



FOUNDATION JUDO



Yoko Levels 4-5-6		
Level 4	<p>Show osotogari and show breakfall when thrown with osotogari</p> <p>Show Mune-gatame Show Kami-shiho-gatame Show bridge and roll escape</p>	<p>Explain dojo and kami Explain gi, obi and zori count 1 to 7 in Japanese with actions</p> <p>Take part in judo club competition</p>
Level 5	<p>Show and accept being thrown with -</p> <ul style="list-style-type: none">• Uki-goshi• O-goshi	<p>Explain tatami, osaekomi and toketa</p> <p>Count 1 to 10 in Japanese with actions</p>
Level 6	<p>Show Kuzure kami-shiho- gatame</p> <p>Show makura-kesa-gatame</p>	<p>show tachi-rei and za-rei count 1 to 12 in Japanese</p>