



CREWE JUDO CLUB

Junior Mon Grade Syllabus

TERMINOLOGY 2nd – 4th Mon

2nd Mon to 3rd Mon

JAPANESE

MAE MAWARI UKEMI
UKI-GOSHI
KUZURE KESA GATAME
WAZA
JUDO GI
DOJO
ZORI

ENGLISH

- FRONT ROLLING BREAKFALL
- FLOATING HIP
- BROKEN SCARF HOLD
- TECHNIQUE
- JUDO SUIT
- JUDO PRACTICE HALL
- JUDO FOOTWEAR

3rd Mon to 4th Mon

JAPANESE

MAE MAWARI UKEMI
TAI-OTOSHI
YOKO-SHIO-GATAME
TACHI-WAZA
OSAEKOMI-WAZA

ENGLISH

- FRONT ROLLING BREAKFALL
- BODY DROP
- SIDE 4 QUARTERS HOLD
- STANDING TECHNIQUE
- HOLDING TECHNIQUE