

**UNITED STATES OF AMERICA  
TRADITIONAL KODOKAN JUDO®  
*RANK REQUIREMENTS*  
*FOR SENIORS***



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## **KODOKAN JUDO**

Kodokan Judo is defined by the Kodokan Judo Institute in Tokyo, Japan as

- ...a martial art formulated by Jigoro Kano based on his reformulation and adaptation of several classical jujutsu systems as well as his own philosophical ideals

Source: *Kodokan New Japanese-English Dictionary of Judo*

## **TRADITIONAL KODOKAN JUDO**

Traditional Kodokan Judo is simply the practice of Kodokan Judo as described in the text *Kodokan Judo* (Kano, Kodansha International), **without** an *overwhelming emphasis* on the sport of Judo. It is about studying the history, etiquette, waza and kata of Kodokan Judo and enjoying them for what they are - *knowledge, skills and a way of life* based on principles taught by Kodokan Judo's Founder, Jigoro Kano.

## **USA-TKJ TECHNICAL COMMITTEE**

Chairman - Roger A. Jarrett

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## USA-TKJ Rank Requirements For Seniors

### SHICHI-KYU (White Belt - 7th Kyu)

#### General Requirements:

1. This rank is assigned to individuals of good moral character who has been accepted as a student by an officially recognized Judo Instructor of the USA-TKJ.
2. No age requirement.
3. Basic knowledge of dojo rules, procedures and hygiene.
4. Regular dojo attendance and training.

### ROK-KYU (Yellow Belt - 6th Kyu)

#### General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Shichi-Kyu, three months.

#### General Knowledge:

##### Japanese Counting Numbers: 1 - 10

- |    |       |       |
|----|-------|-------|
| 1. | One   | Ichi  |
| 2. | Two   | Ni    |
| 3. | Three | San   |
| 4. | Four  | Shi   |
| 5. | Five  | Go    |
| 6. | Six   | Roku  |
| 7. | Seven | Sichi |
| 8. | Eight | Hachi |
| 9. | Nine  | Ku    |
| 1. | Ten   | Ju    |

##### Japanese Terms -

- |    |               |            |
|----|---------------|------------|
| 1. | Begin!        | Hajime!    |
| 2. | Stop!         | Matte!     |
| 3. | Attention!    | Kiyotsuke! |
| 4. | Bow!          | Rei!       |
| 5. | Yes           | Hai        |
| 6. | No            | lie        |
| 7. | Front/Forward | Zempo      |
| 8. | Left          | Hidari     |
| 9. | Right         | Migi       |

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

- |     |  |                 |
|-----|--|-----------------|
| 10. | Rear                                     | Koho            |
| 11. | Practice Hall<br>for Judo                | Dojo            |
| 12. | Teacher (in<br>Judo)                     | Sensei          |
| 13. | Judo Player                              | Judoka          |
| 14. | Person<br>performing<br>technique        | Tori            |
| 15. | Person<br>receiving<br>technique         | Uke             |
| 16. | Judo Uniform                             | Judogi          |
| 17. | Founder of<br>Judo                       | Dr. Jigoro Kano |
| 18. | First Judo<br>School                     | The Kodokan     |
| 19. | Year first Judo<br>school was<br>founded | 1882            |
| 20. | Martial Art<br>Judo came<br>from         | Ju-Jitsu        |

**WAZA – Techniques**

Students will demonstrate the following techniques:

**UKEMI WAZA - Breakfalling Techniques:**

1. Basic Rear Breakfall Koho Ukemi



2. Basic side Breakfall Yoko Ukemi



3. Forward Rolling Breakfall Zempo Kaiten Ukemi



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

4. Back Roll Breakfalling

Ushiro Kaiten Ukemi



5. Basic Front Breakfalling

Mae Ukemi



**NAGE WAZA - Throwing Techniques:**

Major Hip Throw

O Goshi



Major Outer Reaping Throw

O Soto Gari



One Arm Shoulder Throw

Ippon Seoi Nage



**NE WAZA - Ground Techniques:**

1. Scarf Hold

Kesa Gatame



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

- |                                   |            |
|-----------------------------------|------------|
| 17. Formal, pre-arranged practice | Kata       |
| 18. Tournament                    | Shiai      |
| 19. Dropping action in throws     | Otoshi     |
| 20. Favorite Technique            | Tokui Waza |

## **WAZA – Techniques**

Students will demonstrate the following techniques:

### **NAGE WAZA - Throwing Techniques:**

1. Advanced Foot Sweep      De Ashi Harai



2. Knee Wheel Throw      Hiza Guruma



3. Foot Stop Throw      Sasae Tsuru Komi Ashi



4. Neck Throw      Kubi Nage

Same as O Goshi except arm is around the neck.

