

6TH MON – 7TH MON (Orange BELT, 1 RED TAB)

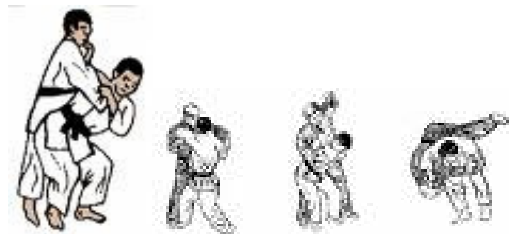


ACADEMY OF EXCELLENCE

Ko-uchi-gari: Tori sweeps his right leg forward and hooks Uke's right leg away. Tori moves forward and pushes Uke backwards with force. Tori controls the throw with his hands all the way until Uke is pinned down.



Tsuri-komi-goshi: Tori Attacks and pivots on the ball of his foot and turns so he is facing the same direction as Uke. Tori bends his knees and with both his arms pulls Uke in an explosive action forward across his hip. Then completes the throw by straightening his legs the same time continuing the pulling action with his arms, Follow through into any hold down.



O-goshi: Tori breaks Uke's balance, at the same time advances and turns his body into the entry of the throw. Placing one arm tightly around Uke's waist. Both Tori's feet are inside Uke's with Tori's knees slightly bent. Drive up and throw Uke forward with a rapid explosive action as you help left by straightening your knees.



Counter Techniques:

- O-uchi-gari countered by Tsuri-komi-goshi

Combination Technique:

- O-uchi-gari into Ko-uchi-gari
- Demonstrate two of your favourite throws

Randori:

- Demonstrate of light Randori with a co-operative partner (3 min)

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Ne-waza:

- Escape From Kesa-gatame using 'bridge and roll'
- Escape into Kesa-gatame from between Uke's legs

Candidates are required to:

- Select and demonstrate two throws and one hold down from the BJA Grading syllabus

Answer the Question:

- Translate the following Japanese words into their common English names and where appropriate explain their meaning:

Uke Tori Waza-ari-awasete-ippon

- **Demonstrate the proper procedures for coming onto and leaving the mat during a contest**