

3RD MON – 4TH MON (YELLOW BELT, 1 RED TAB)



Tai-otoshi: In this throw, tori's feet stay on the outside of uke's legs. Tori steps his right foot across, and bends his knee to lift uke off-balance. He pulls on uke's sleeve and pushes with the lapel hand to finish the throw.



Yoko-shiho-gatame: Yoko in Japanese means side. This hold is a very strong one and one of the most popular. Tori's arm goes around uke's head and he grips the lapel. Tori's head and chest lie across uke's chest. He passes his free arm between uke's legs and takes hold of uke's belt. All the time he keeps his legs spread apart for stability.



Combination Technique:

- Tai-otoshi into Yoko-shiho-gatame
- Demonstrate the right and left standard grip
- Demonstrate two of your favourite throws

Ne-waza:

- Escape from Yoko-shiho-gatame using 'trap, bridge and roll'
- Turnover into Yoko-shiho-gatame (Uke in prone position)
- Demonstrate one of your favourite Holds

Answer the Question:

- Translate the following Japanese words into their common English names and where appropriate explain their meaning:
Tachi-Waza Ne-Waza Dojo Judo