



KANO AWARDS 4-6

KANO 4 (White belt 1 green tag)

1. What does judo mean?
2. Ukemi (break fall) demonstrate a range of different ones
3. What does Osae-komi mean?
4. What does Toketa mean?
5. Throw Seoi-otoshi leading to
6. hold down mune gatame, switching to kuzure-kesa-gatame
7. O-uchi-gari, leading to
8. hold down kesa-gatame, switch to Tate-shiho-gatame
9. Remember – Work together, help your club mates.
10. – Play fair, follow the rules

KANO 5 (White belt 2 green tags)

1. Who founded modern judo?
2. Working with a partner, move around the mat, let your partner throw you 4 or 5 times, different throws, so can demonstrate your ukemi
3. What do Dojo & Rei mean?
4. Throw Ko-uchi-gari or gake leading to
5. turnover into a hold down
6. Escape, let you partner hold you down, demonstrate an escape from the hold down
7. Working with your partner for two minutes, demonstrate as many throws as you can.
8. Rule – Remove all jewellery before you go on the mat.
9. Rule – When you leave the mat put your shoes on

KANO 2 (White belt 3 green tags)

1. Which Country did judo come from?
2. Throw O-uchi-gari to Tai-otoshi combination
3. Working with your partner for two minutes, demonstrate as many throws as you can, each time you throw your partner, move into a hold down.
4. Throw your partner with a throw of your choice, when they land allow them to turn on their tummy, then demonstrate a turnover
5. Demonstrate a single arm roll, from all fours
6. What does Ippon mean?