


JUDO
Grading Requirements

ORANGE Belt  *Yonkyu (4th Student level) 55 practises as Gokyu +8 years old*

NAGE WAZA *Throwing Techniques*



ko soto gari
minor outer reap



ko uchi gari
minor inner reap



okuri ashi harai
sliding foot sweep



tai otoshi
body drop



harai goshi
sweeping hip



tomoe nage
stomach (circle) throw

NE WAZA *Grappling Techniques*



okuri eri jime
sliding collar choke



kata ha jime
single wing choke



ude hishigi juji gatame
cross armlock

TOURNAMENT TERMINOLGY

Yuko *throw landing on side*

Waza-ari *1/2 point, almost a full point*

Ippon *full point, wins match*

Matte *stop*

Hajime *begin*

Sonomama *don't move*

Soremade *time has expired in the match*

Shido *penalty*

Hansoku make *disqualification*

Osaekomi *hold down*

Toketa *hold down broken*

Waza-ari Awasete Ippon *two waza-aris add up to ippon*

Hantei *call for judges decision in a tie*

Golden Score *extended time where first point wins*

Hikiwake *draw or tie*