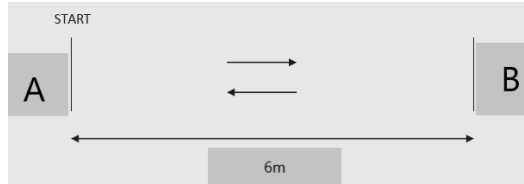
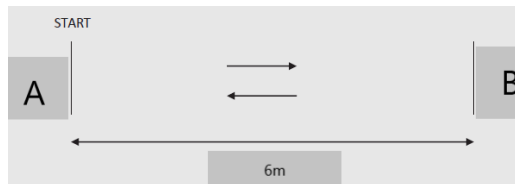


Judo (Men)

Skills (54%)				Attendance & Participation	Written Exam	Total																																				
Exam Item	Breakfall (Results 15% + Quality of Skill 3%)	Standing Techniques (Results 18%)	Pinning Techniques (Results 18%)	26%	20%	100%																																				
Content	Execute one round at maximum speed, performing the backward breakfall from the standing position 10 times with both feet behind a line 6 meters away, and student must turn to face the inside of the area.  <table> <tr> <th>Times (seconds)</th> <th>Pts</th> <th>Times (seconds)</th> <th>Pts</th> </tr> <tr><td>50</td><td>15</td><td>90</td><td>7</td></tr> <tr><td>55</td><td>14</td><td>95</td><td>6</td></tr> <tr><td>60</td><td>13</td><td>100</td><td>5</td></tr> <tr><td>65</td><td>12</td><td>105</td><td>4</td></tr> <tr><td>70</td><td>11</td><td>110</td><td>3</td></tr> <tr><td>75</td><td>10</td><td>115</td><td>2</td></tr> <tr><td>80</td><td>9</td><td>120</td><td>1</td></tr> <tr><td>85</td><td>8</td><td></td><td></td></tr> </table>	Times (seconds)	Pts	Times (seconds)	Pts	50	15	90	7	55	14	95	6	60	13	100	5	65	12	105	4	70	11	110	3	75	10	115	2	80	9	120	1	85	8			Demonstrate the following four standing techniques. Each student selects one technique from each group and throws the opponent onto the mat. Each technique has two attempts, and the best performance will be recorded. 1. Forward foot sweep/ Knee wheel / Supporting foot lift-pull throw 2. Large outer reap/ Large inner reap 3. Floating hip throw/ Large hip throw 4. Shoulder throw/ One-armed shoulder throw Each standing technique is evaluated based on: – Accuracy (2pts) – Presentation (2.5pts)	Demonstrate the four specified pinning techniques in a coherent sequence. 1) Scarf hold — 2) Reverse scarf hold — 3) Side four-corner hold — 4) Shoulder hold Each pinning technique is evaluated based on: – Accuracy (2pts) – Presentation (2.5pts)			
	Times (seconds)	Pts	Times (seconds)	Pts																																						
50	15	90	7																																							
55	14	95	6																																							
60	13	100	5																																							
65	12	105	4																																							
70	11	110	3																																							
75	10	115	2																																							
80	9	120	1																																							
85	8																																									
Skill point	3pts: student can demonstrate the skill very smoothly and meet the skill requirements. 2pts: student can demonstrate the skill smoothly and meet some of the skill requirements. 1pt: student cannot demonstrate the skill smoothly and cannot meet the skill requirements.	Not applicable																																								
No. of Trial	1	1	1																																							

Judo (Women)

Skills (54%)				Attendance & Participation	Written Exam	Total																																				
Exam Item	Breakfall (Results 15% + Quality of Skill 3%)	Standing Techniques (Results 18%)	Pinning Techniques (Results 18%)	26%	20%	100%																																				
Content	Execute one round at maximum speed, performing the backward breakfall from the standing position 10 times with both feet behind a line 6 meters away, and student must turn to face the inside of the area. START  <table><tr><th>Times (seconds)</th><th>Pts</th><th>Times (seconds)</th><th>Pts</th></tr><tr><td>60</td><td>15</td><td>100</td><td>7</td></tr><tr><td>65</td><td>14</td><td>105</td><td>6</td></tr><tr><td>70</td><td>13</td><td>110</td><td>5</td></tr><tr><td>75</td><td>12</td><td>115</td><td>4</td></tr><tr><td>80</td><td>11</td><td>120</td><td>3</td></tr><tr><td>85</td><td>10</td><td>125</td><td>2</td></tr><tr><td>90</td><td>9</td><td>130</td><td>1</td></tr><tr><td>95</td><td>8</td><td></td><td></td></tr></table>	Times (seconds)	Pts	Times (seconds)	Pts	60	15	100	7	65	14	105	6	70	13	110	5	75	12	115	4	80	11	120	3	85	10	125	2	90	9	130	1	95	8			Demonstrate the following four standing techniques. Each student selects one technique from each group and throws the opponent onto the mat. Each technique has two attempts, and the best performance will be recorded. 1. Forward foot sweep/ Knee wheel / Supporting foot lift-pull throw 2. Large outer reap/ Large inner reap 3. Floating hip throw/ Large hip throw 4. Shoulder throw/ One-armed shoulder throw Each standing technique is evaluated based on: - Accuracy (2pts) - Presentation (2.5pts)	Demonstrate the four specified pinning techniques in a coherent sequence. 1) Scarf hold — 2) Reverse scarf hold — 3) Side four-corner hold — 4) Shoulder hold Each pinning technique is evaluated based on: - Accuracy (2pts) - Presentation (2.5pts)			
	Times (seconds)	Pts	Times (seconds)	Pts																																						
60	15	100	7																																							
65	14	105	6																																							
70	13	110	5																																							
75	12	115	4																																							
80	11	120	3																																							
85	10	125	2																																							
90	9	130	1																																							
95	8																																									
Skill point	3pts: student can demonstrate the skill very smoothly and meet the skill requirements. 2pts: student can demonstrate the skill smoothly and meet some of the skill requirements. 1pt: student cannot demonstrate the skill smoothly and cannot meet the skill requirements.	Not applicable																																								
No. of Trial	1	1	1																																							