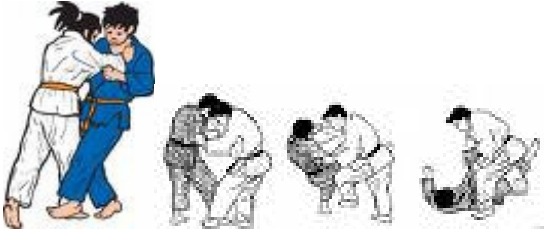


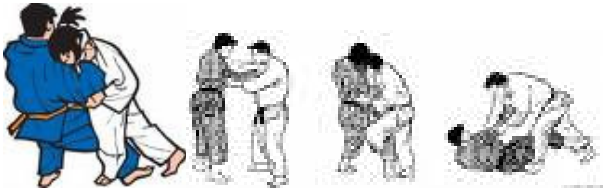
7TH MON – 8TH MON (Orange BELT, 2 RED TAB)



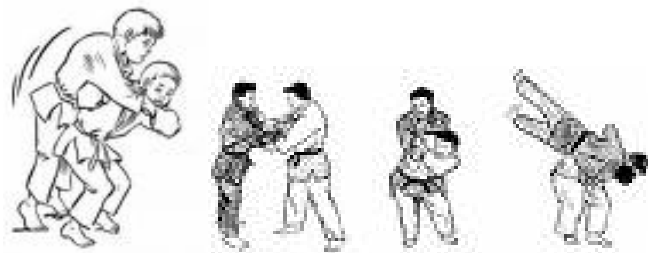
Ko-soto-gari: Use this throw when Uke is stepping forward. Use the sole of your foot behind uke's heel to reap it forward in the direction that uki's toes are pointing. Pull uke to your left with your left hand while your body and right arm push uke backwards.



Ko-soto-gake: Hook your heel around the back of uke's heel. Pull down and to your left with your left hand, while pushing uke back and to your left with your right hand. Try to pin all uke's weight onto the outside edge of uke's right heel.



Morote-seoi-nage: Tori takes hold of uke's sleeve and lapel. Tori then steps forward, between uke's feet, and turns. As tori's right elbow bends, he pushes it up into uke's armpit. His knees bend, ready for the throw. Tori leans forward and straightens his knees. Tori pulls with his left hand and pushes with his right to throw uke to the mat.



Counter Techniques:

- Tai-otoshi countered by Ko-soto-gake

Combination Technique:

- Ko-uchi-gari into Morote-seoi-nage

Randori:

- Demonstrate of attacking and defending in Randori with a co-operative partner (3min)

7TH MON – 8TH MON (Orange BELT, 2 RED TAB)

Ne-waza:

- Escape into Yoko-shiho-gatame from between Uke's legs.
- Turn over into Tate-shiho-gatame.

Candidates are required to:

- Select and demonstrate three of their favourite throws.

Answer the Question:

- Translate the following Japanese words into their common English names and where appropriate explain their meaning:**Shido & Hansoku-make**
- Demonstrate the referee's signals for:**Matte, Osae-komi, Toketa and adjusting the judogi.**
- Give two examples of actions (not grips) against the contest rules for negative and safety reasons