

3 MON

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

2nd to 3rd Mon
Mae Mawari Ukemi (version 1)
Uki-Goshi
Kuzure-kesa-gatame
Uki-goshi into Kuzure-kesa-gatame
Escape from Kuzure-kesa-gatame (using sit up and push method)
Demonstrate two favourite waza
Demonstrate how to present yourself correctly dressed for a contest
Dojo
Judogi
Zori

2nd to 3rd Mon
Forward rolling breakfall
Floating hip throw
Variation of scarf hold
Techniques must be named
Demonstrate how to present yourself correctly dressed for a contest
Judo practice hall
Judo uniform
Judo footwear (straw flip flops)