



# FOUNDATION JUDO



Foundation Waza-ari Levels 6-7-8		
Judokas are expected to be able to show all break falls, be a good uki and In addition to terms and techniques shown for Yuko and koka levels also show;		
level 7	Ko-uchi-gari Ouchigari  show can escape from hold down by moving legs to side and sitting up	explain tori and uki count 1 to 15 in Japanese  take part in Blackwater Judo competitions
level 8	explain and participate in shiai and randori (newaza and tachiwaza)	count 1 to 18 in Japanese
level 9	show 3 throws 'on the move	show seiza and explain Mokuso count 1 to 20 in Japanese