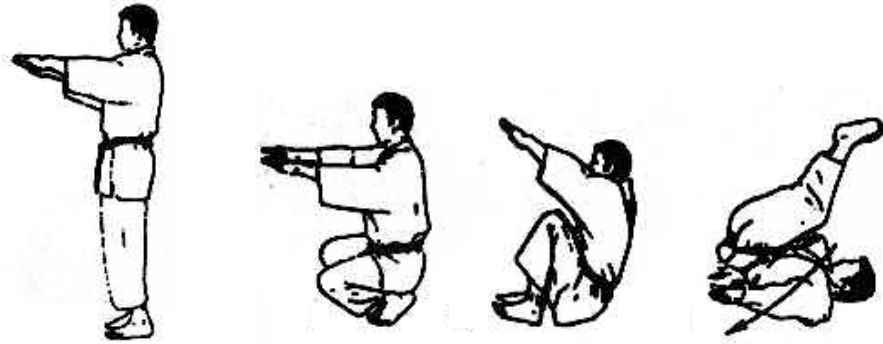


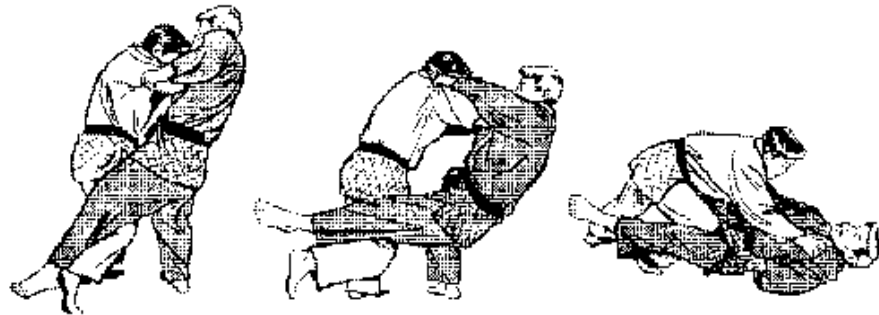
Ukemi á baki (Ushiro-ukemi)



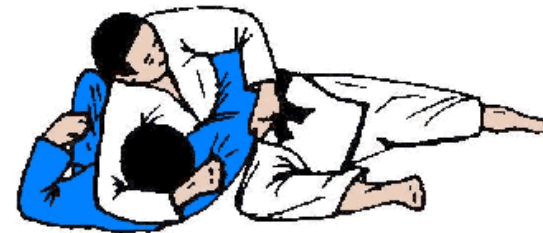
O-goshi



Ouchi-gari



Kesa-gatame



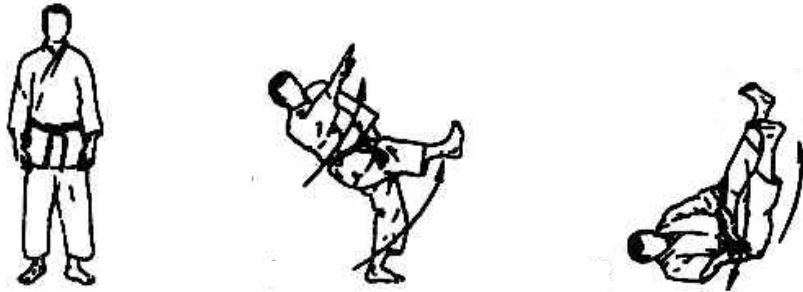
Koshi-guruma



Pekkja eftirtalin orð:

Ukemi: Fallæfingar, Hvernig á að lenda þegar ykkur er kastað
Nage-waza: Kastbrögð
Katame-waza: Gólfbrögð

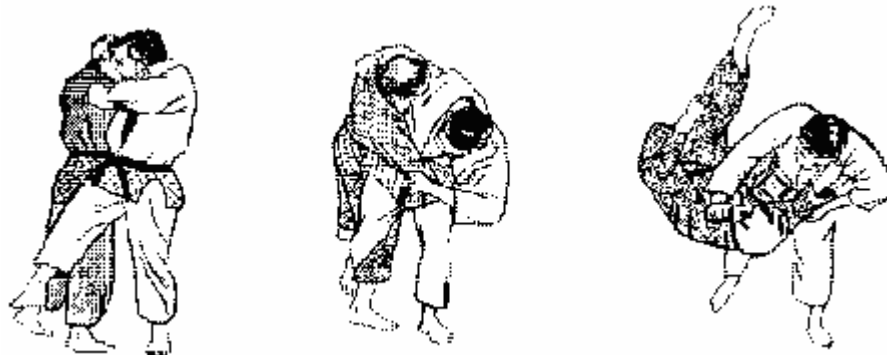
Ukemi á hliðum (Yoko-ukemi)



