

Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(8 Actions/Inshukumo)

Ashi-guruma
okanye/
or
O-guruma



Te-guruma
(Left and Right/
ngasekhohlo
nangasekunene)



Ura-nage okanye/or **Yoko-guruma**

Kata-guruma



Uki-otoshi



Soto-maki-komi okanye/or **ane-maki-komi**

Katame Waza / Basic Holds/Ukubamba

(4 Actions/Inshukumo)

Sankaku-osae-komi



Sankaku-gatame



Sankaku-jime



Kata-te-jime



Application of Throws / Indlela yokuwisa

(6 Actions/Inshukumo)

3 of the mentioned techniques (except Uki-otoshi) executed from 2 different situations/amacebo amathathu achaziweyo (ngaphandle kwe-Uki-otoshi) -yenziwe kwimeko ezimbini ezahlukileyo

Te-guruma
as counter/
ngokubuyisela



Kata-guruma
standing/
ubuyisele umile



Ura-nage



as attack/
ngokuhlasela



kneeling/
Uguqile



attack/
hlasela

Here are examples of 3 techniques executed from 2 different situations. Nangi imizkelo emithathu yamacebo. -yenziwe kwiimeko ezintathu ezahlukileyo

Application of Ne-waza

(5 Actions/Inshukumo)

Execute Sankaku from three different starting positions/

Yenza amacebo okucinezela phantsi uhleli phezu kwexhoba kwindlela ezintathu ezahlukileyo.



Sankaku-osae-komi



Sankaku-gatame



Sankaku-jime

Two takeover techniques from Tachi-waza to Shime-waza after an unsuccessful throwing technique from the opponent/ Amacebo amabini okongamela emveni kwecebo lomhlaseli elingasebenzanga

Koshi-jime



Kata-te-jime



Randori

3 Randori @ 3 Minute each/
Umlo we Judo imizuzu emibini emnye

3 Randori's with different partners/
Umlo weJudo namaxhoba amathathu



with Referee
Nonompempe



attack/defend
hlasela/Khusela



• Must be able to utilize opportunities when changing to Ne-waza from Tachi-waza / Kufuneka ukwazi ukusebenzisa amathuba usuka phezulu isiya phantsi.

• Tachi-waza Randori should be practised with varied resistance from partner / Amacebo omlo weJudo kufuneka asetyenziswe xa umhlaseli exhathisa ngamandla.

• Execute and attempt different techniques / Zama usebenzise amacebo amaninzi

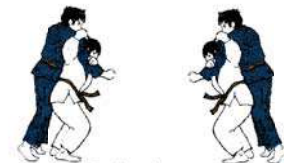
Kata

(6 Actions/Inshukumo)

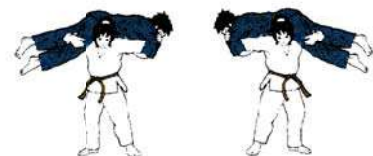
1st Group of Nage-no-Kata (Te-waza)



1. **Uki-otoshi**



2. **Seoi-nage**



3. **Kata-guruma**

Should be executed in the formal Kata demonstration.

Kufuneka yenziwe ngendlela efanelekileyo yecebo lokubonakalisa amacebo okuwisa nawokukhusela.