



# FOUNDATION JUDO



koka Levels 1-2-3		
level 1	How to tie a Belt Standing and kneeling rei and stepping on and off the mat Judo grip	Show back breakfall Show front breakfall from a kneeling position Explain or show understanding of hajime and matte
level 2	R and L rolling breakfalls R and L side breakfalls Show de-ashi-barai Show kesa-gatame Show kuzure kesa-gatame and show leg trap escape	Show 8 points of kuzushi  Explain Sensei and obi Count 1 to 3 in Japanese with actions
level 3	Show tai-otoshi -and how to do breakfall when thrown Show yoko-shiho-gatame Show kuzure yoko-shiho-gatame	Explain migi and hidari Show understanding of sonomama and Yoshi Count 1 to 5 in Japanese with actions