

Minimum Number of Classes: 32		
	PASS	TRY AGAIN LATER
Orange-Green		
TACHIWAZA (Standing Techniques):		
Osoto-gari - major outer reap		
o-goshi - major hip throw		
Ippon Seoinage — one arm shoulder throw		
Koshi-guruma – hip wheel		
De-ashi-barai - advancing foot sweep		
Hiza-guruma - knee wheel		
Tai-otoshi - body drop		
Tsurikomi-goshi - Lifting pulling Hip		
Ouchi-gari - Major inner reap		
Morote Seoi-nage - Two arm shoulder throw		
One combination technique		
Harai-goshi - Sweeping hip		
Sode-tsurikomi-goshi - Sleeve pulling lifting hip		
Sasae-tsurikomi-ashi - Supporting foot lift pull throw		
One Nagewaza technique to both left and right		
NEWAZA (Ground Techniques):		
Kuzure Kami-shiho-gatame - Modified upper four quarter hold		
Tate-shiho-gatame - Vertical four corner hold		
One escape from Tate-shiho-gatame		
Two turnovers from Uke back		
One entry from Uke legs		
Personal		
Does everything that is asked;		
Participate in class activities		