

## GOKYU REQUIREMENTS

be able to practice light and regular randori safely and know the difference , be able to practice ne waza safely  
Briefly describe the history of Judo and how it differs from ju jitsu  
Know the ways of winning in Judo competition and the basic commands in competition  
demonstrate grip, natural posture and defensive posture  
Will have watched or participated in a judo tournament  
Know the 3 parts of a throw - kuzushi, tsukuri and kake  
Know the 8 directions of breaking balance

### Vocabulary

Count to 10 in Japanese

Judoka, Judogi, Obi, Uke, Tori, Kata, Randori, Shiai, Nage, Osaekomi, Ne-waza

### NAGE

favorite throw and favorite combination

De ashi barai

morote seoi nage

uki goshi

sasae tsurikomi ashi

ouchi gari

kouchi gari

Ukemi- Forward Fall and Backward Roll

Avoidances and/or Counters to: Required Rokkyu Nage

Osaekomi-Kata Gatame

Escapes from: Kesa Gatame, Yokoshio Gatame

Shime: Nami, Gyakyu and Kata Juji Jime, Kata Gatame

