

Lesson number three : judo

1- Throwing techniques : (nage waza)

4-1- Hand techniques (te waza)

one hand shoulder throw (ippon seoi nage)

4-2 – Koshi techniques (Koshi waza)

major hip throw (o- goshi)

4-3- Foot techniques (ashi waza)

Knee wheel (hiza guruma)

4-4- Sacrifice techniques (sutemi waza)

Rear throw (ura - nage)

2- grappling techniques : (katame waza)

5-1- Holding techniques (osaekomi waza)

Scraf hold (kesa- gatame)

5-2- choking techniques (shime waza)

Triangle choke (samkaku jime)

5-3- joint locking techniques (kansetsu waza)

Leg arm bar (ude hishigi ashi gatame)

3- Forms (kata)

6-1- Forms of throwing (nage – no- kata)

6-2- Forms of grappling or holding (katame – no- kata)

6-3- Forms of decision techniques (kime – no- kata)

6-4- Forms of gentleness and flexibility (ju – no- kata)

6-5- Forms of kodokan self defense (kodokan – goshi-justu)

6-6- Forms of five (itsutsu – no- kata)

6-7- Forms of classics (koshiki – no- kata)