

## 1<sup>ST</sup> MON – 2<sup>ND</sup> MON (RED BELT, 2 YELLOW TAB)



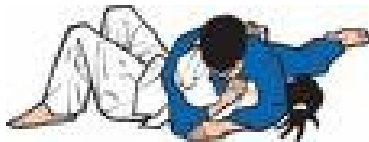
**Yoko Ukemi:** (Side breakfall) Squat on the mat. Choose which way you are going to fall. (To the left in this example.) Swing your right arm and leg sideways so that you topple to the left. As you fall stretch out your arm and slap the mat with the palm of your hand.



**De-ashi-barai:**(Advancing foot sweep)



**Mune-Gatame:**Chest Hold



**Combination Technique:**

- De-ashi-barai into Mune-gatame
- Demonstrate two of your favourite throws

**Ne-waza:**

- Escape from Mune-gatame using a 'bridge and roll' action

**Answer the Question:**

- Translate the following Japanese words into their common English names and where appropriate explain their meaning:  
**Osae-komi Toketa Obi**
- **Who invented modern Judo?**

# 1<sup>ST</sup> MON – 2<sup>ND</sup> MON (RED BELT, 2 YELLOW TAB)

Demonstrate the correct bowing procedure for Za-rei (The kneeling

bow).

