

# 8 MON

Grade
Belt
Tachi-waza
<b>Performance</b>
Combination
Counter
Ne-waza
Randori
Personal Choice
Terminology, Etiquette and Translations (including all above)

7th to 8th Mon
Ko-soto-gari
Ko-soto-gake
Morote-seoi-nage
Ko-uchi-gari into Morote-seoi-nage
Tai-otoshi countered by Ko-soto-gake
Escape into Yoko-shiho-gatame from between Uke's legs
Straddle turn over into Tate-shiho-gatame Uke between Tori's legs
3 minutes
Demonstrate three favourite waza
Demonstrate referee signal for matte, osae-komi, toketa and adjusting judogi
Explain two actions breaching contest rules
Shido/ Hansoku-make

7th to 8th Mon
Minor outer reaping throw
Minor outer hook throw
Two handed shoulder throw
Take part in a 3 minute light randori
Techniques must be named
Small penalty / Disqualification