Kouchi-gari



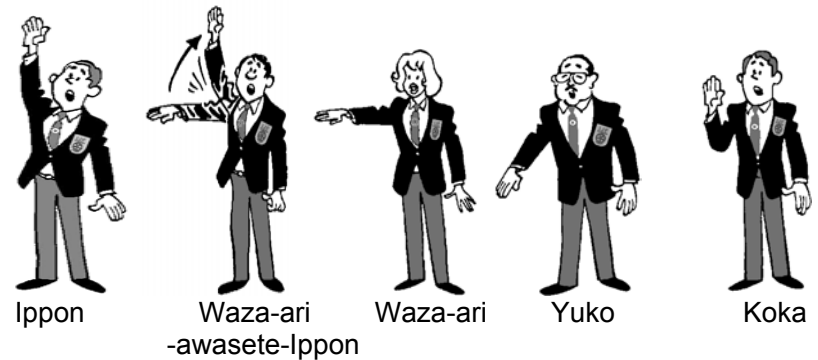
Osoto-gari



Þekkinga eftirtalin orð og merki dómara í keppni:

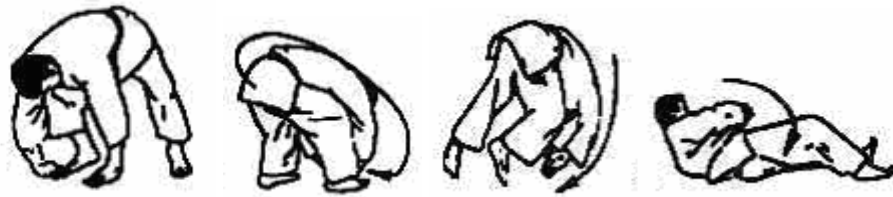
Ippon: Fullnaðarsigur, 10 punktar
Waza-ari-awasete-Ippon: 2 sinnum Waza-ari verður Ippon, 10 punktar
Waza-ari: Næstum Ippon, 7 punktar
Yuko: Næstum Waza-ari, 5 punktar
Koka: Lægstu punktar, 3 punktar

Sasae-tsurikomi-ashi



Ippon
Waza-ari-awasete-Ippon
Waza-ari
Yuko
Koka

Júdókollhnís (Mae-mawari-ukemi)



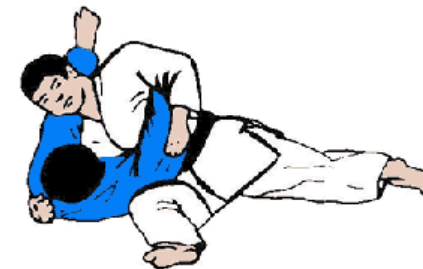
Seoi-nage



Harai-goshi



Kuzure-kesa-gatame



Tsuri-goshi

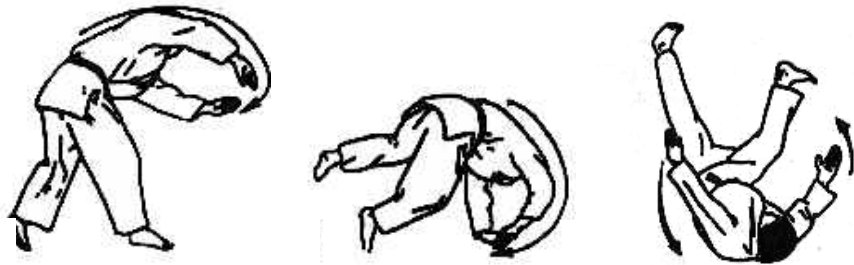


Þekja eftirtalin orð:

Te-waza: Hand-kastbrögð
Koshi-waza: Mjaðmar-kastbrögð
Ashi-waza: Fót-kastbrögð

APPELSÍNUGULT -BELTI
Seinni hluti. 11-14 ára.

