

2 MON

Grade
Belt
Ukemi
Tachi-waza
Osae-komi-waza
Performance
Combination
Ne-waza
Personal Choice
Terminology, Etiquette and Translations (including all above)

1st to 2nd Mon
Yoko Ukemi
De-ashi-barai
Mune-gatame
De-ashi-barai into Mune-gatame
Escape from Mune-gatame using bridge and roll action
Demonstrate two favourite waza
Who invented modern Judo?
Demonstrate Tachi-rei and Za-rei
Osaekomi
Toketa

1st to 2nd Mon
Side breakfall
Advancing foot sweep
Chest hold
Techniques must be named
Dr Jigaro Kano
Standing / Kneeling bow
Hold down is on (clock starts)
Hold down is broken (clock stops)