

Yellow Belt / Ibhanti Emthubi

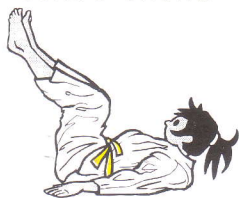
Part one / Indima yokuqala (8th Kyu)

Ukemi / Breakfalls / Ukuwa ngokukhuselekileyo

(3 Actions/Inshukumo)

Falling Backwards/ Ukuwa ngasemva

>>Ushiro-ukemi<<



Falling Sideways/ Ukuwa emacaleni

>>Yoko-ukemi<<



Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(4 Actions/Inshukumo)

O-goshi or/okanye Uki-goshi

Left and Right
Ngasekhohlo nangasekunene



O-soto-otoshi

Left and Right
Ngasekhohlo nangasekunene



Katame Waza / Basic Holds/Ukubamba

(4 Actions/Inshukumo)

Kuzure-keza-gatame

Left and Right
Ngasekhohlo nangasekunene



Mune-gatame

Left and Right
Ngasekhohlo nangasekunene

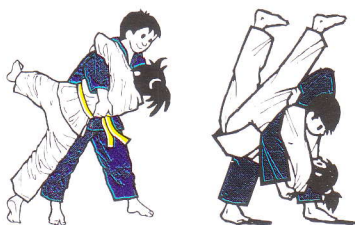


Application of Throws / Indlela yokuwisa

(2 Actions/Inshukumo)

When Uke moves forward or pushes - Tori throws with Uki-goshi or O-goshi/

Xa omhlaselwa ebheka phambili okanye eTyhala - umhlaseli umwisa nge Uki-Goshi okanye i- Ogoshi



When Uke pulls or moves back - Tori throws with O-soto-otoshi/

Xa umhlaselwa etsala okanye ebuyela ngasemva - umhlaseli Uwisa nge O-soto-otoshi



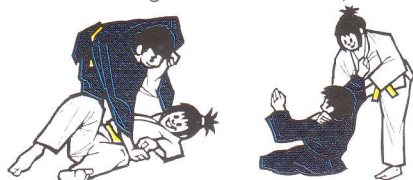
Application of Basic Holds / Indlela yokucinezela phantsi

(2 Actions/Inshukumo)

Two (2) different combinations with Tori throwing Uke and continuing into a hold down. To be followed by Uke escaping from the hold/

Indlela ezimbini zokuwisa ezinxulumanisa ezinye iindlela zokuwisa zisingisela phantsi, zilandelwa ngamacebo okuphuncuka xa ubanjwe phantsi.

Controlled throw/
Ukuwisa ngokukhuselekileyo ...



into hold down/
Ngena ekucinezeleni phantsi ...



escape from hold/
Ngena ekucinezeleni phantsi ...



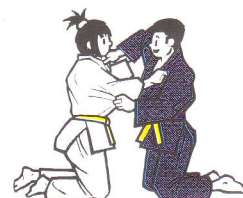
Randori

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

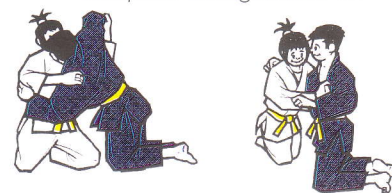
From a kneeling position do randori and attempt the holds learned/

Uguqe ngamadolo yilwa umlo we Judo, uzame amacebo okubamba owafundileyo

Kneeling/ugugile ...



Turn and control/
Guquka wongamele ...



into holds and escapes/Ngena Ekucinezeleni nase kuphuncukeni



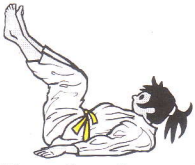
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Part two / Indima yesibini (7th Kyu)

Breakfalls/ Ukuwa ngokukhuselekileyo

(5 Actions/Inshukumo)

**Falling Sideways
ukuwa emacaleni**
>>Yoko-ukemi<<



**Falling Backwards
ukuwa ngasemva**
>>Ushiro-ukemi<<

Left and Right
ngasekhohlo nangasekunene

Forward Roll (Left & Right)

Staying down or standing up/
Uqulukubhede

(ngasekhohlo nasekunene)

Phants okanye umile-

>>Mae-mawari-ukemi<<

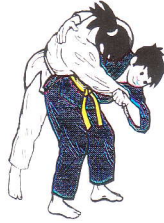


Basic Throwing Techniques indlela yokuwisa

(7 Actions/Inshukumo)

O-goshi and Uki-goshi

Left and Right
ngasekhohlo nangasekunene



O-uchi-gari

Left and Right
ngasekhohlo
nangasekunene



Seoi-otoshi



Katame Waza / Basic Holds/Ukubamba

(6 Actions/Inshukumo)

Keza-gatame

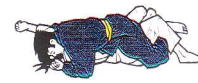
Yoko-shiho-gatame

Left and Right
ngasekhohlo nangasekunene



Tate-shiho-gatame

Kami-shiho-gatame

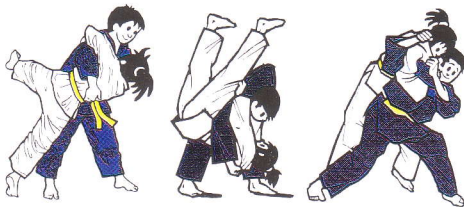


Application of Throws / Indlela yokuwisa

(2 Actions/Inshukumo)

When Uke moves forward
or pushes - Tori throws with

xa umhlaseli esiya ngaphambili
okanye etyhala - umhlaseli uwisa
njengoba kuchaziwe.



When Uke pulls or moves back
- Tori throws with O-uchi-gari/

xa umhlaselwa esiya ngasemva
umhlaseli uwisa nge-njengokuba
kuchaziwe



Application Tasks Ne Waza ukwenza indima xa uphantsi

(7 Actions/Inshukumo)

1 Escape from each of the holds:
ukuphuncuka kwenye yeendlela
zokubanjwa phantsi



Tate-shiho-gatame

Kami-shiho-gatame



Turn Uke into hold from

1: All Fours 2: Lying on stomach/

guqula umhlaseli kwezimeko zibhaliweyo:
Uquqe ngamadolo nezandla naxa ulele ngesisu



Moving between different holds
with Uke attempting escapes/

Tshintsha tshintsha indlela yokubamba,
umhlaselwa ezama uku baleka

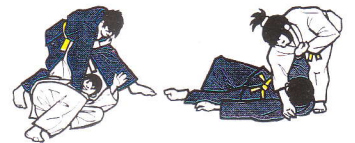
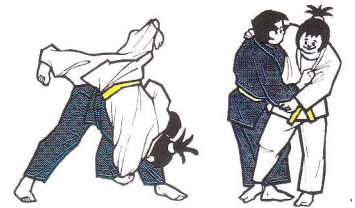


eg: Kuzure-kesa-gatame to Mune-gatame

Randori

4 - 6 Randori @ 1 Minute each/
Umlo we Judo umzuzu omnye

Start Ne-Waza/qala phantsi
Randori after throwing Uke/
Yilwa emveni kokuwisa umhlaseli



Uke does breakfall/
umhlaseli uwa ngokukhuselekileyo



Start Ne-Waza Randori/
qala umlo we-judo waphantsi