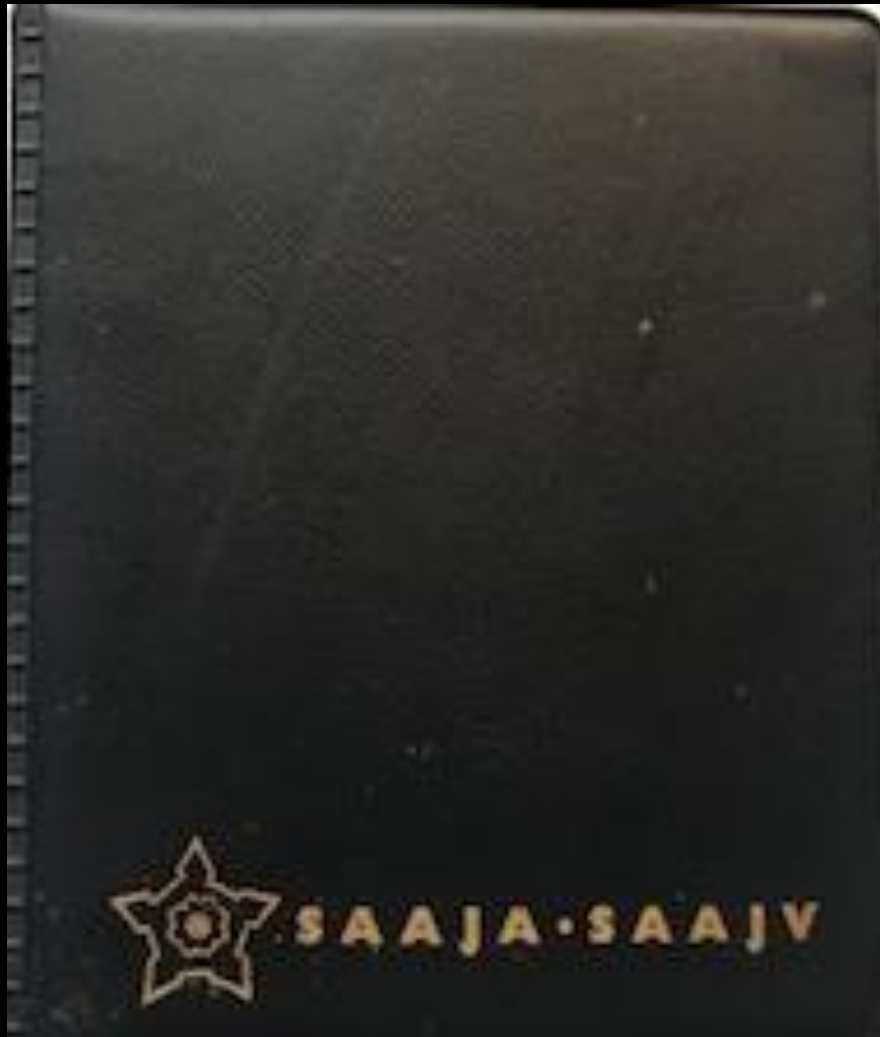


# South African National Amateur Judo Association (SANAJA)

**Rival body led by Jack Robinson**





**GRADING AND CLASSIFICATION OF REFEREES AND JUDGES**

Referees and Judges are divided, according to proficiency, into the following four categories:

- 1. Local
- 2. Provincial
- 3. National
- 4. International

All Referees and Judges will start as Local Referees and Judges, and will work their way up.

- 1. Requirements for Local Referees/Judges:  
Experience: less than 3 years.  
Minimum Grade: 3rd Kyu.  
Time in logbook: minimum of 30 hours (1.9 months).
- 2. Requirements for Provincial Referees/Judges:  
Experience: 3 - 5 years.  
Minimum Grade: 1st Kyu.  
Time in logbook: minimum of 80 hours (1.2 years).

- 3. Requirements for National Referees/Judges:  
Experience: 5 - 7 years.  
Minimum Grade: 1st Dan.  
Time in logbook: minimum of 130 hours.
- 4. International Referees/Judges:

These will be appointed from the available panel of Referees and Judges. A National Referee or Judge is any judoka who has been appointed by the Technical Board to officiate at any international contest and who has officiated at such a contest.