### **UKEMI WAZA - Breakfalling Techniques:**

Students will demonstrate continued improvement in all ukemi.

### **NE WAZA - Ground Techniques:**

1. Side Quarters Hold (& Escape)      Yoko Shiho Gatame



2. Escape from Yoko Shiho Gatame  
3. Elbow and knee turnover against a flat opponent

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

**Combinations:**

1. Kubi Nage to Kesa Gatame
2. O Soto Gari to Kesa Gatame

**YON-KYU (Green Belt - 4th Kyu)**

**General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Must be Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Go-Kyu, five months.

**General Knowledge:**

**Competition Judo Terms -**

- |                                       |              |
|---------------------------------------|--------------|
| 1. Full Point                         | Ippon        |
| 2. Almost Full Point Throw            | Waza Ari     |
| 3. Almost Waza Ari                    | Yuko         |
| 4. Slight Superiority                 | Koka         |
| 5. Slight Penalty                     | Shido        |
| 6. Disqualifying Penalty              | Hansoku Make |
| 7. Hold Down (Referee Command)        | Osae Komi    |
| 8. Hold Down Broken (Referee Command) | Toketa       |
| 9. Don't Move (Referee Command)       | Sono Mama    |
| 10. Continue (Referee Command)        | Yoshi        |
| 11. Decision! (Referee Command)       | Hantei!      |
| 12. That is All! (Referee Command)    | Sore Made!   |

**WAZA – Techniques**

Students will demonstrate the following techniques:

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**NAGE WAZA - Throwing Techniques:**

1. Floating Hip Throw

Uki Goshi



2. Major Inner Reaping Throw

O Uchi Gari



3. Two handed Reap

Morote Gari



4. Pulling Hip Throw

Tsuri Goshi



5. Minor Outside Reaping Throw

Ko Soto Gari



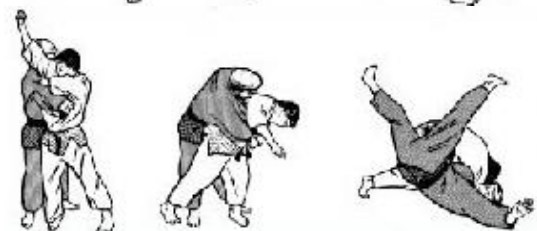
6. Hip Wheel Throw

Koshi Guruma



7. Outside Winding Pulling Throw

Soto Makikomi



**NE WAZA - Ground Techniques:**

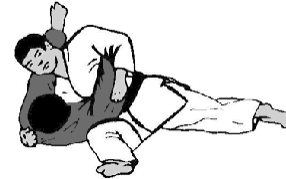
1. Rear Scarf Hold                      Ushiro Kesa Gatame



2. Upper Quarters Hold                Kami Shiho Gatame



3. Modified Scarf Hold                Kuzure Kesa Gatame



4. Escape from Ushiro Kesa Gatame  
5. Escape from Kuzure Kesa Gatame

6. Vertical Upper Quarters Hold      Tate Shiho Gatame



7. Chest Hold                            Mune Gatame



8. Escape from Kami Shiho Gatame  
9. Makura Kesa Gatame



10. Escape from Tate Shiho Gatame

**Judo Terms -**

- |                                |         |
|--------------------------------|---------|
| 1. Off Balance (Part of Throw) | Kuzushi |
| 2. Entry (Part of Throw)       | Tsukuri |
| 3. Execution (Part of Throw)   | Kake    |
| 4. Sitting on Knees            | Seiza   |
| 5. Sitting Crossed Legged      | Anza    |

