

Blue Belt / Ibhanti Embala

2nd Kyu / Usibhaka Bhaka

Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(7 Actions/Inshukumo)

Yoko-otoshi
Left and Right
ngasekhohlo
nangasekunene

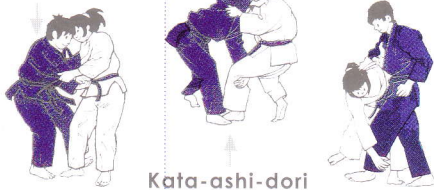
Utsuri-goshi



Ashi-uchi-mata

Yoko-gake
Left and Right
ngasekhohlo
nangasekunene

Kuchiki-taoshi
or
okanye/



Kata-ashi-dori

Katame Waza / Basic Holds/Ukubamba

(4 Actions/Inshukumo)

Juji-jime



Hadaka-jime



Okuri-eri-jime



Kata-ha-jime



Application of Throws / Indlela yokuwisa

(6 Actions/Inshukumo)

3 of the below mentioned techniques executed from 2 different situations / Ezithathu kula abhalwe ngezantsi amnacebo okuwisa kwii ndlela ezimbini ezahlukeneyo



Yoko-otoshi



Utsuri-goshi



Ashi-uchi-mata

Yoko-gake



Leg grabs/ Ukubamba ngemilenze



Kuchiki-taoshi



Morote-gari

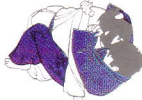
May also demonstrate any other preferred or favorite leg grab technique / Unakho ukubonisa icebo olithandayo lokubamba imilenze

Application of Ne-waza

(8 Actions/Inshukumo)

Application of **Juju-jime**, **Hadaka-jime**, **Okuri-eri-jime** and **Kata-ha-jime**, each from 2 different starting positions

Ukwenza i **Juju-jime**, **Hadaka-jime**, **Okuri-eri-jime** Ne **Kata-ha-jime**, ngamnye Ukusukela kwii ndawo ezimbini ezahlukeneyo



Juju-jime

Hadaka-jime

Okuri-eri-jime



Kata-ha-jime



Randori

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

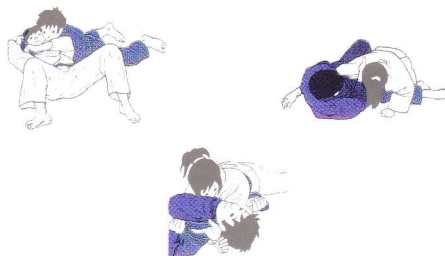
During standard randori planned execution of throws against a partner defending and gripping extremely.

Xa umile usilwa i-Judo zama ukuwisa umhlalwazi Ukhusela kwaye ubamba ngezandla ngendlela eqatha



Ne-waza randori
(also using shime-waza)

Xa usilwa umlo we Judo waphantsi
(Yongeza usebenzise shime-waza)



Kata

3rd Group of Nage-no-Kata
(Ashi-waza)

Umboniso oqingqiweyo wamacebo okuwisa nokukhusela



1. **Okuri-ashi-barai**



2. **Sasae-tsuri-komi-ashi**



3. **Uchi-mata**

Should be executed in the formal Kata demonstration.

Sebenzisa umboniso oqingqiweyo wamacebo okuwisa nokukhusela

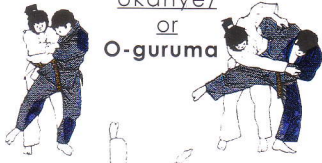
Brown Belt / Ibhanti Emdaka

1st Kyu / Usibhaka Bhaka

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



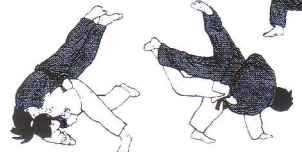
Kata-guruma



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 imizekelo 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 ezahlkileyo.



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 amthathu



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

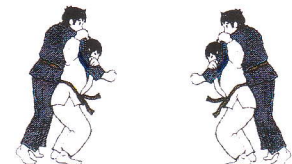
Kata

(6 Actions/Inshukumo)

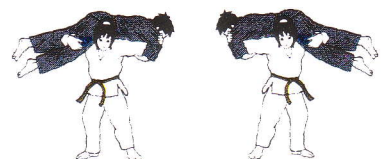
1st Group of Nage-no-Kata (Te-waza)



1. Uki-otoshi



2. Seoi-nage



3. Kata-guruma

Should be executed in the formal Kata demonstration.

Kufuneka yenziwe ngencklela efanelekileyo yecebo lokubonakalisa amacebo okuwisa nawokukhusela.