**RULES AND REGULATIONS:**

- 1. A Referee/Judge will assist at meetings, contests or championships when called upon to do so. If he is unable to assist he will be required to submit valid reasons.
- 2. The finals of all championships and all interprovincial matches must be refereed in judogi.
- 3. Every Referee/Judge will receive a logbook. This logbook will serve as the official record of his practical

**REQUIREMENTS FOR COACHES**

**ENTRANCE FOR CLUB INSTRUCTOR**

- 1. Minimum grade 3rd kyu.
- 2. Minimum age 18 years.
- 3. Syllabus up to and including 3rd kyu.
- 4. Know and show the difference between:
  - (a) warming up exercises;
  - (b) strengthening exercises;
  - (c) finishing (relaxing) exercises.
- 5. Knowledge of conducting and controlling a class.
- 6. Knowledge of Katsu for shocks.
- 7. General rules of conducting a contest.
- 8. Attend a Club Instructors course and pass examination.

**ENTRANCE FOR COACH**

- 1. Minimum grade 1st Dan.
- 2. Minimum of two years qualified club instructor.
- 3. Attend Coaching course and pass examination.
- 4. Must be able to teach special exercises for specific techniques.
- 5. Syllabus up to and including 1st Dan.
- 6. Knowledge of Nage-no-kata and Katami-no-kata.
- 7. Must have certificate of Provincial referee.
- 8. Some knowledge of katsu.

**ENTRANCE FOR SENIOR COACH**

- 1. Minimum grade 2nd Dan.
- 2. Minimum of three years as coach.
- 3. Certificate of National Referee.
- 4. Knowledge of Ju-no-kata.
- 5. Kaeshi-waza (knowledge of go-no-sen).
- 6. Syllabus up to and including 2nd Dan.
- 7. Must have understanding of Nage-no-kata and Katami-no-kata.
- 8. General knowledge of Katsu.

**MINIMUM REQUIREMENTS FOR KYU AND DAN GRADING EXAMINATIONS**

**GENERAL COMMENTS:**

Paragraph 3 page 2 of the "GENERAL COMMENTS AND SUGGESTIONS" of the syllabus is printed, it reads as follows:

The important articles which need to be stressed is that there should be no difference between the system of the syllabus for Judo and the system of the syllabus for Judo. The only difference which may be introduced is that some may be required to make a large number of techniques for each particular grade (up to 8) specified in the syllabus. This comparison to Judo is made solely because they are physically and capable of achieving the same at present. This statement may be altered up to Judo level.

- (a) Examinations have been laid down for the purpose to which provision will be made. Certain circumstances may however arise which will justify waiving of these regulations.
- (b) A judoka with outstanding ability may be allowed to skip grades. Each case will be discussed on its own merits by the relevant authorities.
- (c) Age limit for 1st Dan. A judoka over the age of 35 will be required to do 10000-sen before making of 1st Dan.
- (d) A judoka with some physical defect may be exempted from the 10000-sen provided his theoretical knowledge is of a sufficient high standard.
- (e) Provision should be made for honorary grades.
- (f) Referring to the principles, techniques and educational techniques.

**REQUIREMENTS FOR KYU GRADING EXAMINATION**

**I. BEGINNER ENTERING FOR GO-KYU (Orange Belt)**

- I.1 The candidate must have at least three months experience before he will be accepted for grading.
- I.2 The candidate will be tested in Nage-no-kata, against two opponents, who should preferably be of a slightly lower grade than the candidate himself.
- I.3 The candidate will be required to demonstrate:
  - I.3.1 Uchi-ko-tenchi.
  - I.3.2 Four-hits and Uchi-ko-tenchi with both Tenchi and Ayumi-tsurugi.
  - I.3.3 The two key techniques of Nagewaza in Judo (the will choose only eight.)
    - The following three educational techniques applying Ayo-no-kata:
      - Koshi-tesuji.
      - Uchi-ko-tenchi.
      - Ichi-waza.
      - (The will specify only eight.)
  - I.3.4 The two Chi-komi-waza-germe techniques applying Ayo-no-kata:
    - GAWA: Ichi-goe-germe, Kato-germe, Misura-germe, Judo-germe, SPCMO: Ichi-shiro-germe, Yori-shiro-germe, Yori-shiro-germe.
- I.4 The candidate will be expected to have some knowledge of the Japanese terms.

**ENTERING FOR YOM-KYU (Orange Belt)**

- 2.1 The candidate must have been of 6th Kyu grade for at least four months before he will be

20 (Shudo Judo) appointed by the Technical Board should be permitted to grade up to 3rd Kyu (Brown Belt).