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

6.	Normal Walking	Ayumi Ashi
7.	Following Foot Walking	Tsugi Ashi
8.	Standing Throwing Techniques	Tachi Waza
9.	Hand/Arm Throwing Techniques	Te Waza
10.	Hip/Waist Throwing Techniques	Goshi Waza
11.	Foot/Leg Throwing Techniques	Ashi Waza
12.	Rear Falling Sacrifice Techniques	Ma Sutemi Waza
13.	Side Falling Sacrifice Techniques	Yoko Sutemi Waza
14.	Hold Down Techniques	Osae Komi
15.	Strangling Techniques	Shime Waza
16.	Joint Locking Techniques	Kansetsu Waza
17.	Forms of Gripping	Kumi Kata
18.	Repetition Practice without Throwing	Uchi Komi
19.	Warm-up exercises in Judo	Junbi Undo
20.	Cooling-off exercises in Judo	Shumatsu Undo

### **WAZA – Techniques**

Students will demonstrate the following techniques:

#### **Kaeshi Waza - Defenses and Counters:**

1. O Soto Gaeshi against O Soto Gari
2. Outside Leg Jump Around against Ippon Seoi Nage
3. Sprawl and turnover against Ippon Seoi Otoshi

#### **Renraku Waza - Combinations:**

1. Ippon Seoi Otoshi to Kami Shiho Gatame
2. O Uchi Gari to Ko Uchi Gari
3. O Uchi Gari to Ko Soto Gake

### **WAZA – Techniques**

Students will demonstrate the following techniques:

#### **Kaeshi Waza - Defenses and Counters:**

1. Inside Cut to left hip throw
2. Step Away against O Uchi gari

#### **Renraku Waza - Combinations:**

1. O Soto gari to Kuzuri Kesa Gatame
2. Ko Uchi Gari to O Uchi Gari

### **English and Japanese Names for the Judo Katas -**

1. Nage No Kata                      Forms of Throwing
2. Katame No Kata                    Forms of Grappling

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

3. Ju No Kata                      Forms of Gentleness

**Adult Judo Ranks, from highest to lowest -**

- |     |                 |                                      |
|-----|-----------------|--------------------------------------|
| 1.  | Judan           | Black Belt or Red Belt               |
| 2.  | Kudan           | Black Belt or Red Belt               |
| 3.  | Hachidan        | Black Belt or White & Red Panel Belt |
| 4.  | Sichidan        | Black Belt or White & Red Panel Belt |
| 5.  | Rokudan         | Black Belt or White & Red Panel Belt |
| 6.  | Godan           | Black Belt                           |
| 7.  | Yodan or Yondan | Black Belt                           |
| 8.  | Sandan          | Black Belt                           |
| 9.  | Nidan           | Black Belt                           |
| 10. | Shodan          | Black Belt                           |
| 11. | Ikkyu           | Brown Belt                           |
| 12. | Nikkyu          | Purple Belt                          |
| 13. | Sankyu          | Blue Belt                            |
| 14. | Yonkyu          | Green Belt                           |
| 15. | Gokkyu          | Orange Belt                          |
| 16. | Rokkyu          | Yellow Belt                          |

**Terms used in Judo -**

- |     |                                   |                 |
|-----|-----------------------------------|-----------------|
| 1.  | Judo Uniform Belt                 | Obi             |
| 2.  | Judo Uniform Jacket               | Uwagi           |
| 3.  | Judo Uniform Sleeve               | Sode            |
| 4.  | Judo Uniform Lapel                | Eri             |
| 5.  | Judo Uniform Pants                | Zubon           |
| 6.  | Arm Entanglement                  | Ude Garamme     |
| 7.  | Cross Arm Lock                    | Juji Ude Gatame |
| 8.  | Armpit Lock                       | Wake Gatame     |
| 9.  | Knee                              | Hiza            |
| 10. | Wheel (as in throwing)            | Guruma          |
| 11. | Side/Lateral                      | Yoko            |
| 12. | Springing Action (as in throwing) | Hane            |
| 13. | Mutual Benefit and Welfare        | Jita Kyoei      |
| 14. | Maximum Efficiency                | Seiryoku Zenyo  |
| 15. | Gentle Way                        | Judo            |

**WAZA – Techniques**

Students will demonstrate the following techniques:

**UKEMI WAZA - Breakfalling Techniques:**

Improved ability in a previous Ukemi

**Kaeshi Waza - Defenses and Counters:**

1. Step over defense to Tai Otoshi

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

### **Renraku Waza - Combinations:**

1. Ko Uchi Gari to Tai Otoshi
2. Ko Soto Gake to Tate Shiho Gatame

## **SAN-KYU (Blue Belt - 3rd Kyu)**

### **General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Yon-Kyu, six months.

### **General Knowledge:**

#### **Judo Terms -**

- |   |                   |
|---|-------------------|
| 1. (Straw, Japanese) Judo Mats                | Tatami            |
| 2. Fundamental Natural Posture                | Shizen Hontai     |
| 3. Fundamental Defensive Posture              | Jigo Hontai       |
| 4. High Kneeling                              | Kyoshi            |
| 5. Holder of any rank below Black Belt        | Mudanshai         |
| 6. Holder of any rank above Black Belt        | Yudanshai         |
| 7. Kneeling Bow                               | Za Rei            |
| 8. Standing Bow                               | Ritsu Rei         |
| 9. Instantaneous Promotion                    | Batsugan          |
| 10. Variation (of technique)                  | Kuzure            |
| 11. Counter Techniques                        | Kaeshi Waza       |
| 12. Combination or Faking Techniques          | Renwaku Waza      |
| 13. Four Corners (as in pins)                 | Shiho             |
| 14. Twelfth Degree Black Belt (only Dr. Kano) | Junidan           |
| 15. Defense (to a technique)                  | Bogyo             |
| 16. Groundwork Entry                          | Hairi Kata        |
| 17. Right Natural Posture                     | Migi Shizen Tai   |
| 18. Left Natural Posture                      | Hidari Shizen Tai |
| 19. Right Defensive Posture                   | Migi Jigo Tai     |
| 20. Left Defensive Posture                    | Hidari Jigo Tai   |

#### **Match up the following numbers used in Judo -**

- |                |         |
|----------------|---------|
| 1. Fifty       | Goju    |
| 2. Sixty       | Rokuju  |
| 3. Seventy     | Sichiju |
| 4. Eighty      | Hachiju |
| 5. Ninety      | Kuju    |
| 6. One Hundred | Hyaku   |

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

- |     |                       |                   |
|-----|-----------------------|-------------------|
| 7.  | Two Hundred           | Ni Hyaku          |
| 8.  | One Thousand          | Sen or (Is) Sen   |
| 9.  | Three Thousand        | San Sen           |
| 10. | Ten Thousand          | (Ichi) Man or Man |
| 11. | Forty Thousand        | Yon Man           |
| 12. | One Hundred Thousand  | Ju Man            |
| 13. | Five Hundred Thousand | Goju Man          |
| 14. | One Million           | Hyaku Man         |
| 15. | Six Million           | Roku Hyaku Man    |

## WAZA – Techniques

### Defenses and Counters:

1. Defend against Tani Otoshi with Tsuru Goshi.
2. Sprawl against Morote Gari

### Combinations:

1. Morote Gari to Yoko Shiho Gatame
2. Tsuru Goshi to Kuzure Kesa Gatame

Students will demonstrate the following techniques:

### UKEMI WAZA - Breakfalling Techniques:

Forward Jumping Fall                      Zempo Tobi Ukemi

### NAGE WAZA - Throwing Techniques:

1. Lifting Pulling Hip Throw              Tsuru Komi Goshi



2. Body Drop Throw                      Tai Otoshi



3. Major Outside Hook                      O Soto Gake

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

4. Two Hand Shoulder Throw Morote Seoi Nage



5. Floating Hip Throw Uki Goshi



6. Minor Outside Dash Throw Ko Soto Gake



7. Minor Inside Reaping Throw Ko Uchi Gari



8. One Arm Shoulder Drop Ippon Seoi Otoshi

Same as Ippon Seoi Nage but blocking the leg as in Tai Otoshi

### **Kaeshi Waza - Defenses and Counters:**

1. Leg grab and O Uchi Gari against Hiza Guruma
2. Tani Otoshi against forward throw

### **Renraku Waza - Combinations:**

1. Ippon Seoi Nage to O Uchi Gari
2. Ippon Seoi Nage to Ko Uchi Gari
3. Soto Makikomi to Ushiro Kesa Gatame
4. Harai Goshi to Kata Gatame

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

**NE WAZA - Ground Techniques:**

11. Kazure Kami Shiho Gatame      Modified Top Hold



12. Escape from Tate Shiho Gatame

1. Escape from Ushiro Kesa Gatame
2. Clamp and turn from Turtle

**SHIME WAZA - Ground Techniques:**

Naked Choke Choke

Hadaka-Jime



**NI-KYU (Purple Belt - 2nd Kyu)**

**General Requirements:**

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as San-Kyu, nine months.

