

NOVICE – 6TH KYU

FUNDAMENTAL SKILLS

Ukemi:

- Ushiro Ukemi
- Yoko Ukemi
- Mae Mawari Ukemi

Tachi-waza:

- O-soto-otoshi
- De-ashi-barai
- Uki-goshi

Osaekomi-waza:

- Kesa-gatame
- Mune-gatame
- Kuzure-kesa-gatame

PERFORMANCE SKILLS

Combination Techniques:

- O-soto-otoshi into Kesa-gatame
- De-ashi-barai into Mune-gatame
- Uki-goshi into Kuzure-kesa-gatame

Ne-waza:

- escape from Kesa-gatame by trapping Uke's leg
- escape from Mune-gatame using a 'bridge and roll' action
- escape from Kuzure-kesa-gatame using 'sit up and push'

PERSONAL CHOICE

Candidates are required to:

- select and demonstrate two Tachi-waza and two Osaekomi-waza from the BJA Technical Grading Syllabus

TERMINOLOGY AND SUPPLEMENTARY KNOWLEDGE

Candidates are required to:

- know the common English translations and meaning of all Japanese terminology used in this section
- translate the following Japanese words into their common English names and where appropriate explain their meaning:

Dojo	Hajime	Rei
Judogi	Matte	Toketa
Zori	Osaekomi	Randori
- demonstrate
 - the correct tying of the Obi
 - the correct wearing of the judogi
 - the correct bowing procedures Tachi-rei and Za-rei
- answer the following questions:

Who is the founder of modern judo?
In which country was judo devised?

NOTES

1. For the personal choice element, the judoka may select any Waza from the BJA Technical Grading Syllabus but it is recommended that less advanced techniques are chosen at the stage.