



## **JUDO BLACK BELT SOUTH AFRICA ASSOCIATION MUDANSHA (UNDER BLACK BELT) SYLLABUS**

### **SANKYU (3<sup>rd</sup> Class Brown Belt)**

#### **GENERAL REQUIREMENTS FOR SANKYU**

- 1-APPLICANT MUST BE A MINIMUM AGE OF 14 YEARS OLD.
- 2-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
- 3-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
- 4-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
- 5-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
- 6-APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS YONKYU OF ONE (1) YEAR. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.)
- 7-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
- 8-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
- 9-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

#### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

- 1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONKYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:  
2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.

#### **PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)**

- 1-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN TEN (10) PROMOTION POINTS SINCE HIS LAST PROMOTION TO YONYU. PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:  
2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.  
1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.  
½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
- 2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SANKYU).
- 3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SANKYU).

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### TIME IN GRADE SCALE

10 promotion points earned  
7 promotion points earned  
5 promotion points earned  
3 promotion points earned  
2 or less promotion points earned

1 years' time in grade as Yonkyu  
1 ½ years' time in grade as Yonkyu  
2 years' time in grade as Yonkyu  
2 ½ years' time in grade as Yonkyu  
3 years' time in grade as Yonkyu

### NAGE WAZA (THROWING TECHNIQUES)

GOALS-EXCELLENT FUNCTIONAL SKILL AND UNDERSTANDING OF THROWING TECHNIQUES.  
APPLICANT MUST HAVE A GOOD, FUNCTIONAL UNDERSTANDING AND ABILITY AT GRIP FIGHTING  
AND DEMONSTRATE EFFECTIVE, FUNCTIONAL AND REALISTIC GRIPPING SKILLS WHEN  
DEMONSTRATING THE FOLLOWING TECHNIQUES LISTED.

APPLICANT MUST DEMONSTRATE AND UNDERSTAND CONCEPT OF:  
KUZUSHI/UNBALANCE  
TSUKURI/FIT IN  
KAKE/EXECUTE TECHNIQUE

### DEMONSTRATION OF NAGE WAZA (THROWING TECHNIQUES)

1-APPLICANT SELECTS AND DEMONSTRATES **FIVE (5)** TECHNIQUES FROM THE DAI IKKYO.

| Dai-ikkyo (group 1) |             |                       |           |            |         |            |           |
|---------------------|-------------|-----------------------|-----------|------------|---------|------------|-----------|
|                     |             |                       |           |            |         |            |           |
| De-ashi-harai       | Hiza-guruma | Sasae-tsuri-komi-ashi | Uki-goshi | Osoto-gari | O-goshi | Ouchi-gari | Seoi-nage |

2-APPLICANT SELECTS AND DEMONSTRATES **FIVE (5)** TECHNIQUES FROM THE DAI NIKYO.

| Dai-nikyo (group 2) |             |              |                  |                  |            |             |           |
|---------------------|-------------|--------------|------------------|------------------|------------|-------------|-----------|
|                     |             |              |                  |                  |            |             |           |
| Kosoto-gari         | Kouchi-gari | Koshi-guruma | Tsuriko-mi-goshi | Okuri-ashi-harai | Tai-otoshi | Harai-goshi | Uchi-mata |

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3-APPLICANT SELECTS AND DEMONSTRATES **FIVE (5)** TECHNIQUES FROM THE DAI SANKYO.

| Dai-sankyo (group 3)                     |                   |                               |                               |                              |   |                              |                               |
|--|-------------------|-------------------------------|-------------------------------|------------------------------|---|------------------------------|-------------------------------|
|  |                   |                               |                               |                              |   |                              |                               |
| <u>Kosot</u><br><u>o-</u><br><u>gake</u> | <u>Tsurigoshi</u> | <u>Yoko-</u><br><u>otoshi</u> | <u>Ashi-</u><br><u>guruma</u> | <u>Hane-</u><br><u>goshi</u> | <u>Harai-</u><br><u>tsuriko</u><br><u>mi-ashi</u> | <u>Tomoe-</u><br><u>nage</u> | <u>Kata-</u><br><u>guruma</u> |

4-APPLICANT SELECTS AND DEMONSTRATES **THREE (3)** TECHNIQUES FROM THE DAI YONKYO.

