

# ROKYU



## N A G E W A Z A

Osoto Gari  
Koshi Guruma  
Ippon Seoi Nage  
O Goshi  
Morote Seoi Nage  
Sasae Tsurikomi Ashi  
De Ashi Barai

## N E W A Z A

### > Osaekomi

Kesa Gatame  
Yoko Shio Gatame  
Kami Shio Gatame  
Tate Shio Gatame

## O T H E R

### > Ukemi

Backfall  
Sidefall  
Front fall  
Rolling fall

### > Terminology

Counting to ten  
Matte  
Hajime  
Gi  
Rei  
Kyotsuki  
Sensei

### > General

Able to do evasion drill  
Able to safely engage in light/medium Randori  
Understand and comply with judo rules and etiquette