- (b) Details from the above regulations will be a certain extent be left to the discretion of the examiner.
- (c) The requirements set out below should be used in conjunction with the handbook which explains the system.

**ENTERING FOR GRADING**

- 2.2 The candidate will be tested in Nage-no-kata against two other candidates who grade for 6th Kyu or against three judoka of 6th Kyu grade.
- 2.3 The candidate will be required to demonstrate:
  - 2.3.1 The two key techniques of Nagewaza in Judo applying Ayo-no-kata: Koshi-tesuji, Uchi-ko-tenchi.
  - The following four educational techniques applying Ayo-no-kata:
    - Motte-no-kata.
    - Sanjo-hiti-hontenka.
    - Harai-goshi.
    - Uchi-kata.
    - (The will specify only eight.)
- 2.3.2 The following three Ayo-no-kata techniques:
  - Ichi-ko-germe.
  - Misura-germe.
  - Kato-germe.
- 2.3.3 The following three Shimo-waza techniques:
  - Kata-germe.
  - Misura-germe.
  - Uchi-ko-germe.
- 2.3.4 The following ten Nage-no-kata techniques from the Uchi-ko-tenchi:
  - Uchi-ko-germe.
  - Uchi-ko-germe.

**ENTERING FOR SAN-KYU (Green Belt)**

- 3.1 The candidate must have been of 4th Kyu grade for at least four months before he will be accepted for grading.
- 3.2 The candidate will be tested in Nage-no-kata against three judoka of 4th Kyu grade.

3.3 The candidate will be required to demonstrate:

- 3.3.1 The following key techniques of:
  - Nage-waza in Shirogi:
    - Osae-waza.
    - Harai-keshi-waza.
  - The following educational techniques in Shirogi applying Yori-tesuji:
    - Osae-waza.
    - Harai-keshi-waza.
    - Harai-keshi-waza.
  - Uchi-ko-tenchi:
    - Uchi-ko-tenchi.
- 3.3.2 The following techniques in Nage-waza:
  - OSAE-WAZA:
    - Koshi-tesuji-waza.
    - Koshi-tesuji-waza.
    - Koshi-tesuji-waza.
    - Koshi-tesuji-waza.
  - SHIROGI-WAZA:
    - Kata-germe (from Uchi-ko-tenchi).
    - Misura-germe (from Uchi-ko-tenchi).
    - Kato-germe (from Uchi-ko-tenchi).
    - Hara-keshi-waza (from Uchi-ko-tenchi).

- 3.3.3 The following techniques in Nage-waza:
  - GAWA-GERME:
    - Ichi-ko-germe.
    - Misura-germe.
    - Kato-germe.
  - SPCMO-GERME:
    - Ichi-shiro-germe.
    - Yori-shiro-germe.
    - Yori-shiro-germe.

- 3.3.4 The following techniques in Nage-waza:
  - Uchi-ko-tenchi:
    - Uchi-ko-tenchi.
    - Uchi-ko-tenchi.
    - Uchi-ko-tenchi.
    - Uchi-ko-tenchi.

3.6 The candidate will be required to have some knowledge of the rules and regulations which govern Judo.

**4. ENTERING FOR NI-KYU (Blue Belt)**

- 4.1 The candidate must have been of 3rd Kyu grade for at least four months before he will be accepted for grading.
- 4.2 The candidate will be tested in Nage-no-kata against three judoka of 3rd Kyu grade.
- 4.3 The candidate will be required to demonstrate:
  - 4.3.1 The following key techniques of:
    - Nage-waza in Shirogi applying Ayo-no-kata:
      - Osae-waza.
      - Harai-keshi-waza.
    - Uchi-ko-tenchi:
      - Uchi-ko-tenchi.
  - The following educational techniques applying Ayo-no-kata and Judo techniques:
    - Osae-waza.
    - Harai-keshi-waza.
    - O-goshi.
    - Tomoe-goshi.
    - O-goshi-keshi.
- 4.3.2 The following techniques in Nage-waza:
  - Misura-germe (from Uchi-ko-tenchi).
  - Kato-germe (from Uchi-ko-tenchi).
  - Gawa-germe (from Uchi-ko-tenchi).
  - Uchi-ko-tenchi (from Uchi-ko-tenchi).

- 4.3.3 The following techniques in Nage-waza:
  - GAWA-GERME:
    - Ichi-ko-germe.
    - Misura-germe.
    - Kato-germe.
  - SPCMO-GERME:
    - Ichi-shiro-germe.
    - Yori-shiro-germe.
    - Yori-shiro-germe.

