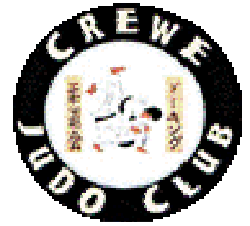




# CREWE JUDO CLUB



## Junior Mon Grade Syllabus

### TERMINOLOGY 10<sup>th</sup> Mon to 12<sup>th</sup> Mon

#### 10th Mon to 11th Mon

##### JAPANESE

HIZA-GURUMA  
SASAE-TSURIKOMI-ASHI  
JUJI-GATAME  
HIZA-GATAME  
RANDORI  
WAZA

##### ENGLISH

- KNEE WHEEL  
- PROPPING DRAWING ANKLE THROW  
- CROSS ARM LOCK  
- KNEE ARMLOCK  
- FREE PRACTICE  
- TECHNIQUE

#### 11th Mon to 12<sup>th</sup> Mon

##### JAPANESE

HANE GOSHI  
OKURI-ASHI-BARAI  
MOROTE-ERI-SEOI-NAGE  
JUJI-GATAME  
RANDORI  
WAZA

##### ENGLISH

- SPRING HIP THROW  
- DOUBLE FOOT SWEEP  
- 2 HANDED LAPEL SHOULDER THROW  
- CROSS ARM LOCK  
- FREE PRACTICE  
- TECHNIQUE