

Junior Grading

Brown



Terminology

Judo - Gentle way	Judogi - Judo uniform
Seiza - Ceremonial sitting, knees and heels	Rei - bowing
Kumi Kata - Method of grasping opponent; Grip	Tachi-Waza - Standing techniques
Kodokan - Judo Headquarters in Tokyo, Japan	Ne-Waza - Ground techniques
Hajime - Start; begin	Mate - Wait; stop
Sore made - Time had expired	Migi - Right
Idari - Left	Ippon - Full point
Ashi - Leg	Shido - Penalty
Kuzushi - Breaking opponent's balance	Uchi Komi - Practicing form by repeating technique many times with partner
Uke - Person who is being thrown	Tori - Person who does the throwing
Sonomama - As it is (stop as you are)	Yoshi - Resume Action
Shido - Penalty	Hansoku-make - disqualification
Tsukuri - fitting in to uke, getting ready	Take - finishing, executing

Founder: Prof. Jigoro Kano

When: 1882

Where: Kodokan, Tokyo, Japan

Techniques

Ukemi Waza - breakfalls

Ushiro Ukemi - backward breakfall

Yoko Ukemi - side breakfall

Zenpo Kaiten Ukemi - rolling forward breakfall

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Tachi Waza

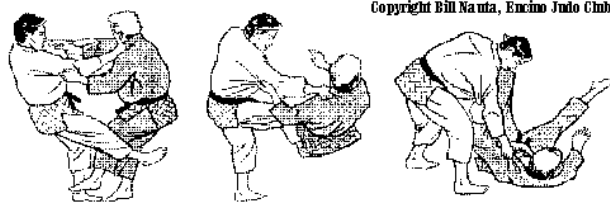
O-Soto-Gari	Ouchi-Gari	Deashi Barai	Tai-Otoshi	O-Goshi
Ippon Seoi-Nage	Kouchi Gari	Uki Goshi	Morote Seoi-Nage	Eri Seoi Nage
Ko-soto Gari	Tani Otoshi	Koshi Guruma	Kubi Nage	Sasae Tsurikomi Ashi
Hiza Guruma	Okuri Ashi Barai	Sode Tsurikomi Goshi	Soto Makikomi	Kosoto Gake
Uchi Mata	Sumi Gaeshi	Tsurikomi Goshi	Tsuri Goshi	Hane Goshi
Harai Tsurikomi Ashi	Tomoe Nage	Ashi Guruma	Hane Makikomi	

Ushiro Goshi



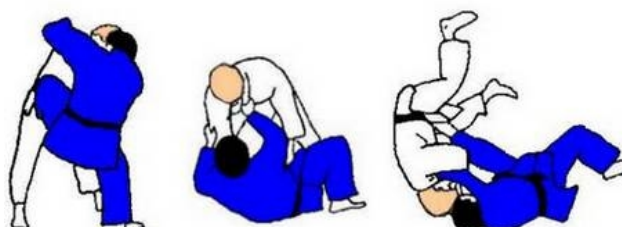
Ko-Uchi-Mata

Nidan Ko-soto Gari



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Yoko Tomoe Nage



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Ne Waza

Kesa Gatame	Yoko Shiho Gatame	Kata Gatame	Tate Shiho Gatame	Kuzure Yoko Shiho Gatame
Kuzure Kesa Gatame	Kami Shiho Gatame	Kuzure Tata Shiho Gatame	Kuzure Kami Shiho Gatame	Mune Gatame
Makure Kesa Gatame	Ushiro Kesa Gatame	Sankaku Jime	Sankaku Kesa Gatame	Nami-Juji-Jime
Waki Gatame	Hadaka Jime	Ude Hishigi Juji Gatame	Tsukkomi Jime	Kata-Juji-Jime
Gyaku-Juji-Jime	Sankaku Gatame			

Okuri Eri jime



Kata Ha Jime



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Koshi Jime



Sode Guruma Jime



Ryote Jime



Ude Garami



Ude Gatame



Gyaku Ude Garami



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Ne Waza turnovers

Uke is on his hands and knees, tori turns Uke over by grabbing Uke's arms from underneath Uke, pushing Uke with the chest, and placing the arm closer to the head under Uke's head, the other hand between Uke's legs, and performs Yoko Shiho Gatame.

Removing a leg from between Uke's legs

Free Form

Combinations - Forward to Backwards x 2, Backwards to Forward x 2, Forward to Forward x 1, Backwards to Backwards x 1

Moving from one Ne Waza technique to another technique (1 from each):

Osaekomi Waza to Osaekomi Waza

Osaekomi Waza to Kansetsu Waza (both directions)

Osaekomi Waza to Shime Waza (both directions)

Kansetsu Waza to Shime Waza (both directions)