

# IPPON SEOI-NAGE

JUDOKA .....



Good basics (grip, footwork and body position)

Able to demonstrate both right (migi) and left (hidari)

Can move around the mat and attack



Able to throw, with control.

Can do alternate uchikomi with a partner (timing)

Can move around the mat and throw (timing and control)



Able to throw and transition smoothly into a hold down

Can do one combination into the main attack

Can do one combination if main attack is blocked



Has begun to experiment in randori with this attack

Regularly scoring in randori or competition

Can explain key points of throw to another judoka