**REQUIREMENTS FOR DAN GRADING EXAMINATIONS**

**ENTERING FOR SHODAN (1st DAN)**

- 5.1 The candidate must have been of 14-kyu grade for at least 1 year before he will be accepted.
- 5.2 The minimum age for entry will be 14 years.
- 5.3 The candidate will be required to demonstrate:-
- 5.3.1 The learning of the following three sets of techniques in Nagewaza:-  
 Ippon-choke and Kubi-nage,  
 Seoi-nage and O-uchi-geri,  
 Tai-otoshi and Hiza-guruma.
- 5.3.2 The linking of the following two pairs of techniques in Nagewaza:-  
 Churi-uchi-kata and Sasei-tori-komi-uchi,  
 Yoko-guruma and Hara-maki-komi.
- 5.3.3 The main Tai-otoshi defense movements applying Goshin-tai or Judo-tai against the following ten techniques in Nagewaza:-  
 Ippon-choke,  
 Morote-wari-nage,  
 Kubi-nage,  
 Hara-goshi,  
 Oshi-geri,  
 Uchi-mata,  
 O-uchi-geri,  
 Hiza-guruma,  
 Sasei-tori-komi-uchi,  
 Deashi-barai.
- 5.3.4 The linking of the following three sets of techniques in Newaza:-  
 Hiza-goshi-gatame and Yoko-uchi-kata,  
 Mata-uchi-gatame and Gyaku-uchi-gamae,  
 Uchi-eri-gatame and Uchi-uchi-goshi-gatame.

- 5.3.5 The following three sets of techniques in Newaza-waza:-  
 Hara-goshi-gatame to Yoko-uchi-gatame,  
 Uchi-uchi-goshi-gatame to Katsuki-gatame,  
 Katsuki-goshi-gatame to Kuzure-tate-uchi-gatame.
- 5.3.6 The following pairs of techniques in Hara-waza (sprawl holding techniques):-  
 Hara-goshi-gatame to kata-ke-uma,  
 Hara-goshi-gatame to Uchi-goshi-gatame,  
 Namu-uchi-gatame to Yoko-uchi-tori-jima,  
 Namu-uchi-gatame to Uchi-toshigata-gatame,  
 Yoko-uchi-gatame to Momo-eri-jima,  
 Yoko-uchi-gatame to Uchi-toshigata-gatame,  
 Yatai-uchi-gatame to Kite-tori-jima,  
 Yatai-uchi-gatame to Waki-gatame.
- 5.3.7 Tai-otoshi and Judo-tai applying the following eight techniques when MA is on the ground with Uta over him or between his legs:-  
 Oshi-eri-tomoe,  
 Gyaku-eri-guruma,  
 Yoko-otoni,  
 Uchi-goshi-hi-gatame,  
 Uchi-toshigata-gatame,  
 Ashi-dori-gamae,  
 Ichi-eri-tomoe,  
 Gyaku-eri-wakare.

5.4 **IKKI-O** of the **SHIBUKU LE. SHUKU** or **RANDORI-NO-KATA** should include the following: **SHIAI** - The pool system will be the system

**KANGETSU-GAESHU-WAZA-**

- Uchi-uchi-goshi-gatame
- Uchi-toshigata-gatame
- Uchi-goshi-hi-gatame
- Uchi-goshi-kata-gatame

- 4.4 The candidate will be required to know Hanmaku (system of rules).
- 4.5 The candidate shall have a good knowledge of the Japanese terms.

**5. ENTERING FOR IK-KYU (Brown Belt)**

- 5.1 The candidate must have been of 2nd Kyu grade for at least four months before he will be accepted for grading.

- 5.2 The candidate shall be required to demonstrate:-

- 5.2.1 The following key techniques of Nagewaza applying Goshin-tai:-  
 Yoko-guruma entering from *seoi-wari-nage*,  
 Uchi-goshi entering from *hara-komi-goshi*.
- The following educational techniques of Goshin-waza applying Goshin-tai or Judo-tai:-  
 Oshi-guruma,  
 Tami-otoshi,  
 Uchi-goshi,  
 Yoko-wakare.

- 5.2.2 The following techniques in Newaza linking:-

- Goshin-wazagatame with *tsuka-doko-waza*,
- Gyaku-eri-guruma linked with *Uchi-uchi-gatame*,
- Churi-eri-wakare linked with *Uchi-uchi-goshi-gatame*,
- Oshi-dori-tomoe linked with *Eriyoko-uchi-gatame*.

