



## *KANO AWARDS 1-3*

### *KANO 1 (White belt 1 yellow tag)*

1. Tie your belt
2. Forward & side Ukemi (break fall)
3. Sleeve & lapel grip
4. Throw O-goshi leading to
5. hold down kesa gatame
6. Rule – Never practice judo unless you are on the mat and your coach is present.

### *KANO 2 (White belt 2 yellow tags)*

1. Standing bow (Rei)
2. Side and forward rolling ukemi (breakfall)
3. What do Hajime & Matte mean?
4. Throw Ippon-seoi-nage leading to
5. hold down Kami-shiho-gatame
6. Throw Tai-otoshi leading to
7. hold down NMune-gatame
8. Rule – Always have a clean judogi (judo suit) and short clean, finger & toe nails.

### *KANO 2 (White belt 3 yellow tags)*

1. Kneel bow (zar rei)
2. Rear and forward rolling ukemi (breakfalls)
3. Throw O-soto-gari leading to
4. hold kuzure- kesa-gatame
5. Throw Morotwe-seoi-nage leading to
6. hold down, Yoko-shiho-gatame
7. Turnover with your partner on all fours
8. Warm up – prepares your body to do judo
9. Listen up – Listen to your coaches instructions