

<b>White-Yellow Belt standard</b>				
Number of Classes: 20				
	Pass	Wait	Pass	Wait
<b>TACHIWAZA (Standing Techniques):</b>				
Osoto-gari - major outer reap				
o-goshi - major hip throw				
Ippon Seoinage — one arm shoulder throw				
Koshi-guruma – hip wheel				
<b>NEWAZA (Ground Techniques):</b>				
Kesa-gatame - scarf hold				
Kuzure Kesa-gatame – modified scarf hold				
Yoko-shiho-gatame - side four corner hold				
Escape from Kesa-gatame				
<b>Personal</b>				
Tries to do everything that is asked of her, him				
Participate in class activities				