The following techniques in Makikomi (Hime-maki):-

- Oshi-dori-tomoe-jima
- Churi-eri-wakare-jima
- Gyaku-eri-tomoe-wakare
- Uchi-uchi-goshi
- Uchi-uchi-wakare
- Uchi-goshi-hi-gatame
- Uchi-uchi-goshi

- 5.3 The candidate will be tested in *Tsuki-hime-shiai* (one-up) against five judoka; two orange, two green and one blue belt. He must win at five with a minimum result of Yuki-goshi.

- 5.4 He will be required to have a thorough knowledge of contest rules.

**KANGETSU-GAESHU-WAZA-**

- Uchi-uchi-goshi-gatame
- Uchi-toshigata-gatame
- Uchi-goshi-hi-gatame
- Uchi-goshi-kata-gatame

- 4.4 The candidate will be required to know Hanmaku (system of rules).
- 4.5 The candidate shall have a good knowledge of the Japanese terms.

**5. ENTERING FOR IK-KYU (Brown Belt)**

- 5.1 The candidate must have been of 2nd Kyu grade for at least four months before he will be accepted for grading.

- 5.2 The candidate shall be required to demonstrate:-

- 5.2.1 The following key techniques of Nagewaza applying Goshin-tai:-  
 Yoko-guruma entering from *seoi-wari-nage*,  
 Uchi-goshi entering from *hara-komi-goshi*.
- The following educational techniques of Goshin-waza applying Goshin-tai or Judo-tai:-  
 Oshi-guruma,  
 Tami-otoshi,  
 Uchi-goshi,  
 Yoko-wakare.

- 5.2.2 The following techniques in Newaza linking:-

- Goshin-wazagatame with *tsuka-doko-waza*,
- Gyaku-eri-guruma linked with *Uchi-uchi-gatame*,
- Churi-eri-wakare linked with *Uchi-uchi-goshi-gatame*,
- Oshi-dori-tomoe linked with *Eriyoko-uchi-gatame*.

The following techniques in Makikomi (Hime-waza):-

- Oshi-dori-tomoe-jima
- Churi-eri-wakare-jima
- Gyaku-eri-tomoe-wakare
- Uchi-uchi-goshi
- Uchi-uchi-wakare
- Uchi-uchi-goshi-gatame
- Uchi-uchi-goshi

- 5.3 The candidate will be tested in *Tsuki-hime-shiai* (one-up) against five judoka; two orange, two green and one blue belt. He must win at five with a minimum result of Yuki-goshi.

- 5.4 He will be required to have a thorough knowledge of contest rules.

**REQUIREMENTS FOR DAN GRADING EXAMINATIONS**

**ENTERING FOR SHODAN (1st DAN)**

- 6.1 The candidate must have been of 16-kyu grade for at least 1 year before he will be accepted.
- 6.2 The minimum age for entry will be 14 years.
- 6.3 The candidate will be required to demonstrate:
  - 6.3.1 The completion of the following three sets of techniques in Nagewaza:
    - Shuchuugi and Kubi-nage,
    - Sode-nage and O-uchi-geri,
    - Tekubi-uchi and Irie-puruma.
  - 6.3.2 The linking of the following two pairs of techniques in Nagewaza:
    - Osuri-uchi-kata and Sode-tate-kumi-uchi,
    - Yoko-guruma and Hanmedai-kumi-uchi.
  - 6.3.3 The main Tai-saburi defense maneuvers applying Goshin-iai or Judo-ai against the following ten techniques in Nagewaza:
    - Ippon-uchi-nage
    - Musubi-uchi-nage
    - Kubi-nage
    - Hara-nage
    - Oshi-gae
    - Uchi-mata
    - O-uchi-geri
    - Waza-guruma
    - Sode-tate-kumi-uchi
    - De-wri-kata
  - 6.3.4 The linking of the following three pairs of techniques in Nagewaza:
    - Hiza-gae-gatame and Yoko-uchi-gatame
    - Kata-uchi-gatame and Gyaku-tsuji-jiro
    - Uchi-eri-gatame and Uchi-uchi-gatame

