

Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(7 Actions/Inshukumo)

Yoko-otoshi
Left and Right
ngasekhohlo
nangasekunene



Utsuri-goshi



Ashi-uchi-mata



Yoko-gake
Left and Right
ngasekhohlo
nangasekunene



Kuchiki-taoshi
or
okanye/



Kata-ashi-dori



Katame Waza / Basic Holds/UKubamba

(4 Actions/Inshukumo)

Juji-jime



Hadaka-jime



Okuri-eri-jime



Kata-ha-jime



Application of Throws / Indlela yokuwisa

(6 Actions/Inshukumo)

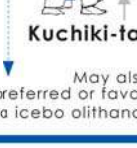
3 of the below mentioned techniques executed from 2 different situations / Ezithathu kula abhalwe ngezantsi amnacebo okuwisa kwii ndlela ezimbini ezahlukeneyo



Yoko-gake



Leg grabs/ Ukubamba ngemilenze



Kuchiki-taoshi **Morote-gari**

May also demonstrate any other preferred or favorite leg grab technique / Unakho ukubonisa icebo olithandayo lokubamba imilenze

Application of Ne-waza

(8 Actions/Inshukumo)

Application of **Juju-jime**, **Hadaka-jime**, **Okuri-eri-jime** and **Kata-ha-jime**, each from 2 different starting positions

Ukwenza i **Juju-jime**, **Hadaka-jime**, **Okuri-eri-jime** Ne **Kata-ha-jime**, ngamnye Ukusukela kwii ndawo ezimbini ezahlukeneyo



Juju-jime

Hadaka-jime

Okuri-eri-jime



Kata-ha-jime



Randori

5 Randori @ 2 Minute each/
Umlo we Judo imizuzu emibini emnye

During standard randori planned execution of throws against a partner defending and gripping extremely.

Xa umile usilwa i-Judo zama ukuwisa umhlaselel Ukhusela kwaye ubamba ngezandla ngendlela eqatha



Ne-waza randori
(also using **shime-waza**)

Xa usilwa umlo we Judo waphantsi
(Yongeza usebenzise **shime-waza**)



Kata

3rd Group of **Nage-no-Kata**
(**Ashi-waza**)

Umboniso oqingqiweyo wamacebo okuwisa nokukhusela



1. **Okuri-ashi-barai**



2. **Sasae-tsuri-komi-ashi**



3. **Uchi-mata**

Should be executed in the formal kata demonstration.

Sebenzisa umboniso oqingqiweyo wamacebo okuwisa nokukhusela