

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