- 6.3.5 The following three pairs of techniques in Hanmedai-waza:
  - Hon-pae-gatame to Yoko-shiho-gatame
  - Uchi-kami-uchi-gatame to Kata-uchi-gatame
  - Katayuki-yoko-uchi-gatame to Kuzushi-tate-shiho-gatame
- 6.3.6 The following pairs of techniques in Hanmedai-waza (special handling techniques):
  - Hon-pae-gatame to Kata-uchi-gatame
  - Hon-pae-gatame to Uchi-gae-gatame
  - Kami-uchi-gatame to Yoko-uchi-eri-jime
  - Kami-uchi-gatame to Uchi-uchi-gatame
  - Yoko-shiho-gatame to Mori-uchi-gatame
  - Yoko-shiho-gatame to Uchi-uchi-gatame
  - Yate-uchi-gatame to Kata-uchi-gatame
  - Tate-uchi-gatame to Waza-gatame
- 6.3.7 Tai-saburi and Kubi-saburi applying the following eight techniques when AA is on the ground with Uchi-over-uchi or between his legs:
  - Osuri-uchi-kata
  - Gyaku-uchi-gatame
  - Yoko-uchi-gatame
  - Uchi-gae-eri-gatame
  - Uchi-uchi-gatame
  - Ashi-dori-gae
  - Ippon-uchi-gatame
  - Gyaku-eri-wakari

6.4 Item 5) of the Syllabus is applied to SHODAN-NO-KATA should include the following: SHIAI. The post system will be the system

**KANSETSU-GAESHU-WAZA-**

- Uchi-uchi-eri-gatame
- Uchi-uchi-eri-gatame
- Uchi-gae-eri-gatame
- Uchi-gae-eri-gatame
- Uchi-gae-eri-gatame
- 6.4 The candidate will be required to know Hanmedai (system of rules).
- 6.5 The candidate shall have a good knowledge of the Japanese terms.
- 6. ENTERING FOR IK-KYU (Brown Belt)
- 6.1 The candidate must have been of 2nd Kyu grade for at least four months before he will be accepted for grading.
- 6.2 The candidate shall be required to demonstrate:
  - 6.2.1 The following key techniques of Nagewaza applying Goshin-iai:
    - Yoko-guruma entering from Ippon-uchi-nage,
    - Osuri-goshi entering from Sode-kumi-goshi.
  - The following educational techniques of Sode-waza applying Goshin-iai or Judo-ai:
    - O-uchi-guruma
    - Tate-uchi-gatame
    - Uchi-uchi-gatame
    - Yoko-wakari
  - 6.2.2 The following techniques in Hanmedai linking:
    - Goshi-waza-gatame with Hanmedai-waza,
    - Gyaku-eri-guruma linked with Uchi-uchi-gatame,
    - Osuri-eri-wakari linked with Judo-ai-shiho-gatame,
    - Osuri-uchi-kata linked with Ekiyoku-uchi-gatame.

- The following techniques in Makikomi-shimo-waza:
  - Osuri-uchi-kata
  - Osuri-eri-wakari-jime
  - Gyaku-eri-jime-wakari
  - Uchi-eri-jime
- The following techniques in Makikomi-kumite-waza:
  - Uchi-uchi-gatame
  - Uchi-uchi-wakari
  - Uchi-uchi-gatame
  - Uchi-uchi-gatame
- 6.3 The candidate will be tested in Teiko-nami-shiai (one-up) against five judoka: two orange, two green and one blue belt. He must win at five with a minimum result of Yuzo-goshi.
- 6.4 He will be required to have a thorough knowledge of contest rules.

**KANSETSU-GAESHU-WAZA-**

- Uchi-uchi-eri-gatame
- Uchi-uchi-eri-gatame
- Uchi-gae-eri-gatame
- Uchi-gae-eri-gatame
- 6.4 The candidate will be required to know Hanmedai (system of rules).
- 6.5 The candidate shall have a good knowledge of the Japanese terms.
- 6. ENTERING FOR IK-KYU (Brown Belt)
- 6.1 The candidate must have been of 2nd Kyu grade for at least four months before he will be accepted for grading.
- 6.2 The candidate shall be required to demonstrate:
  - 6.2.1 The following key techniques of Nagewaza applying Goshin-iai:
    - Yoko-guruma entering from Ippon-uchi-nage,
    - Osuri-goshi entering from Sode-kumi-goshi.
  - The following educational techniques of Sode-waza applying Goshin-iai or Judo-ai:
    - O-uchi-guruma
    - Tate-uchi-gatame
    - Uchi-uchi-gatame
    - Yoko-wakari
  - 6.2.2 The following techniques in Hanmedai linking:
    - Goshi-waza-gatame with Hanmedai-waza,
    - Gyaku-eri-guruma linked with Uchi-uchi-gatame,
    - Osuri-eri-wakari linked with Judo-ai-shiho-gatame,
    - Osuri-uchi-kata linked with Ekiyoku-uchi-gatame.

