

# Kita Kaze Judo Club

## Green Belt Requirements (Adults)

### Nage-waza (Throwing techniques)

#### Koshi-waza (Hip Techniques)

##### Uchi-mata (Inner thigh)



##### Sode-tsuri-komi-goshi (Sleeve lifting binding hip)

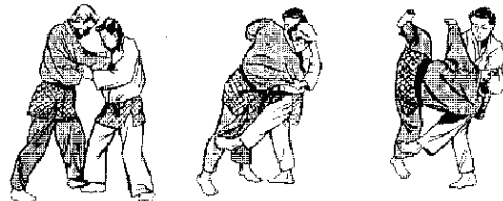


##### Harai-goshi (Sweeping hip)



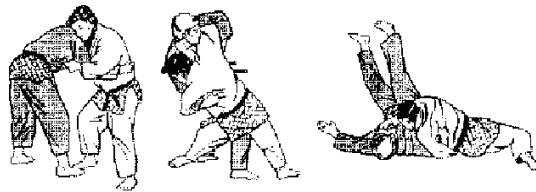
#### Ashi-waza (Foot Techniques)

##### Hiza-guruma (Knee wheel)



#### Sutemi-waza (Sacrifice Techniques)

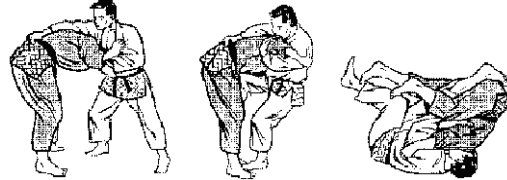
##### Tani-otoshi (Valley drop)



##### Tomoe-nage (Circle throw)



##### Sumi-gaeshi (Corner counter)



##### Soto-maki-komi (Outer wrap around)



## Ne-waza (Ground techniques)

### Shime-waza (Choking techniques)

**Ryote-jime**  
(Two-hand choke)



**Tsukkomi-jime**  
(Thrusting choke)



**Koshi-jime**  
(Hip choke)

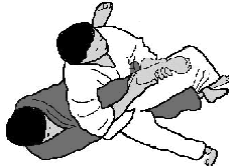


### Kansetsu-waza (Arm-locking techniques)

**Hiza-gatame** (Knee arm-lock)



**Waki-gatame** (Armpit lock)



**Hara-gatame** (Stomach arm-lock)



### Other Ground Techniques

- Three escapes from all hold-downs
- Two escapes from back mount
- Two submissions from all hold-downs
- Two submission combinations
- Two submissions from guard
- Sumi-gaeshi sweep from guard
- Tomoe-nage sweep from guard
- One sweep from half guard
- Three guard passes
- Defence against three guard passes
- Sukui-nage reversal from turtle bottom
- Kata-guruma reversal from turtle bottom
- Three attacks against turtle
- Defence against three turtle attacks

### Grip Fighting

- “The Standard” entry sequence
- “The Cross” entry sequence
- “The Catch” entry sequence
- Two collar grip breaks
- Two sleeve grip breaks

### Other Requirements

- Have good attitude, attendance, participation
- Perform all throws in motion
- Perform all throws right and left
- Perform some throws in randori
- Know judo terminology and history
- Have reasonable fitness
- Participate in tournaments
- Be a good practice partner in drills and randori
- Perform the second set (Koshi-waza) of Nage-no-kata as both uke and tori
- Demonstrate two throws as counters (**Kaeshi-waza**)
- Demonstrate two throwing combinations (**Renraku-waza**)

### Vocabulary

**Shiai** (contest)

**Ippon** (full point)

**Waza-ari** (half a point)

**Waza-ari-awasete-ippou** (two half points make a full point)

**Yuko** (less than a waza-ari)

**Osae-komi** (hold down)

**Toketa** (hold down broken)

**Sono-mama** (command to freeze)

**Sore-made** (finished, time is up)

**Tokui-waza** (favorite techniques)