

N A G E W A Z A

Hiza Guruma

Tai Otoshi

Kosoto Gari

Ouchi Gari

Kouchi Gari

Uke Goshi

Uchimata

Harai Goshi

Sumi Gaeshi

Tokui Waza w/ set up, 2 follow up throws, and mat transition

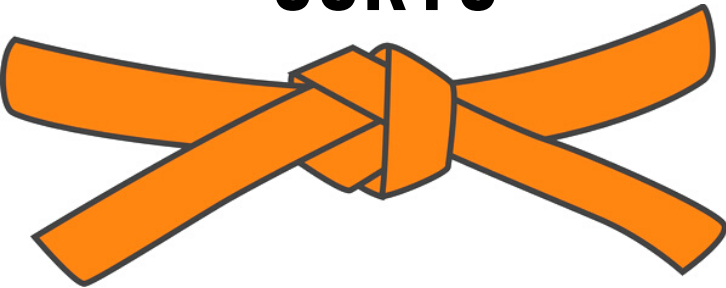
> **Gaeshi waza**

Counters to all Rokyū throws

> **Renraku waza**

3 combination throws

GOKYU



N E W A Z A

> **Osaekomi**

Kata Gatame

Mune Gatame

Kuzure Kesa Gatame

Kuzure Yoko Shio Gatame

Gyaku Kesa Gatame

Ushiro Kesa Gatame

Escapes from all Rokyū osaekomi

> **Shime waza**

Nami Juji Jime

Gyakyu Juji Jime

Kata Juji Jiime

Kata Jime

> **Kansetsu waza**

Juji Gatame

O T H E R

> **Gripping**

Demonstrate getting sleeve control

Demonstrate post in response to high collar grip

Demonstrate removal of opponent's collar grip

> **General**

Able to teach ukemi to beginners

Be familiar with contest rules

Able to perform Shiai

Be familiar with the history of judo