

Junior Grading

White-Yellow



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

Founder: Prof. Jigoro Kano

When: 1882

Where: Kodokan, Tokyo, Japan

Techniques

Ukemi Waza - breakfalls

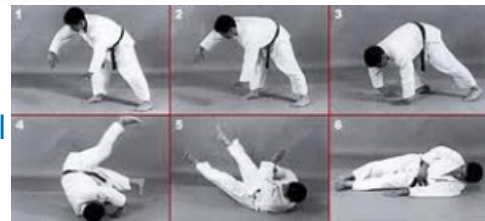
Ushiro Ukemi - backward breakfall



Yoko Ukemi - side breakfall



Zenpo Kaiten Ukemi - rolling forward breakfall



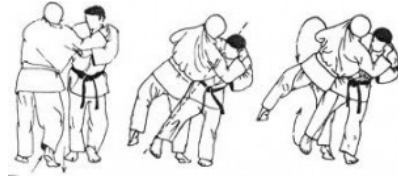
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Tachi Waza

O-Soto-Gari



Ouchi-Gari



Deashi Barai



Ne Waza

Kesa Gatame



Yoko Shiho Gateme

