



BLUE BELT/NIKYU GRADING

Nage waza (Throwing techniques)

Koshi-Waza (Hip Techniques)

Utsuri-Goshi (Switching Hip Throw)

Ashi-Waza (Foot/Leg Techniques)

O-Guruma (Major Wheel Throw)

Te-Waza (Hand Techniques)

Sumi-Gaeshi (Corner Throw)

Sukui-Nage (Scooping Throw)

Uke-Otoshi (Floating Drop)

Sutemi-Waza (Sacrifice Techniques)

Tani-Otoshi (Valley Drop)

Makikomi Waza (Winding Techniques)

Hane-Makikomi (Spring Winding Throw)

Soto-Makikomi (Outer Winding Throw)

Ne Waza (Ground Techniques)

Osae-Komi Waza (Hold Down/Pinning Techniques)

Makura-Kesa-Gatame (Pillow Scarf Hold)

Shime-Waza (Choking Techniques)

Nami-Juji-Jime (Normal Cross Handed Choke)

Kata-Juji-Jime (Half Cross Handed Choke)

Gyaku-Juji-Jime (Reverse Cross Handed Choke)

Kansetsu-Waza (Joint Lock Techniques)

Ude-Garami (Arm Entanglement)

Ushiro-Ude-Garami (Reverse Arm Entanglement)

Nage-No-Kata (Forms of Throwing)

Proper bowing

Tsugi-Ashi (Following Step)

Second set- Koshi-Waza (Hip Techniques)

Uki-Goshi (Floating Hip Throw)

Harai-Goshi (Sweeping Hip)

Tsuri-Komi-Goshi (Lift Pull Hip Throw)