

JUDO
Grading Requirements

BROWN Belt

+14 years old



Ikkyu 1st Student Level 60 practise sessions as Nikyu

NAGE WAZA - THROWING TECHNIQUES



kata guruma
shoulder wheel



sumi gaeshi
corner reversal



hane makikomi
springing wind up



o guruma
major wheel



yoko gake
side hook



uki waza
floating technique



ura nage
rear throw

NAGE NO KATA -

Te Waza :



UKI OTOSHI



SEOI NAGE



KATA GURUMA

Goshi Waza :



UKI GOSHI



HARAI GOSHI

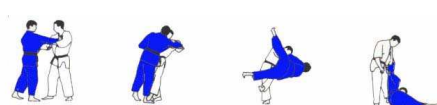


TSURI KOMI GOSHI

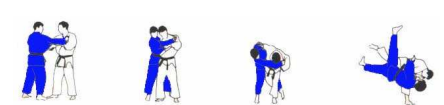
Ashi Waza :



OKURI ASHI HARAI



SASAE TSURI KOMI ASHI



UCHI MATA