



CREWE JUDO CLUB

Junior Mon Grade Syllabus

TERMINOLOGY 4th Mon to 6th Mon

4th Mon to 5th Mon

JAPANESE

MAE MAWARI UKEMI
IPPPON-SEOI-NAGE
KAMI-SHIO-GATAME
KESA GATAME
WAZA

ENGLISH

- FRONT ROLLING BREAKFALL
- SINGLE ARM SHOULDER THROW
- UPPER 4 QUARTERS HOLD
- SCARF HOLD
- TECHNIQUE

5th Mon to 6th Mon

JAPANESE

MAE UKEMI
O-UCHI-GARI
TATE-SHIO-GATAME
MUNE-GATAME
NAGE-KOMI
WAZA
KUMI-KATA

ENGLISH

- FRONT BREAKFALL
- MAJOR INNER REAPING
- LENGTHWISE 4 QUARTERS HOLD
- CHEST HOLD
- REPETITIVE THROWING
- TECHNIQUE
- METHOD OF GRIPPING