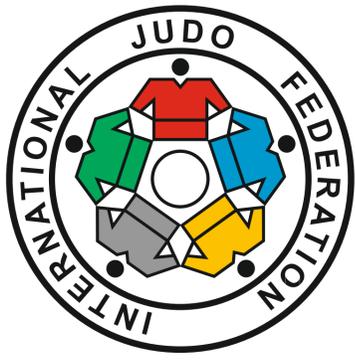


BELT GRADES GUIDE

up to 2nd Dan



FUNDAMENTAL JUDO

up to 10 years

YELLOW BELT KYU 5

1	体落	Tai-otoshi
2	浮腰	Uki-goshi
3	大内刈	O-uchi-gari
4	小内刈	Ko-uchi-gari
5	大外落	O-soto-otoshi
6	膝車	Hiza-guruma
7	崩袈裟固	Kuzure-kesa-gatame
8	横四方固	Yoko-shiho-gatame

ORANGE BELT KYU 4

1	背負投	Seoi-nage
2	一本背負投	Ippon-seoi-nage
3	腰車	Koshi-guruma
4	大腰	O-goshi
5	出足払	De-ashi-harai
6	送足払	Okuri-ashi-harai
7	大外刈	O-soto-gari
8	小外刈	Ko-soto-gari
9	小外掛	Ko-soto-gake
10	袈裟固	Kesa-gatame
11	上四方固	Kami-shiho-gatame
12	縦四方固	Tate-shiho-gatame

GREEN BELT KYU 3

1	浮落	Uki-otoshi
2	隅落	Sumi-otoshi
3	払腰	Harai-goshi
4	跳腰	Hane-goshi
5	釣込足	Sasae-tsurikomi-ashi
6	内股	Uchi-mata
7	足車	Ashi-guruma
8	大車	O-guruma
9	肩固	Kata-gatame
10	崩上四方固	Kuzure-kami-shiho-gatame
11	裏固	Ura-gatame
12	後袈裟固	Ushiro-kesa-gatame
13-14	Nage-No-Kata Set 1 Te-waza introduction (uki-otoshi, seoi-nage) Complete set for judoka over 12 years old	

COMPETITION JUDO

11 to 14 years

BLUE BELT KYU 2

1	燕返	Tsubame-gaeshi
2	大内返	O-uchi-gaeshi
3	大外返	O-soto-gaeshi
4	小内返	Ko-uchi-gaeshi
5	背負落	Seoi-otoshi
6	釣込腰	Tsurikomi-goshi
7	袖釣込腰	Sode-tsurikomi-goshi
8	釣腰	Tsuri-goshi
9	後腰	Ushiro-goshi
10	移腰	Utsuri-goshi
11	巴投	Tomoe-nage
12	隅返	Sumi-gaeshi
13	並十字絞	Nami-juji-jime
14	逆十字絞	Gyaku-juji-jime
15	片十字絞	Kata-juji-jime
16	裸絞	Hadaka-jime
17	送襟絞	Okuri-eri-jime
18	片羽絞	Kataha-jime
19	袖車絞	Sode-guruma-jime
20	三角絞	Sankaku-jime
21-22	Nage-no-Kata Set 2 Koshi-waza introduction (uki-goshi, harai-goshi) Complete set for judoka over 12 years old	

BROWN BELT KYU 1

1	小内巻込	Ko-uchi-makikomi
2	内巻込	Uchi-makikomi
3	外巻込	Soto-makikomi
4	払巻込	Harai-makikomi
5	跳巻込	Hane-makikomi
6	内股巻込	Uchi-mata-makikomi
7	大外巻込	O-soto-makikomi
8	裏投	Ura-nage
9	横車	Yoko-guruma
10	谷落	Tani-otoshi
11	浮技	Uki-waza
12	横掛	Yoko-gake
13	1浮固	Uki-gatame
14	腕緘	Ude-garami
15	1腕挫十字固	Ude-hishigi-juji-gatame
16	腕挫腕固	Ude-hishigi-ude-gatame
17	1腕挫手固	Ude-hishigi-te-gatame
18	腕挫腹固	Ude-hishigi-hara-gatame
19	腕挫腋固	Ude-hishigi-waki-gatame
20	腕挫膝固	Ude-hishigi-hiza-gatame
21	腕挫脚固	Ude-hishigi-ashi-gatame
22	腕挫三角固	Ude-hishigi-sankaku-gatame
23-24	Nage-no-Kata Set 3 Ashi-waza introduction (okuri-ashi-harai, sasae-tsurikomi-ashi) Complete set for judoka over 12 years old	



PERFORMANCE JUDO

starting 15 years

BLACK BELT 1 DAN

1	内股すかし	Uchi-mata-sukashi
2	山嵐	Yama-arashi
3	払釣込足	Harai-tsurikomi-ashi
4	大外車	O-soto-guruma
5	内股返	Uchi-mata-gaeshi
6	払腰返	Harai-goshi-gaeshi
7	跳腰返	Hane-goshi-gaeshi
8	引込返	Hikikomi-gaeshi
9	横落	Yoko-otoshi
10	横分	Yoko-wakare
11	抱分	Daki-wakare
12	両手絞	Ryote-jime
13	片手絞	Katate-jime
14	突込絞	Tsukkomi-jime
15-29	Nage-no-Kata Sets 1-5, Demonstration as Tori & Uke	

BLACK BELT 2 DAN

1	双手刈	Morote-gari
2	俵返	Tawara-gaeshi
3	肩車	Kata-guruma
4	掬投	Sukui-nage
5	帯落	Obi-otoshi
6	帯取返	Obi-tori-gaeshi
7	朽木倒	Kuchiki-taoshi
8	踵返	Kibisu-gaeshi
9	蟹挟	Kani-basami
10	河津掛	Kawazu-gake
11	胴絞	Do-jime
12	足緘	Ashi-garami
13-27	Katame-no-Kata Sets 1-3, Demonstration as Tori & Uke	

Based on 100 Kodokan classified judo techniques, Nage no Kata and Katame no Kata, including judo basic skills structured according to Long Term Athlete Development principles.