

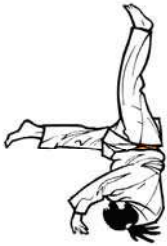
Ukemi / Breakfalls / Ukuwa ngokukhuselekileyo

(7 Actions/Inshukumo)

Falling Backwards/ Ukuwa ngasemva
>>Ushiro-ukemi<<



Falling Sideways/ ukuwa emacaleni
>>Yoko-ukemi<<
(Left and Right/ ngasekhohlo nangasekunene)



Forward roll/Uqulukubhede
(Left and Right/ngasekhohlo nangasekunene)
Standing up and lying down/ Umile ulele phantsi

Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(7 Actions/Inshukumo)

Ippon-seoi-nage



Ko-uchi-gari



Tai-otoshi

(Left and Right/ ngasekhohlo nangasekunene)

Ko-soto-gari or Ko-soto-gake



De-ashi-barai

Katame Waza / Basic Holds/Ukubamba

(8 Actions/Inshukumo)

2 Variations of/ lindlela ezimbini ze **Keza-gatame**



2 Variations of/ lindlela ezimbini ze **Yoko-shiho-gatame**



(Left and Right/ ngasekhohlo nangasekunene)



2 Variations of/ lindlela ezimbini ze **Tate-shiho-gatame**



2 Variations of/ lindlela ezimbini ze **Kami-shiho-gatame**



Application of Throws / Indlela yokuwisa

(7 Actions/Inshukumo)

When tori pulls or moves back – Tori throws with/Xa umhlasele etsyala okanye ebuyela emva uhlasela nge- **Ippon-Seoi-nage and Tai-otoshi**



When Uke pulls or moves backwards – Tori throws with/Xa umhlasele etsyala okanye ebuyela emva uhlasela nge- **Ko-uchi-gari and De-ashi-barai**



When uke attacks with **Ippon-seoi-nage, Tai-otoshi and De-ashi-barai** – Tori evades or climbs over/Xa umhlasele ewisa nge with **Ippon-seoi-nage, Tai-otoshi and De-ashi-barai** ephapha okanye egwencela ngaphezulu.



Application of Basic Holds / Indlela yokucinezela phantsi

(8 Actions/Inshukumo)

From O-uchi-gari and Ko-uchi-gari follow into a hold-down/Ukusuka kwi O-uchi-gari and Ko-uchi-gari uandelise ngokubamba phantsi.



2 Escapes each from Kesa-gatame and Yoko-shiho-gatame/ lindlela ezimbini ukubaleka xa ubanjwe nge Kesa-gatame and Yoko-shiho-gatame



1 Attack when uke lies on his back (Tori – standing or kneeling between uke's legs)/Hlasela kanye xa umhlasele elele ngomaqolo (umhlaselewa emile okanye eguqe phakathi kwemilendeze yomhlasele)



1 Attack when lying on your back (Uke between your legs) ending in a hold-down/ Hlasela kanye xa ulele ngomaqolo (umhlasele ephakathi kwemilendeze) uphelele ubambe phantsi.

Randori

3-5 Randori @ 1 Minute each/ Umlo we Judo imizuzu emibini emnye



• Must execute the learnt throws in Tachi-waza randori in a controlled way..



• Should be able to control the opponent who defends vigorously with various holds in ne-waza randori/ Kunyanzelekile ukwazi ukubamba ngokusemandleni, umhlasele ekhusele ngamandla esebenzisa iindlela eziliqela zokubamba kumlo waphantsi

Ukemi / Breakfalls / Ukuwa ngokukhuselekileyo

(5 Actions/Inshukumo)

Falling Backwards/ Ukuwa ngasemva
>>Ushiro-ukemi<<



Falling Sideways/ ukuwa emacaleni
>>Yoko-ukemi<<
Left and Right/
ngasekhohlo
nangasekunene



Forward roll/Uqulukubhede
Left and Right over an obstacle/
Ngasekhohlo Nangasekunene
Ekhohlo nasekunene phezu
kwesiphazamisi

Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(7 Actions/Inshukumo)

Morote-seoi-nage



Sasae-tsuri-komi-ashi



Hiza-guruma



or/
okanye

Okuri-ashi-barai
Left and Right/
Ngasekhohlo
Nangasekunene



O-soto-gari
Left and Right
Ngasekhohlo
Nangasekunene

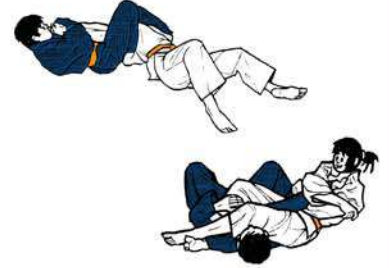


Harai-goshi

Katame Waza / Basic Holds/Ukubamba

(4 Actions/Inshukumo)

Juji-Gatame
Left and Right/
Ngasekhohlo Nangasekunene



Ude-Garami
Left and Right/
Ngasekhohlo Nangasekunene



Application of Throws / Indlela yokuwisa

(2 Actions/Inshukumo)



When uke attacks with a technique; tori evades or steps over and throws uke (Counter)

Xa umhlaselwa ehlasela ngecebo umhlaselwa uyaphepha okanye atsibe ngaphezulu ahlasela.
(Ukuhlasela xa kuhlaselwa)



When tori attacks with a technique; uke evades or steps over but tori continues to attack and throws (combination)
Xa umhlaseli ehlasela ngeqhinga, umhlaselwa uyabaleka okanye atsibe ngaphezulu kodwa umhlaseli uyaqhubeka ahlasela awise.
(ukunxulumanisa amacebo okuwisa)

Application of Basic Holds / Indlela yokucinezela phantsi

(6 Actions/Inshukumo)

Tori uses uke's escape from a hold to continue into
1: juji-gatame and 2: ude-garami Umhlaseli usebenzisa icebo lomhlaselwa lokubaleka phantsi ukwenzela aqhubeka nge: juji-gatame and 2: ude-garami.



Defending when lying on your back by clamping with your legs/Ukukhusela xa ulele ngomqolo, ngokuthi ubambeixhoba ngemilenze yakho ivalelekile



1 Escape when your legs are clamped/ Baleka xa imilenze yakho ivalelekile



2 techniques ending with juji-gatame when uke is on all fours/Amaqhinga amabini aqhibelisa nge: juji-gatame xa umhlaselwa eguqe ngamadolo nezandla.



Randori

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



• Should be able to throw in Tachi-waza randori without losing grip (both have same grip)
Kunyanzelekile ukwazi ukuwisa umile kumlo ungakhange uphuncule ngezandla

1: one leg omnye umlenze



• Start ne-waza randori form a position between uke's legs and uke clamping your legs
Qala umlo waphantsi usuka phakathi kwemilenze yomhlaselwa ebambe imilenze yakho.

2: two legs omnye umlenze

