

JUDO
Grading Requirements

YELLOW Belt 🏆 *Gokyu (5th student level) 30 to 35 practice sessions as Rokkyu +6 years old*

Nage-Waza Throwing Techniques



hiza guruma
knee wheel



o goshi
major hip



o uchi gari
major inner reap



morote seoi nage
two hand shoulder throw



tsuri komi goshi
lift pull (fishing) hip



sasae tsuri komi ashi
prop lift pull foot sweep

Ne-Waza Grappling Techniques



kami shiho gatame
upper four quarter hold down



yoko shiho gatame
side four quarter hold down



kuzure kami shiho gatame
modified upper four quarter hold down



hadaka jime
naked choke