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

- |                                 |                   |
|---------------------------------|-------------------|
| 2. Lifting Hip Throw            | Tsuri Komi Goshi  |
| 3. Hip Wheel/Whirl Throw        | Koshi Guruma      |
| 4. Scarf Hold-down              | Kesa Gatame       |
| 5. Side 4-Corners Hold-Down     | Yoko Shiho Gatame |
| 6. Upper 4-Corners Hold-Down    | Kami Shiho Gatame |
| 7. Naked Strangle               | Hadaka Jime       |
| 8. Sliding Lapel Strangle       | Okuri Eri Jime    |
| 9. Normal Crossed Strangle      | Nami Juji Jime    |
| 10. Cross Arm Lock              | Juji Ude Gatame   |
| 11. Arm Lock                    | Ude Gatame        |
| 12. Arm Twist                   | Ude Garami        |
| 13. Little Inside Reaping Throw | Ko Uchi Gari      |
| 14. Major Inside Reaping Throw  | O Uchi Gari       |

**WAZA – Techniques**

Students will demonstrate the following techniques:

**UKEMI WAZA - Breakfalling Techniques:**

Improved ability in all previous Ukemi Waza.  
Ability to teach all previous Ukemi Waza.

**NAGE WAZA - Throwing Techniques:**

1. Gathering Foot Sweep                      Okuri Ashi Harai



2. Sweeping Hip Throw                      Harai Goshi



3. Inside Thigh Throw                      Uchi Mata



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

4. Valley Drop Throw Tani Otoshi



5. Large Outside Winding Throw Osoto Makikomi



### **Kaeshi Waza - Defenses and Counters:**

1. Defense against Sasae Tsuru Komi Ashi

### **Renraku Waza - Combinations:**

1. Ippon Seoi Nage to O Soto Gari
2. Kubi Nage to Soto Makikomi

### **NE WAZA - Ground Techniques:**

All previous techniques.

### **SHIME WAZA - Ground Techniques:**

1. Single Cross Choke Kata-Juji-Jime From front, hands reversed



2. Reverse Cross Choke Gyaku-Juji-Jime From front, palms up



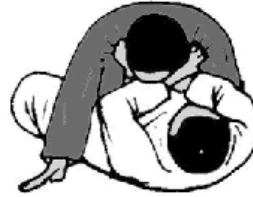
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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1st Kyu)

3. Normal Cross Choke

Nami-Juji-Jime

From front, palms down



## IK-KYU (Brown Belt - 1st Kyu)

### General Requirements:

1. Sound moral character.
2. No age requirement.
3. Regular dojo attendance and training.
4. **Member in good standing with USA-TKJ.**
5. Minimum time in grade requirement as Ni-Kyu, twelve months.

### General Knowledge:

According to Dr. Kano, what is the ultimate purpose of Judo? The harmonious development and eventual perfection of human character.

### **Hansoku Make Penalties -**

1. To apply joint lock anywhere other than elbow joint
2. To fall directly to mat while applying an arm lock
3. To lift opponent who is lying on Tatami and drive opponent back into Tatami
4. To "dive" headfirst when attempting throw, or fall backwards with Kata Guruma
5. To reap supporting leg from inside when opponent is applying technique like Harai Goshi
6. To intentionally fall backwards while opponent clinging to back
7. To make unnecessary calls, remarks or gestures derogatory to opponent or Referee
8. To wear hard metallic or plastic object
9. To disregard Referee's instructions
10. To apply Kawazu Gake
11. To make any action which may endanger neck/spine or is against spirit of Judo

### **Judo Kata -**

- |                                   |                                       |
|-----------------------------------|---------------------------------------|
| 1. Goshinjitsu No Kata            | Forms of Self Defense                 |
| 2. Kime No Kata                   | Forms of Decision                     |
| 3. Joshi Goshincho                | Forms of Self Defense for Women       |
| 4. Itsutsu No Kata                | Forms of Five                         |
| 5. Koshiki No Kata                | Forms of Antiquity                    |
| 6. Seiryoko Zenyo Kokuimim Taiiku | Maximum Efficiency Physical Exercises |
| 4. Goshinjitsu No Kata            | Forms of Self Defense                 |

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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

