

JUDO SCOTLAND KAI GRADE SYLLABUS

7TH TO 9TH KAI

7 th Kai	7 th Kai	7 th Kai
Backward roll from crouching position on to your knees	Two throws coaches choice Osoto otoshi	Two holds coaches choice Kesa gatame Show how to take a grip. Show the referees sign for matte.
8 th Kai	8 th Kai	8 th Kai
Forward roll from standing on to your feet	Two throws coaches choice De ashi barai	Two holds coaches choice Mune gatame 1 minute randori with a willing partner. Show the referees s sign for ippon
9 th Kai	9 th Kai	9 th Kai
Backward roll from standing on to your knees	Two throws coaches choice Osoto otoshi De ashi barai	Two holds coaches choice Kesa gatame Mune gatame 1 minutes newaza with a willing partner. Show the referees sign for waza ari