



GRANGE JUDO CLUB
WEDNESDAY GRADING SYLLABUS

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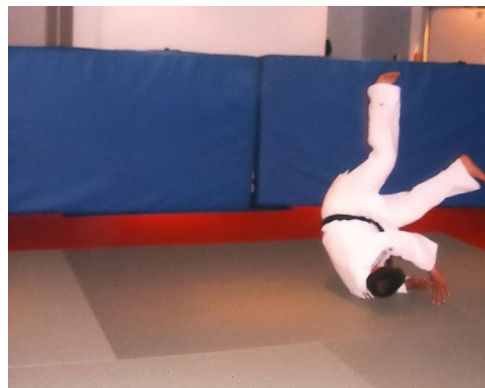
Ukemi

(Side & back
breakfall)



Chugaeri

(Rolling
breakfall)



Osotogari

(Major outer
sweeping)



Kese Gatame

(Scarf hold)



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Kazushi
(Breaking
balance)



Ippon Seoinage
(One armed
shoulder throw)



Mune Gatame
(Chest hold)



Kata Gatame
(Shoulder hold)



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Yoko Shiho
Gatame
(Side four
quarter hold)



O Uchi Gari
(Major inner
sweeping)



Uki Goshi
(Floating hip
throw)



Kame Shiho
Gatame
(Upper four
quarter hold)



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Tai otoshi
(Body drop)



O gosh
Major hip
throw



Terminology

Rei	Bow
Matte	Stop
Dojo	Judo training hall
Tatame	Judo mats
Sensei	Teacher
Domo Arigato	Thank you
Obi	Belt
Sono Mama	Freeze, do not move