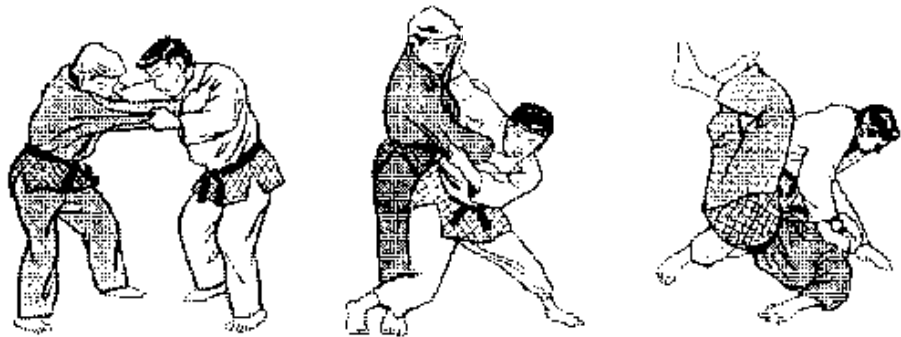
Ukemi að stökkva og rúlla fram (Mae-mawari-ukemi)



Hiza-guruma



Tai-otoshi



Kami-shiho-gatame



Morote-gari



Þekkja eftirtalin orð og merki dómara í keppni:

Hajime: Að byrja (ekkert merki) / Sore-made: Allt búið, glímu lokið (ekkert merki) / Mate: Að stoppa / Osaekomi: Fastatak hefst / Toketa: Fastatak rofið



Hajime/Sore-made



Mate

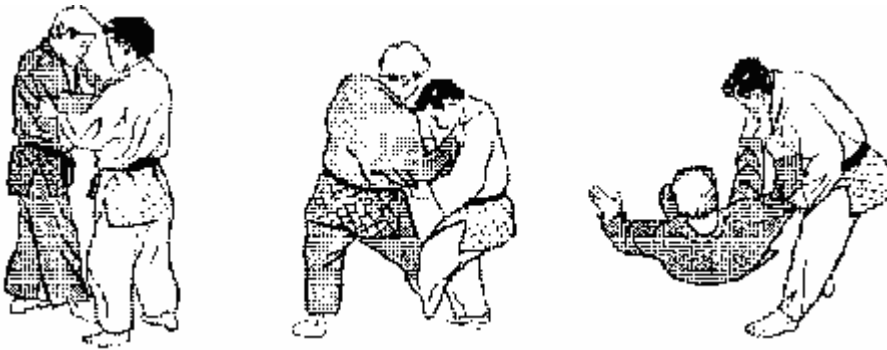


Osaekomi



Toketa

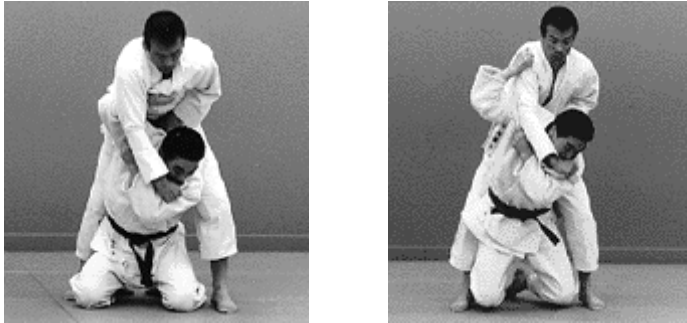
De-ashi-barai



Yoko-shiho-gatame



Seoi-otoshi



Þekkja eftirtalin orð:

Sutemi-waza: Fórnar-kastbrögð
Ma-sutemi-waza: Fórnar-kastbrögð liggjandi á baki
Yoko-sutemi-waza: Fórnar-kastbrögð liggjandi á hlið

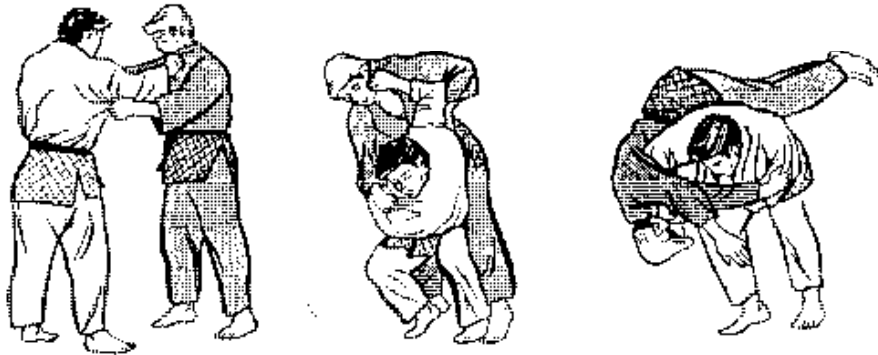
Okuri-ashi-barai



GRÆNT -BELTI - Fyrri hluti. 11-14 ára.



