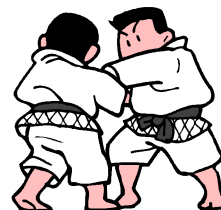
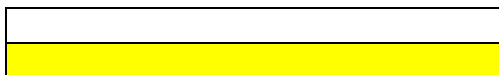




White/Yellow



Minimum Age: 5yrs

NAGE-WAZA (Throws):

O Soto Gari

OSAE-WAZA (Hold downs):

Hon Kesa Gatame

TURNOVERS:

Double Arm Drag

MOVING PAST THE LEGS:

Double Leg Grab

THEORY:

Demonstrate:

Proper gripping of the judogi (Kumikata).

Forms of sitting and salutation.

Wearing, tie belt and folding of judogi.

Posture.

Body movement and walking.