



CREWE JUDO CLUB

Junior Mon Grade Syllabus

TERMINOLOGY Novice – 2nd Mon

Novice to 1st Mon

JAPANESE

USHIRO UKEMI
OSOTO -OTOSHI
KESA GATAME
WAZA
REI
HAJIME
MATTE
IN WHICH COUNTRY WAS JUDO DEvised?

ENGLISH

- REAR BREAKFALL
- MAJOR OUTER DROP
- SCARF HOLD
- TECHNIQUE
- BOW
- BEGIN
- STOP/WAIT
- JAPAN

1st Mon to 2nd Mon

JAPANESE

YOKO UKEMI
DE-ASHI-BARAI
MUNE GATAME
WAZA
OSAE-KOMI
TOKETA
TACHI-REI
ZA-REI
WHO IS THE FOUNDER OF JUDO?

ENGLISH

- SIDE BREAKFALL
- ADVANCING FOOT SWEEP
- CHEST HOLD
- TECHNIQUE
- GROUNDHOLD ON
- GROUNDHOLD BROKEN
- STANDING BOW
- KNEELING BOW
- DR JIGARO KANO