



JUNIOR GREEN STRIPE GRADING

FIRST GREEN STRIPE

DEMONSTRATE:

Hane Goshi (Spring Hip)
Ko-Soto-Gake (Minor Outer Hook)
Kami-Shiho-Gatame (Top Four Corner Hold)
Belt Lift Rollover

Terminology:

Hiza (Knee)
Eri (Collar)
Sode (Sleeve)
Okuri (Sliding)
Mune (Chest)

SECOND GREEN STRIPE:

Demonstrate:

Uchi-Mata (Inner Thigh)
Ko-Uchi-Gake (Minor Inner Hook)
Cobra Rollover

Terminology:

Yoshi (Continue)
Kaeishi Waza (Counter Technique)
Katame Waza (Grappling Technique)
Renraku Waza (Combination Technique)

THIRD GREEN STRIPE:

DEMONSTRATE:

Seoi-Otoshi (Shoulder Drop)
Sasae-Tsurikomi-Ashi (Supporting Foot Lift Pull)
Ushiro-Kesa-Gatame (Reverse Scarf Hold)
Under arm over neck Rollover

Terminology:

Sutemi Waza (Sacrifice Technique)
Zarei (Kneeling Bow)
Uwagi (Jacket)
Zubon (Pants)