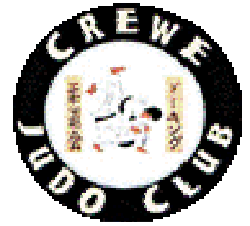




# CREWE JUDO CLUB



## Junior Mon Grade Syllabus

### TERMINOLOGY 8<sup>th</sup> Mon to 10<sup>th</sup> Mon

#### 8th Mon to 9th Mon

##### JAPANESE

SEOI-OTOSHI  
O SOTO GARI  
IPPON-SEOINAGE  
KO UCHI GAKE  
UKE  
RANDORI  
WAZA  
HIKI-WAKE  
HANTEI

##### ENGLISH

- SHOULDER DROP  
- MAJOR OUTER REAPING  
- ONE ARM SHOULDER THROW  
- MINOR INNER HOOK  
- DEFENDING JUDO PLAYER  
- FREE PRACTICE  
- TECHNIQUE  
- DRAWN CONTEST  
- DECISION (REFEREE COMMAND)

#### 9th Mon to 10<sup>th</sup> Mon

##### JAPANESE

HARAI-GOSHI  
UCHI-MATA  
UDE-GATAME  
WAKE-GATAME  
KO-UCHI-GAKE  
RANDORI  
KANSETSU-WAZA

##### ENGLISH

- SWEEPING HIP THROW  
- INNER THIGH THROW  
- ARM LOCK (STRAIGHT)  
- ENTANGLED ARMLOCK  
- MINOR INNER HOOK  
- FREE PRACTICE  
- ARMLOCK TECHNIQUE