| Dai-yonkyo (group 4) |                               |                                 |                              |                                |                            |                                 |                              |
|----------------------|-------------------------------|---------------------------------|------------------------------|--------------------------------|----------------------------|---------------------------------|------------------------------|
|                      |                               |                                 |                              |                                |                            |                                 |                              |
| <u>Sumi-gaeshi</u>   | <u>Tani-</u><br><u>otoshi</u> | <u>Hane-</u><br><u>makikomi</u> | <u>Sukui-</u><br><u>nage</u> | <u>Utsuri-</u><br><u>goshi</u> | <u>O-</u><br><u>guruma</u> | <u>Soto-</u><br><u>makikomi</u> | <u>Uki-</u><br><u>otoshi</u> |

5-APPLICANT SELECTS AND DEMONSTRATES **THREE (3)** TECHNIQUES FROM THE DAI GOKYO.

| Dai-gokyo (group 5)            |                 |                               |                               |                                |                            |                               |                             |
|--------------------------------|-----------------|-------------------------------|-------------------------------|--------------------------------|----------------------------|-------------------------------|-----------------------------|
|                                |                 |                               |                               |                                |                            |                               |                             |
| <u>Osoto-</u><br><u>guruma</u> | <u>Uki-waza</u> | <u>Yoko-</u><br><u>wakare</u> | <u>Yoko-</u><br><u>guruma</u> | <u>Ushiro-</u><br><u>goshi</u> | <u>Ura-</u><br><u>nage</u> | <u>Sumi-</u><br><u>otoshi</u> | <u>Yoko-</u><br><u>gake</u> |

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6-APPLICANT SELECTS AND DEMONSTRATES **THREE (3)** TECHNIQUES FROM THE HABUKARETA WAZA.

- OBI OTOSHI - BELT DROP



- SEOI OTOSHI - SHOULDER DROP



- YAMA ARASHI - MOUNTAIN STORM



- O SOTO OTOSHI - MAJOR OUTER DROP



- DAKI WAKARE - HOLDING SEPARATION THROW



- HIKKOMI GAESHI - PULLING COUNTER THROW



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▪ TAWARA GAESHI - BALE COUNTER THROW



▪ UCHI MAKIKOMI - INNER WINDING THROW



7-APPLICANT SELECTS AND DEMONSTRATES **THREE (3)** TECHNIQUES FROM THE SHINMEISHO NO WAZA.

- MOROTE GARI - BOTH HANDS REAP
- KUCHIKI DAOSHI (OR TAOSHI) - DEAD TREE DROP
- KIBISU GAESHI - HEEL COUNTER THROW (*Grab the inside/outside heel and push back (Ko-Uchi) )*
- UCHI MATA SUKASHI - INNER THIGH AVOIDANCE THROW (*Evade and hand throw*)
- **DAKI AGE** - **HOLDING LIFTING THROW** (*Pick up till shoulder height \_Illegal*)
- TSUBAME GAESHI - SWALLOW FLIGHT COUNTER THROW
- KO USHI GAESHI - MINOR INNER THROW COUNTER (*when attacked K/U evade and twist & throw )*
- O UCHI GAESHI - MAJOR INNER THROW COUNTER (*Clip his attacking foot or the other foot*)
- O SOTO GAESHI - MAJOR OUTER THROW COUNTER (*Counter with the same throw*)
- HARAI GOSHI GAESHI - SWEEPING HIP THROW COUNTER (*like utsuru goshi, but sweep the standing leg*)
- HANE GOSHI GAESHI - SPRINGING HIP THROW COUNTER (*Pick up, Twist and sweep the standing leg*)
- **KANI BASAMI** - **CRAB SCISSORS THROW**
- O SOTO MAKIKOMI - MAJOR OUTER WINDING THROW
- **KAWAZU GAKE** - **LEG ENTWINING THROW** (*Grab uke's neck hook from the inside and fall with*)
- SODE TSURIKOMI GOSHI - SLEEVE LIFTING PULLING HIP THROW
- IPPON SEOI NAGE - ONE ARM SHOULDER THROW

### **RENRAKU WAZA/ CONTINUATION OR COMBINATION TECHNIQUES**

GOAL-DEMONSTRATE A REALISTIC CONTINUATION OR COMBINATION OF ONE THROWING SKILL TO ANOTHER.

1-DEMONSTRATE A FOOT THROW TO ANY OTHER THROW.

2-DEMONSTRATE A FORWARD THROW TO ANY OTHER THROW.