- The following techniques in Makikomi-shimo-waza:
  - Osuri-uchi-kata
  - Osuri-eri-wakari-jime
  - Gyaku-eri-jime-wakari
  - Uchi-eri-jime
- The following techniques in Makikomi-kumite-waza:
  - Uchi-uchi-gatame
  - Uchi-uchi-wakari
  - Uchi-uchi-gatame
  - Uchi-uchi-gatame

6.3 The candidate will be tested in Teiko-nami-shiai (one-up) against five judoka: two orange, two green and one blue belt. He must win at five with a minimum result of Yuzo-goshi.

6.4 He will be required to have a thorough knowledge of contest rules.

**2nd KYU - GREEN BELT**

| PRINCIPLE | TECHNIQUES  | PRINCIPLE | TECHNIQUES  |
|-----------|---|-----------|---|
| Shicho-ai | 1. Osuri-goshi<br>2. Uchi-uchi-gatame<br>3. Uchi-uchi-gatame<br>4. Uchi-uchi-gatame<br>5. Uchi-uchi-gatame<br>6. Uchi-uchi-gatame<br>7. Uchi-uchi-gatame<br>8. Uchi-uchi-gatame | Shicho-ai | 1. Osuri-goshi<br>2. Uchi-uchi-gatame<br>3. Uchi-uchi-gatame<br>4. Uchi-uchi-gatame<br>5. Uchi-uchi-gatame<br>6. Uchi-uchi-gatame<br>7. Uchi-uchi-gatame<br>8. Uchi-uchi-gatame |

| PRINCIPLE | TECHNIQUES  |
|-----------|---|
| Shicho-ai | 1. Osuri-goshi<br>2. Uchi-uchi-gatame<br>3. Uchi-uchi-gatame<br>4. Uchi-uchi-gatame<br>5. Uchi-uchi-gatame<br>6. Uchi-uchi-gatame<br>7. Uchi-uchi-gatame<br>8. Uchi-uchi-gatame |

**2nd KYU - BLUE BELT**

| PRINCIPLE                | TECHNIQUES  | PRINCIPLE                | TECHNIQUES               |
|--------------------------|---|--------------------------|--------------------------|
| Shobun<br>and<br>Aikuchi | Kyu Techniques<br>1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | Shobun<br>and<br>Aikuchi | Shobun<br>and<br>Aikuchi |
| Shobun<br>and<br>Aikuchi | Kyu Techniques<br>1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | Shobun<br>and<br>Aikuchi | Shobun<br>and<br>Aikuchi |
| Shobun<br>and<br>Aikuchi | Kyu Techniques<br>1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | Shobun<br>and<br>Aikuchi | Shobun<br>and<br>Aikuchi |

**The KYU - BROWN BELT**

| PRINCIPLE                | TECHNIQUES  | PRINCIPLE                | TECHNIQUES               |
|--------------------------|---|--------------------------|--------------------------|
| Shobun<br>and<br>Aikuchi | Kyu Techniques<br>1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | Shobun<br>and<br>Aikuchi | Shobun<br>and<br>Aikuchi |
| Shobun<br>and<br>Aikuchi | Kyu Techniques<br>1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | Shobun<br>and<br>Aikuchi | Shobun<br>and<br>Aikuchi |
| Shobun<br>and<br>Aikuchi | Kyu Techniques<br>1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | Shobun<br>and<br>Aikuchi | Shobun<br>and<br>Aikuchi |

| Subsequent Tech.:   | Main Items:   | Subsequent Tech.:   | Main Items:   |
|---|---|---|---|
| 1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | 1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | 1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei | 1. Uchi-kohei<br>2. Uchi-kohei<br>3. Uchi-kohei<br>4. Uchi-kohei<br>5. Uchi-kohei |

**FIRE - PREVENTION**

You can prevent fires in and around your house by taking the following precautionary measures:

- Prevent the accumulation of refuse and rubbish in and around your home.
- Do not overburden the electric current by connecting numerous implements to one power-point.
- Ensure that irons are switched off after use.
- Do not use old and worn electric cords and do not lead electric cords under floor covers.
- Watch for short-circuits in the electrical system - have the system checked thoroughly at regular intervals by a qualified electrician.
- Switch off the electric current in your house at the main switch when you leave on holiday.
- Do not allow electric bulbs to get into direct contact with inflammable lamp-shades.
- Do not use inflammable liquids for dry-cleaning purposes in the house.
- Place matches and cigarette-lighters out of reach of small children.
- Smoke your last cigarette for the day before you go to bed.
- Do not drop burning matches and cigarette-ends into wastepaper baskets.

