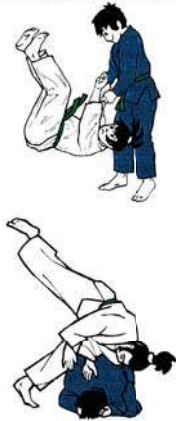


### Ukemi / Breakfalls / Ukuwa ngokukhuselekileyo

(2 Actions/Inshukumo)

Free falling with help from partner (Left and Right)/ Ungaphazanyiswa, uncediswa nguxa wakho. Ekhohlo nase kunene



### Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(7 Actions/Inshukumo)

**Tsuri-komi-goshi**  
(Left and Right/  
ngasekhohlo  
nangasekunene)



**Koshi-uchi-mata**



**Ko-uchi-  
maki-komi**



**O-uchi-barai** *or* **Ko-uchi-barai**



**Tomoe-nage**



(Left and Right/  
ngasekhohlo  
nangasekunene)

### Katame Waza / Basic Holds/Ukubamba

(4 Actions/Inshukumo)

**Ude-gatame**  
(Left and Right/  
ngasekhohlo nangasekunene)



**Waki-gatame**  
(Left and Right/  
ngasekhohlo nangasekunene)



### Application of Throws / Indlela yokuwisa

(7 Actions/Inshukumo)

Throwing/Ukuwisa  
**Tsuri-komi-goshi and Uchi-mata**  
from the same grip (Tori and Uke)/  
Kwangesisandla ubambe ngaso.  
(umhlaseleli nomhlaseleli)



Throwing with the other 3 techniques  
from a suitable situation/  
Ukuwisa ngamanye amacebo  
amathathu phantsi kwemeko entle.



Defend and block against two  
different attacks from the opponent/  
Khusela uxhathise xa uhlaselwa ngendlela  
ezahlukeneyo.



← Turn hip  
against Uchi-mata/  
Jika isinqe Ukhusele  
i-Uchi-mata

Lower hip against →  
Ippon-seo-nage/Isinqe esisezantsi  
ukhusele i-Ippon-seo-nage

### Application of Basic Holds / Indlela yokucinezela phantsi

(6 Actions/Inshukumo)

Lying on your back (uke between  
your legs) – Applying: **Ude-gatame**  
and **Juji-gatame**/  
Ulele ngomqolo (umhlaseleli ephakathi  
kwemilenze yakho) – Applying: yenza  
i-**Ude-gatame** kunye ne- **Juji-gatame**



**Ude-gatame**



**Juji-gatame**

From **Kezuri-kesa-gatame**- apply:  
**Ude-gatame** and **Waki-gatame**/  
Ukususela-kwi **Kezuri-kesa-gatame**-  
apply: yenza-i **Ude-gatame** kunye  
ne- **Waki-gatame**



**Ude-gatame**



**Waki-gatame**

When on all fours:  
apply **Waki-gatame** and also  
end up in one hold down/  
Xa-ugaqe ngezandla namadolo yenza  
okanye phelela umbambengohlobo  
olunye.



**Waki-gatame**



**Ushiro-keza-  
gatame**

### Randori

4 - 6 Randori @ 1 Minute each/  
Umlo we Judo imizuzu emibini emnye



Must be able in **Tachi-waza randori**  
to execute all the above techniques from  
different grips and also breaking Uke's grip  
(sleeve and back)/  
Xa uwisa umile okanye usilwa umlo we-judo  
kufuneka ukwazi ukusebenzisa amaqhinga  
angentla, uziphuncule ezingalweni  
nangasemva

From movement of standing to ground:-  
make use of opportunity for successful attack  
or necessary defense/  
Ukusukelo ekumeni ukuya phantsi,  
make use of opportunity for successful  
attack or necessary defense-sebenzisa  
el'huba ngempumelelo.



Take over/  
Phatha



Defend/  
Khusela



Control/  
Lawula

### Ukemi / Breakfalls / Ukuwa ngokukhuselekileyo

(2 Actions/Inshukumo)

Free falling  
Ukuwa ungaphazamisekanga  
(Left and Right/ ngasekhohlo nangasekunene)



### Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(7 Actions/Inshukumo)

**Koshi-guruma**  
(Left and Right/ ngasekhohlo nangasekunene)



**Ushiro-goshi**  
(Left and Right/ ngasekhohlo nangasekunene)



**Hane-goshi**



**Sumi-gaeshi**



**Tani-otoshi**



### Katame Waza / Basic Holds/Ukubamba

(2 Actions/Inshukumo)

**Ashi-gatame**



**Ashi-garame**



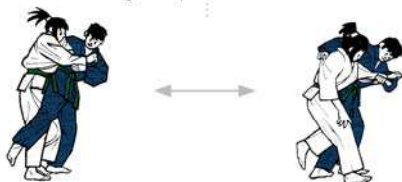
### Application of Throws / Indlela yokuwisa

(7 Actions/Inshukumo)

Throwing the 5 throws from a suitable situation/  
Ukuwisa kahlanu kwimwko efanekileyo



When Uke blocks or defends, execute two combination techniques/  
Xa umhlasele ehlasela mngande uzikhusele, umwise ngamaceboathun-geneyo okuwisa.



eg. Harai-goshi to O-uchi-gari

### Application of Basic Holds / Indlela yokucinezela phantsi

(3 Actions/Inshukumo)

One technique: Tachi-waza to Ne-waza:  
Iqhinga lokuwisa umile uyokutsho phantsi:



Resulting from a failed technique by Uke./

Ebangelwa liqhinga angakhange akwazi utlusebenzisa umhlaselewa elingasebenzanga

One technique: Tachi-waza to Ne-Waza/  
Icebo elinye - umile ukuya phantsi



• Direct takeover/ uthathele kuwe nqo. (e.g. Hikomi-gaeshi)

Tachi-waza to Ne-Waza



• As a continuation from your own unsuccessful or partly successful attack eg. Continue into Geza-gatame after Tani-Otoshi Otoshi/  
Uqhubekeka kwi cebo ebelingasebenzanga okanye elisebenze kancinci, imbela phambili uyokuvalela nge.mveni kwe

### Randori

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

Must be able in Tachi-waza randori to use all the above techniques as combinations and counter throws/  
Kufuneka ukwazi xu usilwa umile usebenzise amaqhinga okunxulumanisa ngokuwisa xa kuwisa.



Block and combine/  
valela udibanise



Block and counter/  
valela uphindisele



Evade and combine/  
baleka udibanise



Evade and counter/  
baleka ubuyisele



Ne-waza randori from standard position.  
Umlo weJudo waphantsi uku-sekela umile

### Kata

(6 Actions/Inshukumo)

2<sup>nd</sup> Group of **Nage-no-Kata**  
Indima yesibini le (Koshi-waza)



3. Tsuru-komi-goshi

Should be executed in the formal Kata demonstration.  
Kufuneka isetyenziswe xa kusenziwa umfanekiso we