

Grade	Novice to 6th Kyu	Novice to 6th Kyu
Belt		
Ukemi	Ushiro ukemi	Rear breakfall
	Yoko ukemi	Side breakfall
	Mae mawari ukemi	Forward rolling breakfall
Tachi-waza	Osoto-otoshi	Spring hip
	De-ashi-barai	Double foot sweep
	Uki-goshi	Floating hip
Osae-komi-waza	Kesa-gatame	Scarf hold
	Mune-gatame	Chest hold
	Kuzure-kesa-gatame	Broken scarf hold
Performance		
	Osoto-otoshi into Kesa-gatame	
	De-ashi-barai into Mune-gatame	
	Uki-goshi into Kuzure-kesa-gatame	
Ne-waza	Escape from Kesa-gatame by trapping Uke's leg	
	Escape from Mune-gatame using bridge and roll action	
	Escape from Kuzure-kesa-gatame using sit up and push	
Personal Choice	Two tachi-waza and two osae-komi-waza	
Translation	Dojo	Practice hall
	Judogi	Judo uniform
	Zori	Judo shoes
	Hajime/ Matte	Begin/ Stop
	Osae-komi/ Toketa	Hold down/ broken
	Rei	Bow
	Randori	Free practice
	Correct wearing of kit and bowing procedure	
	Which country does Judo come from?	Japan
	Who invented modern Judo?	Dr Kano