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RENRAKU WAZA/ CONTINUATION OR COMBINATION TRANSITION FROM STANDING TO GROUND FIGHTING TECHNIQUES

GOAL-DEMONSTRATE REALISTIC TRANSITION FROM A THROW TO GROUND FIGHTING.

- 1-DEMONSTRATE ANY FORWARD THROW TO ANY OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY FORWARD THROW TO ANY KANSETSU WAZA.
- 3-DEMONSTRATE ANY FORWARD THROW TO ANY SHIME WAZA.
- 3-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY KANSETSU WAZA.
- 5-DEMONSTRATE ANY REAR THROW OR FOOT SWEEP TO ANY SHIME WAZA.

RENRAKU WAZA/CONTINUATION OR COMBINATION TECHNIQUES FROM ONE GROUND FIGHTING SKILL TO ANOTHER GROUND FIGHTING SKILL

GOAL-DEMONSTRATE HOW TO LINK ONE GROUND FIGHTING SKILL TO ANOTHER, KEEPING CONTROL OF OPPONENT.

- 1-DEMONSTRATE MUNE GATAME TO ANY OTHER OSAEKOMI WAZA.
- 2-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY OTHER OSAEKOMI WAZA.
- 3-DEMONSTRATE A REALISTIC AND FUNCTIONAL CONTINUATION OF 3 OR MORE OSAEKOMI WAZA.
- 4-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY KANSETSU WAZA (PIN TO ARMLOCK).
- 4-DEMONSTRATE ANY KANSETSU WAZA TO ANY OSAEKOMI WAZA (ARMLOCK TO PIN).
- 5-DEMONSTRATE ANY OSAEKOMI WAZA TO ANY SHIME WAZA (PIN TO CHOKE).
- 6-DEMONSTRATE ANY SHIME WAZA TO ANY OSAEKOMI WAZA (CHOKE TO PIN).
- 7-DEMONSTRATE ANY KANSETSU WAZA TO ANY SHIME WAZA (ARMLOCK TO CHOKE).
- 8-DEMONSTRATE ANY SHIME WAZA TO ANY KANSETSU WAZA (CHOKE TO ARMLOCK).

**FUSEGI/DEFENSE AND KAESHI WAZA/COUNTER TECHNIQUES FOR NAGE WAZA  
(THROWING TECHNIQUES)**

GOAL-DEMONSTRATE REALISTIC DEFENSIVE SKILLS AND COUNTER ATTACKS.

- 1-DEMONSTRATE HIP BLOCK AND CUT-AWAY AGAINST ANY THROW (TAISABAKI).
- 2-DEMONSTRATE HOP-AROUND DEFENSE AGAINST ANY THROW (TAISABAKI).

KATAME WAZA (GRAPPLING TECHNIQUES)

THE KATAME WAZA OF KODOKAN JUDO ARE THE GROUND FIGHTING OR GRAPPLING TECHNIQUES AND SKILLS.

OSA EKOMI WAZA/IMMOBILIZATION (HOLDING OR PINNING) TECHNIQUES

GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.

APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) (AND NOGARE KATA) ESCAPE FORM



### **GENERAL NEWAZA SKILLS**

GENERAL SKILLS AT NEWAZA/GROUNDFIGHTING POSITION, BREAKDOWNS, TURNOVERS, OFFENSE AND DEFENSE WHEN OPPONENT IS POSITIONED ON HANDS AND KNEES, PRONE (OR LYING ON THE FRONT) OR SUPINE (POSITIONED ON THE BUTTOCKS OR BACKSIDE).

GOALS-STUDENT MUST POSSESS EXCELLENT FUNCTIONAL ABILITY AT CONTROLLING OPPONENT'S POSITION TO APPLY PINS OR SUBMISSION TECHNIQUES. DEMONSTRATE EXCELLENT ABILITY AT LEG CONTROL, HIP CONTROL AND HAND CONTROL AND HOW THESE SKILLS CONTROL AN OPPONENT. EFFECTIVE JUDO (IN THIS CASE, GROUNDFIGHTING) IS A SERIES OF CONTROLLING POSITIONS THAT ULTIMATELY LEADS TO DEFEATING HIM.

IMPORTANT- (WHEN DEMONSTRATING ALL BREAKDOWNS, GUARD PASSES OR GUARD SWEEPS, APPLICANT MUST IMMEDIATELY AND EFFECTIVELY MOVE INTO ANY PIN, CHOKE OR ARMLOCK OF HIS CHOICE.)