For further particulars in connection with free first-aid, fire prevention and fire fighting courses, please contact the nearest Regional Representative/Area Controller, Directorate of Civil Defence, Pietersburg, Pretoria, Johannesburg, Roodepoort, Gemiston, Springs, Vereeniging, Bloemfontein, Cape Town, Port Elizabeth, East London, Durban, Pietermaritzburg or the Director of Civil Defence, Private Bag 297

**FIRST-AID ACTION - EMERGENCY CASES**

**IMMEDIATE ACTION** - See first-aid to be kept in mind. Do not show the injured a more immediate danger than the present. Control serious bleeding. Treat for shock.


**ARRANGED BREATHING**  
Lift the head of your head, holding it close to the injured person's nose in order to exclude all air. Inhaling is allowed. Stop the person by holding the head back. Take a deep breath. Blow sharp into the mouth of the injured person's nose or mouth with the other hand. Allow the chest to expand. Repeat approximately three times per minute until the patient is able to resume normal breathing or until the ambulance is brought. Blow as more readily and spontaneously for children - small draughts for babies through nose and mouth.



**WOUNDS - All kinds**  
Wash small wounds with soap and water. Apply bandage. Increase flow around in cold water until pain subsides and cover tightly. Large wounds requiring medical attention, are always covered.

**FRACTURES AND DISLOCATIONS**  
Are recognized by pain, swelling, deformity and loss of function. **TRUCKER MOVEMENT** - Keep the injured limb immobile and immobilized. Swallow water freely. Serious fractures are exceedingly dangerous! Treat any serious spinal injury as for spinal fracture. Never permit to be flexed. Do not disturb. Apply dressings. Support head between pillows or neckings and tie together. **SUPPORT** - medical attention immediately.

**NO FLUIDS** are administered to patients suffering from severe loss of blood, unconsciousness or in case of serious injury.



**CARDING HAIR**  
Use for the hair against the back of the hand. Gently pull and hold. Do not pull. If hair is short, use a comb. Use a comb to pull the hair out. Use a comb to pull the hair out. Use a comb to pull the hair out.




**TEARS OF BLOOD**  
Apply bandage. Hold open by placing the hand flat on the wound. Apply bandage. Hold open by placing the hand flat on the wound. Apply bandage. Hold open by placing the hand flat on the wound.

**UNCONSCIOUSNESS**  
Ensure that the injured person breathes. Do not let the head fall. Do not let the head fall. Do not let the head fall.

**SHOCK**  
Is present in all injuries! The legs in either position. Keep the patient lying flat. Do not let the patient sit up. Do not let the patient sit up. Do not let the patient sit up.

**CALENDAR 1972**

|           | JANUARY       | FEBRUARY      | MARCH         |
|-----------|---------------|---------------|---------------|
| S         | 9 10 19 20 29 | 8 11 20 21    | 8 15 19 26    |
| M         | 1 10 17 24 31 | 1 10 14 21 28 | 1 10 20 27    |
| T         | 4 11 18 25    | 4 11 18 25    | 4 11 18 25    |
| W         | 6 13 20 27    | 6 13 20 27    | 6 13 20 27    |
| Th        | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| F         | 8 15 22 29    | 8 15 22 29    | 8 15 22 29    |
| S         | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| APRIL     |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |
| MAY       |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |
| JUNE      |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |
| JULY      |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |
| AUGUST    |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |
| SEPTEMBER |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |
| OCTOBER   |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |
| NOVEMBER  |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |
| DECEMBER  |               |               |               |
| S         | 1 8 15 22 29  | 1 8 15 22 29  | 1 8 15 22 29  |
| M         | 3 10 17 24 31 | 3 10 17 24 31 | 3 10 17 24 31 |
| T         | 5 12 19 26    | 5 12 19 26    | 5 12 19 26    |
| W         | 7 14 21 28    | 7 14 21 28    | 7 14 21 28    |
| Th        | 9 16 23 30    | 9 16 23 30    | 9 16 23 30    |
| F         | 11 18 25      | 11 18 25      | 11 18 25      |
| S         | 13 20 27      | 13 20 27      | 13 20 27      |