

Number of Classes: 20

Yellow-Orange	Pass	Try later
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		
Tsurikomi-goshi - Lifting pulling Hip		
Tai-otoshi - body drop		
Ouchi-gari - major inner reap		
NEWAZA (Ground Techniques):		
Kata Gatame - Shoulder Lock		
Kami Shiho Gatame - Upper four corner hold		
Escape from Yoko Shiho Gatame		
SHIMEWAZA (Strangulation Techniques)		
for juduoka whose 13th birthday occurs during the calendar year or older		
Okuri-eri-jime - sliding lapel/collar choke		
Personal		
Does everything that is asked;		
Participate in class activities		