



CREWE JUDO CLUB



Junior Mon Grade Syllabus

TERMINOLOGY 6th Mon to 8th Mon

6th Mon to 7th Mon

JAPANESE

KO-UCHI-GARI
TSURI-KOMI-GOSHI
O-GOSHI
O-SOTO GARI
KESA-GATAME
UKE
RANDORI
TACHI-WAZA
OSAE-KOMI-WAZA
TORI
WAZARI-AWASETTE-IPPON

ENGLISH

- MINOR INNER REAPING
- DRAWING HIP
- MAJOR HIP THROW
- MAJOR OUTER REAPING
- SCARF HOLD
- DEFENDING JUDO PLAYER
- FREE PRACTICE
- STANDING TECHNIQUE
- GROUNDHOLD TECHNIQUE
- ATTACKING JUDO PLAYER
- 2 WAZA-ARI SCORES = 1 POINT

7th Mon to 8th Mon

JAPANESE

KO-SOTO-GARI
KO-SOTO-GAKE
MOROTE-SEAINAGE
KO UCHI GARI
YOKO-SHIO GATAME
UKE
TAI-OTOSHI
RANDORI
WAZA
SHIDO
HANSOKU-MAKE

ENGLISH

- MINOR OUTER REAPING
- MINOR OUTER HOOK
- 2 HANDED SHOULDER THROW
- MINOR INNER REAPING
- SIDE 4 QUARTERS HOLD
- DEFENDING JUDO PLAYER
- BODY DROP
- FREE PRACTICE
- TECHNIQUE
- PENALTY
- DISQUALIFICATION