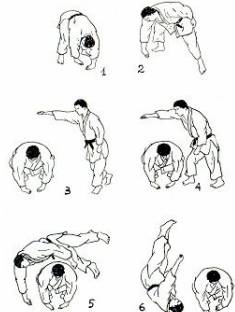


2ND MON – 3RD MON (RED BELT, 3 YELLOW TAB)



ACADEMY OF EXCELLENCE

Mae Mawari Ukemi: (Forward roll with breakfall) Step one foot forward and bend your front knee. Tuck your chin into your chest and lean forward. With the same arm forward, as leg. Let yourself fall into a forward roll, tucked into a ball. Keep your arm and shoulder curved. As you come out of the roll, slap the mat with your free hand.



Uki-goshi:(Floating hip)



Kuzure-Kesa-gatame:Broken Scarf Hold



Combination Technique:

- Uki-goshi into Kuzure-Kesa-gatame
- Demonstrate two of your favourite throws

Ne-waza:

- Escape from Kuzure-Kesa-gatame using 'sit up and push'

Answer the Question:

- Translate the following Japanese words into their common English names and where appropriate explain their meaning:
UkemiJudogi **Zori**
- **Demonstrate the correct wearing of the judogi**

2ND MON – 3RD MON (RED BELT, 3 YELLOW TAB)