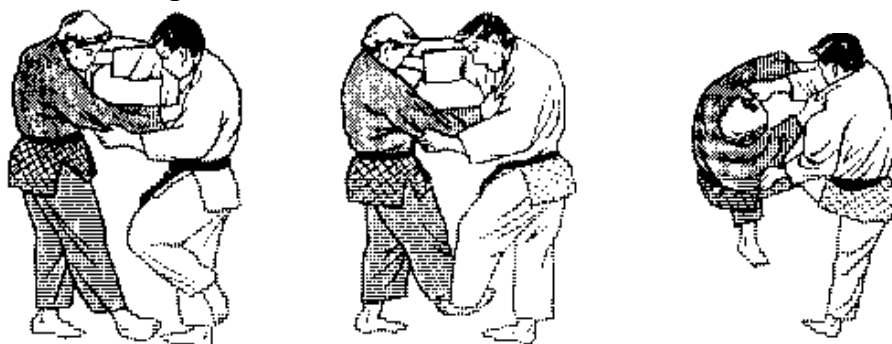
Tsurikomi-goshi



Sode-tsurikomi-goshi



Tsubame-gaeshi



Kuzure-kami-shiho-gatame



Þekkingu effirtalin orð og merki dómara í keppni:

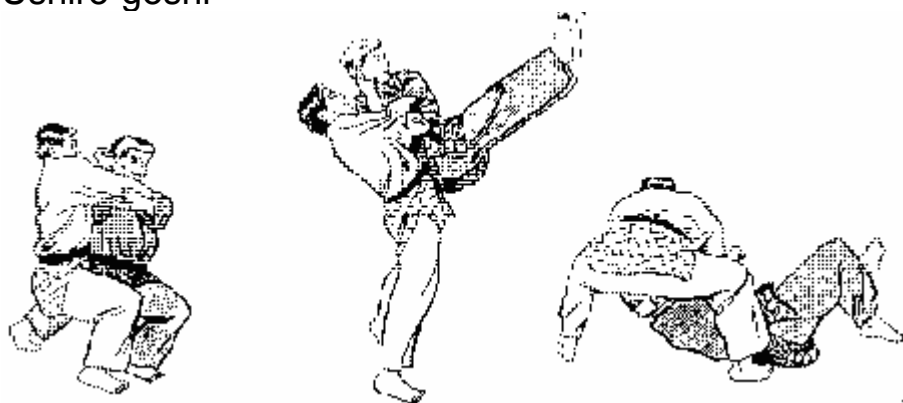
Sono-mama: Stoppa og hreyfa sig ekki
Yoshi: Að mega hreyfa sig á ný eftir Sono-mama
Hantei: Að lyfta fána til að ákveða sigurvegara
Hiki-wake: Jafnglími, (aðeins í sveitakeppni)
Kachi: Að benda á sigurvegara



