

JUDO
Grading Requirements

GREEN Belt



Sankyu 3rd Student level 65 practices as Yonkyu

+10 years old

NAGE WAZA *Throwing Techniques*



*uchi-mata
inner thigh*



*tsuri-goshi
lifting hip*



*ashi-guruma
foot wheel*



*hane-goshi
springing hip*



*harai-tsuru-komi-ashi
sweeping lift pull foot*



*ushiro-goshi
reverse hip*

NE WAZA *Grappling Techniques*



*ude-gatame * arm lock*



*hiza-gatame * knee arm lock*



*ude-garami * entangled arm lock*



*Gyaku-juji-jime
reverse cross choke
(palms up, thumbs outside uke's collar)
outside uke's collar)*



*Nami-juji-jime
normal cross choke
(palms down, thumbs inside uke's collar)*



*Kata-juji-jime
one hand cross lock
(palm up, other palm down, one thumb inside, other thumb*

2 RENRAKU WAZA - 2 combination techniques