

## JUDOScotLAND KAI GRADE SYLLABUS

### 7<sup>TH</sup> TO 9<sup>TH</sup> KAI

7 <sup>th</sup> Kai	7 <sup>th</sup> Kai	7 <sup>th</sup> Kai
Backward roll from crouching position on to your knees	Two throws coaches choice  Osoto gari	Two holds coaches choice  Kesa gatame  Show how to take a grip.  Show the referees signal for matte.
8 <sup>th</sup> Kai	8 <sup>th</sup> Kai	8 <sup>th</sup> Kai
Forward roll from standing on to your feet	Two throws coaches choice  O goshi	Two holds coaches choice  Kuzure kesa gatame  1 minute randori with a willing partner.  Show the referees s signal for ippon
9 <sup>th</sup> Kai	9 <sup>th</sup> Kai	9 <sup>th</sup> Kai
Backward roll from standing on to your knees	Two throws coaches choice  O soto gari  O goshi	Two holds coaches choice  Kesa gatame  Kuzure kesa gatame  1 minutes newaza with a willing partner.  Show the referees signal for waza ari