

JUDO  
Grading Requirements

**BLUE Belt**  
+12 years old



*Nikyu 2<sup>nd</sup> Student Level* 70 practises as Sankyu

NAGE WAZA - THROWING TECHNIQUES



ko soto gake  
*minor outer hook*



utsuri goshi  
*changing hip*



soto makikomi  
*outer wind up*



uki otoshi  
*floating drop*



o soto guruma  
*major outer wheel*

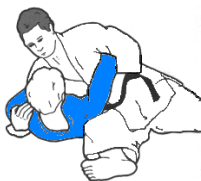
NE WAZA - GRAPPLING TECHNIQUES



tate shiho gatame  
*vertical four quarter hold down*



ushiro kesagatame  
*reverse scarf hold down*



kuzure kesa gatame  
*modified scarf hold down*