

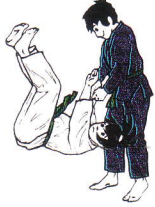
Green Belt / Ibhanti Eluhlaza

Part one / Indima yokuqala (4th Kyu)

Ukemi / Breakfalls / Ukuwa ngokukhuselekileyo

(2 Actions/Inshukumo)

Free falling with help from partner (Left and Right)/ Ungaphazanyiswanga, uncediswa ngugxa 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**
Okanye



Tomoe-nage



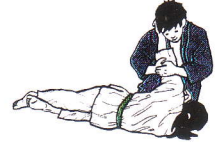
(Left and Right/
ngasekhohlo
nangasekunene)

Katame Waza / Basic Holds/Ukubamba

(4 Actions/Inshukumo)

Ude-gatame

(Left and Right/
ngasekhohlo nangasekunene)



Waki-gatame

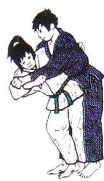
(Left and Right/
ngasekhohlo nangasekunene)



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 Ukhuselela
i-Uchi-mata



Lower hip against →
Ippon-seo-nage/Isinqe esisezantsi
ukhuselela 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

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



Juji-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
alunye.



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
elithuba ngempumelelo.



Take over/
Phatha



Defend/
Khusela



Control/
Lawula

Green Belt / Ibhanti Eluhlaza

Part two / Indima yesibini (3rd Kyu)

Ukemi / Breakfalls / Ukuwa ngokukhuselekileyo

(2 Actions/Inshukumo)

Free falling
Ukuwa ungaphazamisekanga

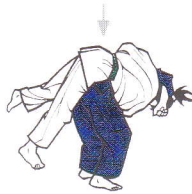
(Left and Right/
ngasekhohlo nangasekunene)



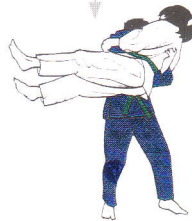
Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(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 efanelekileyo



Koshi-guruma



Hane-goshi

Ushiro-goshi



Sumi-gaeshi

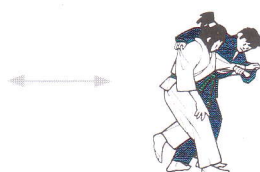


Tani-otoshi

When Uke blocks or defends, execute two combination techniques/
Xa umhlaseli 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 ukulisebenzisa umhlaselwa 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/
Uqhubeka kwi cebo ebelingasebenzanga okanye elisebenze kancinci, hmbela phambili uyokuvalela nge.emveni 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)

2nd Group of Nage-no-Kata
Indima yesibini le (Koshi-waza)



1. Uki-goshi



2. Harai-goshi



3. Tsuru-komi-goshi

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