DEMONSTRATION OF BREAKDOWNS OR TURNOVERS WHEN OPPONENT IS ON ALL FOURS OR PRONE AND LYING FLAT ON FRONT

1-DEMONSTRATE SEVEN (7) BREAKDOWNS OR TURNOVERS TO PLACE OPPONENT ON HIS/HER BACK FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

APPLICANT IS POSITIONED ON HIS/HER BUTTOCKS OR BACKSIDE IN A SUPINE POSITION (NEWAZA OR "GUARD")

1-DEMONSTRATE AT LEAST SEVEN (7) METHODS OF SWEEPING, ROLLING OR TURNING OPPONENT OVER OR ONTO HIS/HER BACK TO CONTROL FOR AN OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

IF APPLICANT IS POSITIONED BETWEEN HIS/HER OPPONENT'S LEGS WHO IS IN A POSITION SEATED ON HIS/HER BUTTOCKS OR BACK (NEWAZA OR COMMONLY CALLED THE "GUARD").

1-DEMONSTRATE AT LEAST FIVE (5) METHODS TO CONTROL OPPONENT'S LEG(S) TO GET PAST HIS/HER LEGS OR GUARD TO INITIATE OSAEKOMI WAZA, KANSETSU WAZA OR SHIME WAZA.

### **KANSETSU WAZA/JOINT OR ARMLOCK TECHNIQUES**

GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS.

APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.

1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK

APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.

2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)

A-BASIC FROM TOP IN THE "UP" POSITION.

B-BASIC FROM TOP IN THE "DOWN" POSITION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.

3-WAKI GATAME/ARMPIT LOCK

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.

4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)

1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.

2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.

APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.

**APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) **NOGARE KATA** (DEFENSE FORM/ESCAPE FORMS) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.**

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## ***SHIME WAZA/STRANGLING AND CHOKING TECHNIQUES***

GOAL-HAVE FUNCTIONAL SKILL IN STRANGLES AND CHOKES, KNOW THE IMPORTANCE OF SAFETY WHEN USING CHOKES AND ABILITY TO USE POSITION TO SET UP THE STRANGLE OR CHOKE.

APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.

1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)

2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE

3-JUJI JIME/CROSS CHOKE FROM BOTTOM

4-JUJI JIME/CROSS CHOKE FROM TOP

ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.

5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)

6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)

7-KATA JIME/SHOULDER CHOKE

8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)

APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.

OSAEKOMI WAZA:



HON KESA GATAME



MAKURA KESA GATAME



KUZURE KESA GATAME



USHIRO KESA GATAME



TATE SHIHO GATAME



KUZURE TATE SHIHO GATAME



YOKO SHIHO GATAME



KUZURE YOKO SHIHO GATAME



KAMI SHIHO GATAME



KUZURE KAMI SHIHO GATAME



KATA GATAME



SANKAKU GATAME

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## KANZETZU WAZA:

UDE GATAME



JUJI GATAME



UDE GARAMI



HIZÁ GATAME



WAKI GATAME



HARA GATAME



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## SHIME WAZA:

### SHIME WAZA



KATA JUJI JIME



NAMI JUJI JIME



GIAKU JUJI JIME



KATA HA JIME



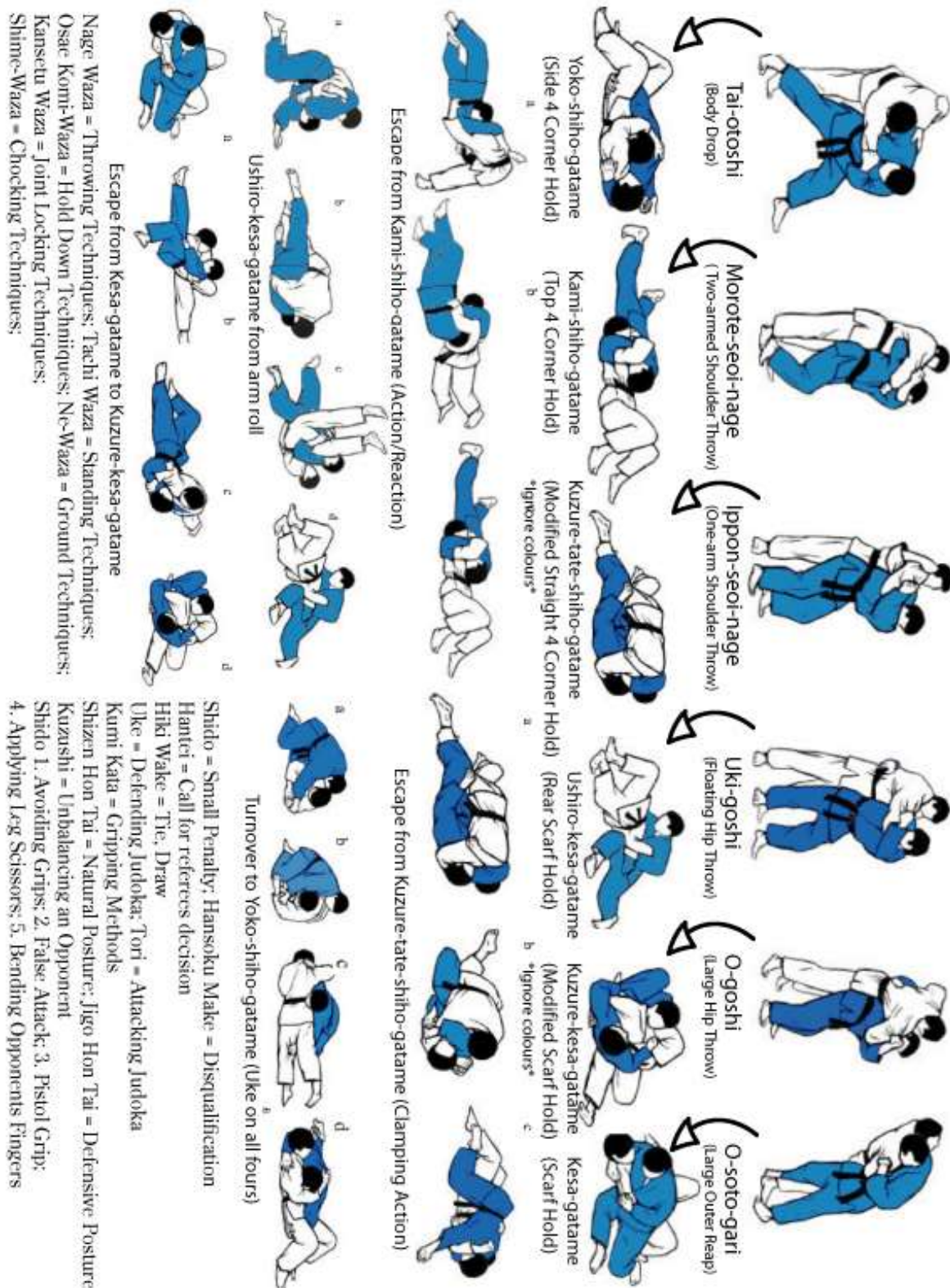
HADAKA JIME

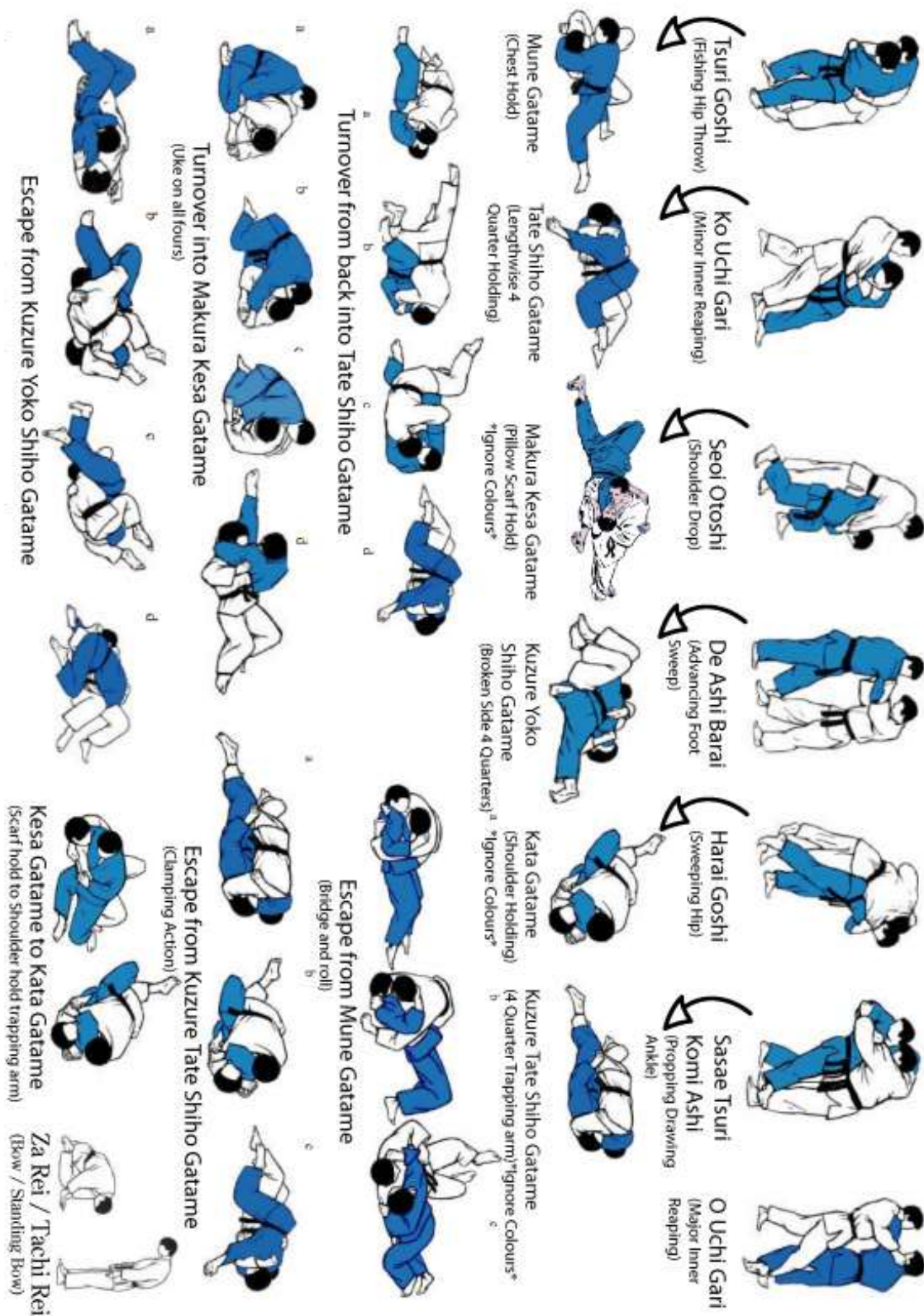


OKURI ERI JIME



ZANKAKU JIME





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## GENERAL KNOWLEDGE

1. What year was Judo first introduced into the summer Olympic Games? – 1964
2. What are the six FJRTFC senior Judo Kyu ranks and colour belts from highest to lowest rank (do not list White Belt)?
  1. Brown – Ikkyu
  2. Brown – Nikyu
  3. Brown – Sankyu
  4. Green – Yonkyu
  5. Orange – Gokyu
  6. Yellow – Rokyu

## JAPANESE VOCABULARY

|    |  |                  |
|----|--|------------------|
| 1  | Five stages of throwing techniques, the basic syllabus of Kodokan Judo | Gokyo No Waza    |
| 2  | Instantaneous promotion  | Batsugan         |
| 3  | Sacrifice  | Sutemi           |
| 4  | Throwing from a standing position                                      | Tachi Waza       |
| 5  | Throwing techniques done while falling to ones back or side            | Sutemi Waza      |
| 6  | Back falling sacrifice techniques                                      | Ma Sutemi Waza   |
| 7  | Side falling sacrifice techniques                                      | Yoko Sutemi Waza |
| 8  | Striking techniques to vital areas                                     | Atemi Waza       |
| 9  | Judo uniform belt  | Obi              |
| 10 | Judo uniform jacket  | Uwagi            |
| 11 | Judo uniform pants   | Zubon            |
| 12 | Judo uniform sleeve  | Sode             |
| 13 | Judo uniform lapel   | Eri              |
| 14 | Illegal act of locking the legs around the torso of an opponent        | Dojime           |
| 15 | Variation (of a technique)   | Kuzure           |
| 16 | Counter techniques   | Kaeshi Waza      |
| 17 | Combination or faking technique  | Renwaku Waza     |
| 18 | Four corners (as in pins)  | Shiho            |
| 19 | I surrender!   | Maitta!          |

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|    |                                 |           |
|----|---------------------------------|-----------|
| 20 | Forms of gripping ones opponent | Kumi Kata |
| 21 | Normal                          | Nami      |
| 22 | Reverse                         | Gyaku     |
| 23 | Cross                           | Juji      |
| 24 | Arm                             | Ude       |
| 25 | Armpit                          | Wake      |

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