekomi Waza

Yoko Shiho Getame



Escapes

Go No Sen

- Ko Soto Gake - Tai Otoshi

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Purple Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

Nage Waza

Ushiro Goshi



Uranage



Sukui Nage



Osaekomi Waza

Kesure Yoko Shiho Getame



Escapes

Go No Sen

- Ko Uchi Gari - Sasae Tsurikomi Ashi

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner

Brown Belt

Ukemi

- Full Break Falls

Kuzushi

- Full Kuzushi

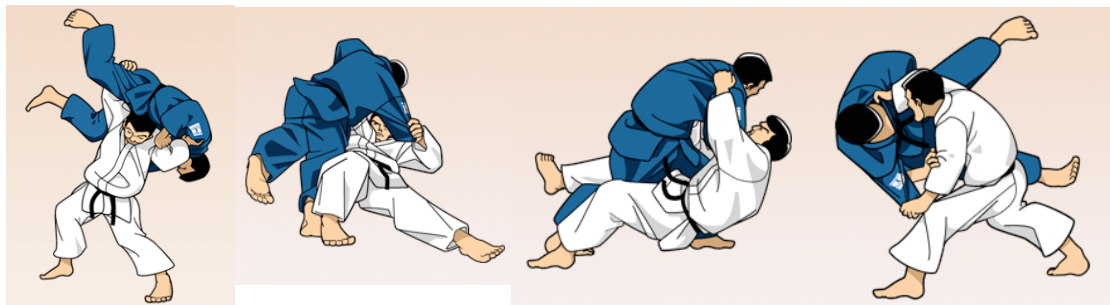
Nage Waza

Kata Guruma

Yoko Wakare

Yoko Guruma

Sumi Otoshi



Osaekomi Waza

Kesure Yoko Shiho Getame

Escapes



Go No Sen

- Tsurikomi Goshi - Ushiro Goshi

Randori:

- Demonstration of Nage-komi in light Randori with a co-operative partner