- |    |                                |                                       |
|----|--------------------------------|---------------------------------------|
| 5. | Kime No Kata                   | Forms of Decision                     |
| 6. | Joshi Goshinjo                 | Forms of Self Defense for Women       |
| 7. | Itsutsu No Kata                | Forms of Five                         |
| 8. | Koshiki No Kata                | Forms of Antiquity                    |
| 9. | Seiryoko Zenyo Kokuimim Taiiku | Maximum Efficiency Physical Exercises |

**Nage Waza -**

- |     |                                     |                       |
|-----|-------------------------------------|-----------------------|
| 1.  | Major Outside Reaping Throw         | O Soto Gari           |
| 2.  | Advancing Foot Sweep                | De Ashi Barai         |
| 3.  | Sliding Foot Sweep                  | Okuri Ashi Barai      |
| 4.  | Sweeping Lifting Pulling Foot Sweep | Harai Tsuru Komi Ashi |
| 5.  | Body Drop Throw                     | Tai Otoshi            |
| 6.  | Valley Drop Throw                   | Tani Otoshi           |
| 7.  | Sweeping Hip Throw                  | Harai Goshi           |
| 8.  | Springing Hip Throw                 | Hane Goshi            |
| 9.  | Inner Thigh Throw                   | Uchi Mata             |
| 11. | Modified Scarf Hold-down            | Kuzure Kesa Gatame    |
| 12. | Triangle Strangle                   | Sankaku Jime          |
| 13. | Reverse Scarf Hold-down             | Ushiro Kesa Gatame    |
| 14. | Reverse Hip Throw                   | Ushiro Goshi          |
| 15. | Switching Hip Throw                 | Utsuri Goshi          |
| 16. | Circle Throw                        | Tomoe Nage            |
| 17. | Backwards Throw                     | Ura Nage              |
| 18. | Mountain Storm Throw                | Yama Arashi           |
| 19. | Sleeve Lifting Pulling Hip Throw    | Sode Tsuru Komi Goshi |
| 20. | Inner Thigh Counter Throw           | Uchi Mata Sukashi     |
| 21. | Armpit Lock                         | Waki Gatame           |
| 22. | Flying Scissors Throw               | Kani Basami           |

**WAZA – Techniques**

Students will demonstrate the following techniques:

**UKEMI WAZA - Breakfalling Techniques:**

Improved ability in all previous Ukemi Waza.

Ability to teach all previous Ukemi Waza.

**NAGE WAZA - Throwing Techniques:**

1. Corner Throw Sumi Gaeshi



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2. Leg Wheel Throw

Ashi Guruma



3. Outside Wheel Throw

O Soto Guruma



4. Circle Throw

Tomoe Nage



5. Springing Hip Throw

Hane Goshi



6. Sweeping Lifting Pulling Foot Throw

Harai Tsuru Komi Ashi



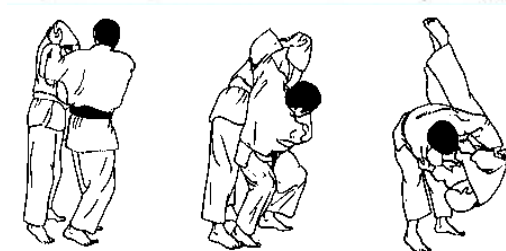
7. Shoulder Wheel Throw

Kata Guruma



8. Sleeve Lifting Pulling Hip

Sode Tsuru Komi Goshi



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9. Heel Trip

Kibisu Gaeshi



**Kaeshi Waza - Defenses and Counters:**

1. Hip block against Morote Seoi
2. Turn in (O or Ko Uchi Gari) against Tani Otoshi
3. Grab foot and pin again Tomoe Nage
4. Head duck against Koshi Guruma

**Renraku Waza - Combinations:**

Harai Goshi to O Soto Gari

**Shime Waza - Ground Techniques:**

All previous techniques.

1. Single Wing Choke

Kataha-Jime



2. Sliding Lapel Choke

Okuri-Eri-Jime



3. Triangular Neck Choke

Sankaku-Jime

Ashi-Gatame-Jime / Sankaku-Jime



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SHICHI-KYU (White Belt - 7th Kyu) thru IK-KYU (Brown Belt - 1<sup>st</sup> Kyu)

4. Side Triangular Neck Choke      Yoko Sankaku-Jime



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