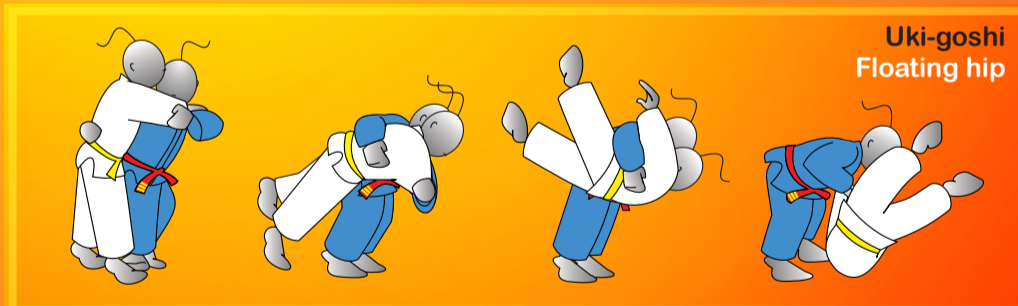
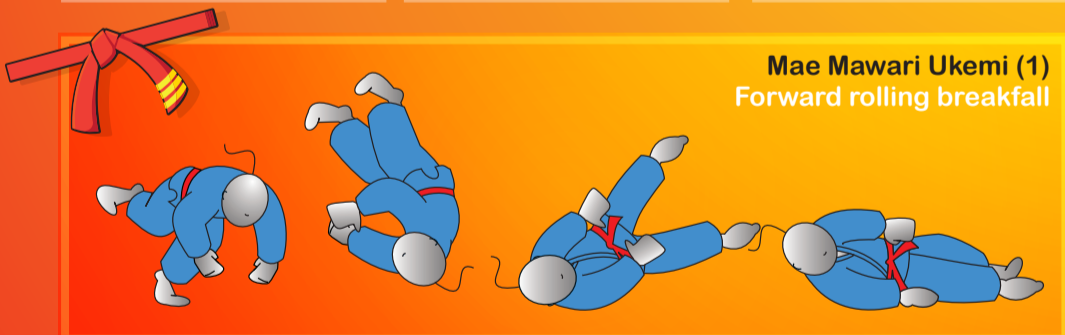
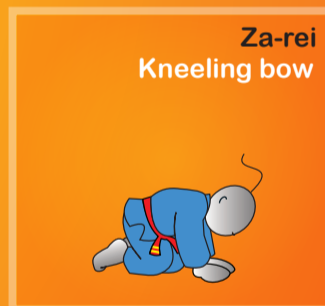
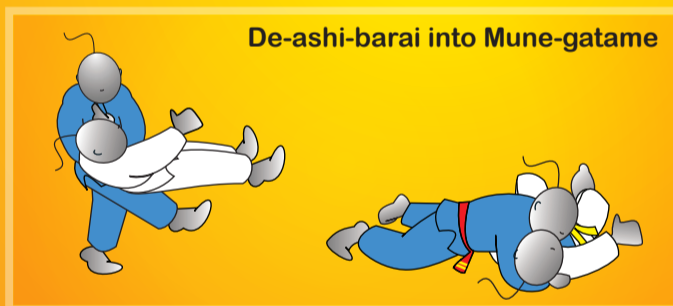
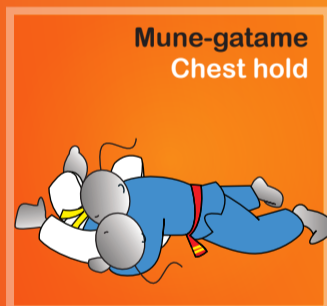
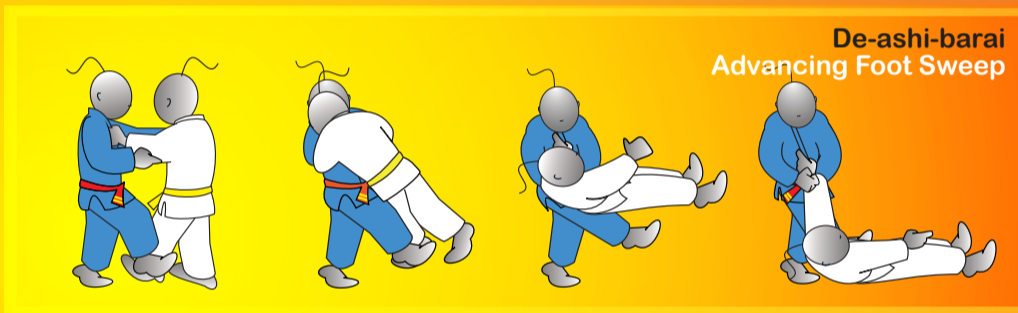
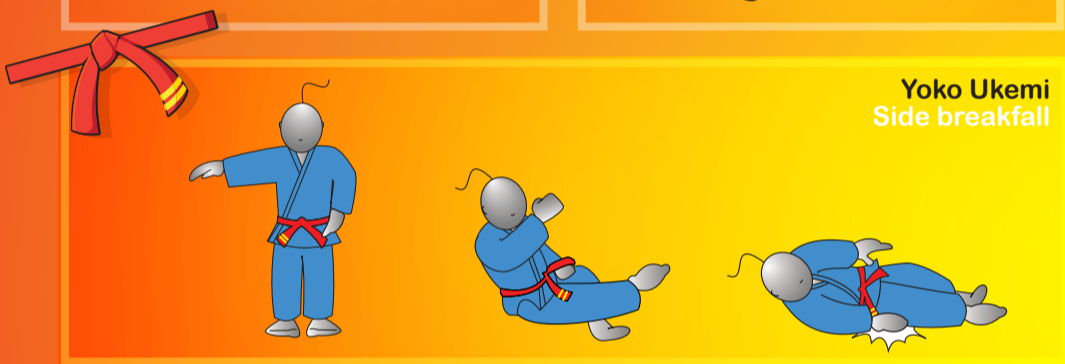
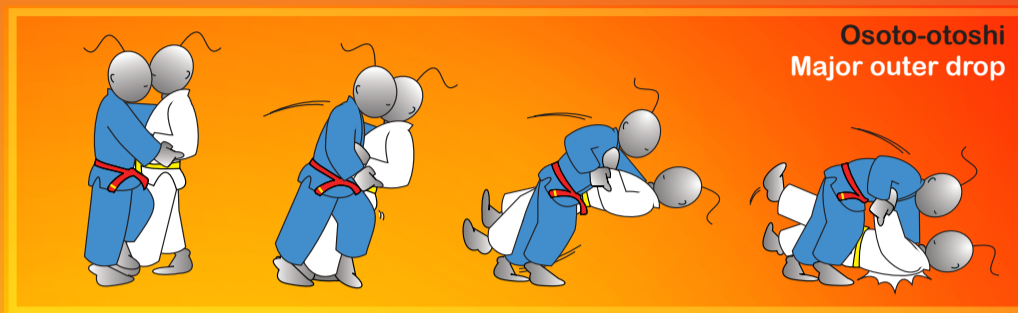
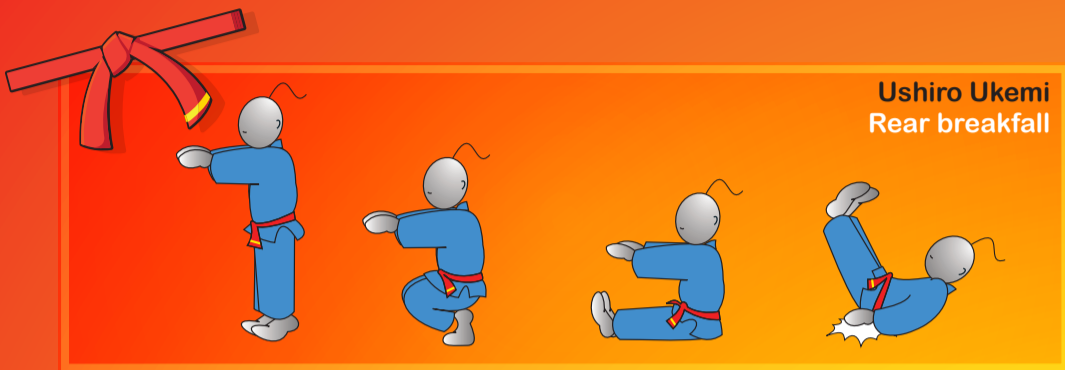


SYLLABUS

1ST MON TO 3RD MON



REQUIREMENTS

Judo was invented in Japan, by Jigoro Kano. As a red belt, you should be able to wear your judogi correctly and be able to tie your belt. You should also know the following Japanese words.

Rei = Bow
Hajime = Start
Matte = Break

Osaekomi = Holding
Toketa = Hold broken
Dojo = Judo Hall

Zori = Flip Flops
Judogi = Judo Suit
Randori = Free Practice