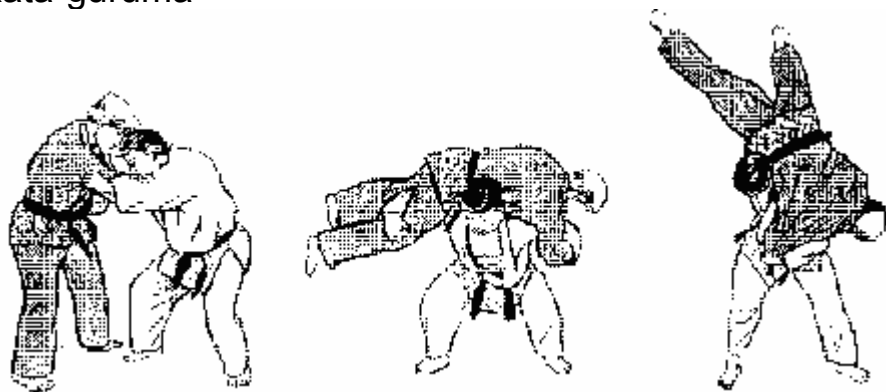
Hane-goshi



Ushiro-goshi



Kata-guruma



Ushiro-kesa-gatame

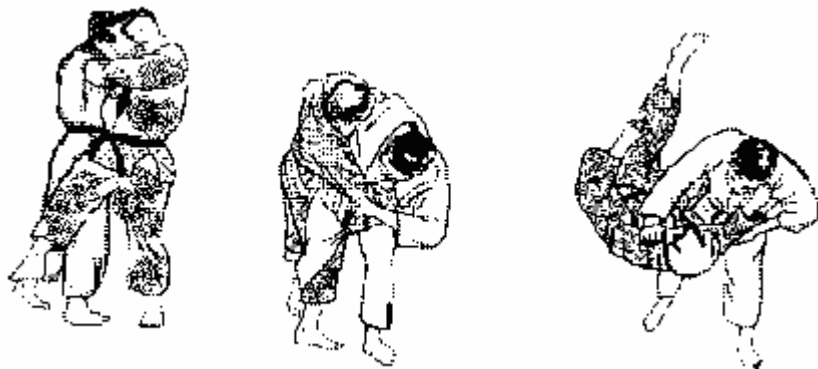


Þekkja eftirtalin orð:

Tori: Sá sem kastar (Gerandinn)
Uke: Þeim sem er kastað (Þolandinn)
Shomen: Heiðurssæti

BLÁTT -BELTI - Fyrri hluti. 11-14 ára.

Osoto-gaeshi



Sukui-nage (2)



Ouchi-gaeshi



Kata-gatame



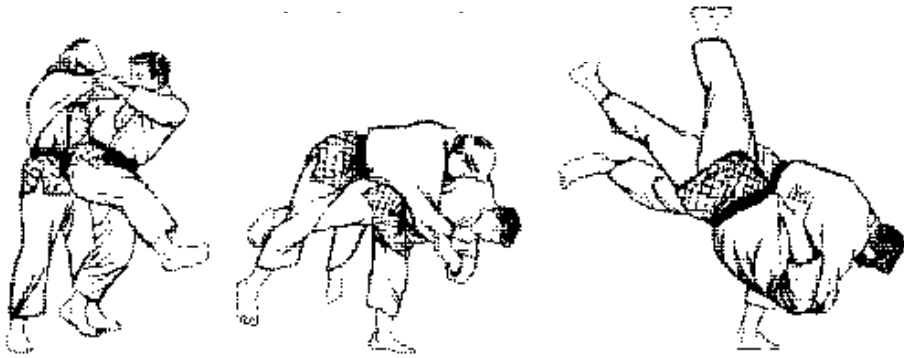
Sukui-nage (1)



Góð þekking á 27.gr. keppnisreglnanna
(um refsingu: Shido og Hansoku-make)

BLÁTT -BELTI - Seinni hluti. 11-14 ára.

Uchi-mata



Tate-shiho-gatame



Kosoto-gari



Þekkja eftirtalin orð:

Randori: Frjáls æfing, æfingaglíma
Kata: Form með fyrirfram ákveðnum hreyfingum og
brögðum
Atemi-waza: Högg- og sparkbrögð sem eru notuð eingöngu
í Kata

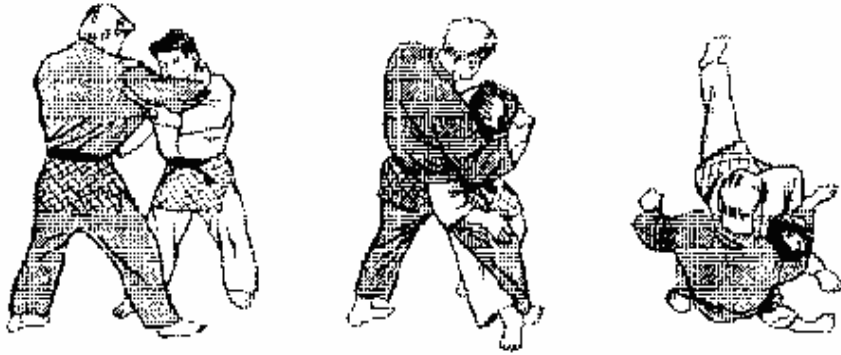
Tomoe-nage



BRÚNT -BELTI - Fyrri hluti. 11-14 ára.



Kouchi-makikomi



Almenn þekking á keppnisreglum

Uchi-mata-sukashi



Utsuri-goshi

