

Kita Kaze Judo Club

Blue Belt Requirements (Kids)

Nage-waza (Throwing techniques)

Koshi-waza (Hip techniques)

Hane-goshi (Spring hip)

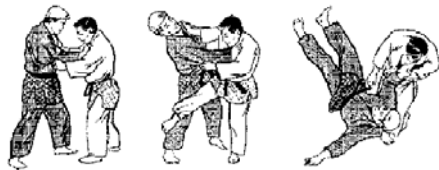


Ushiro-goshi (Reverse hip)



Ashi-waza (Foot techniques)

Ashi-guruma (Leg wheel)

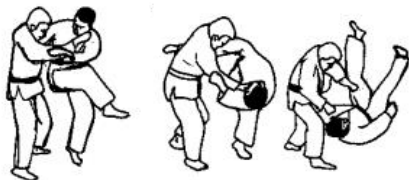


O-soto-guruma (Major outer wheel)



Te-waza (Hand techniques)

Uchi-mata-sukashi (Inner thigh throw reversal)



Sutemi-waza (Sacrifice techniques)

Soto-maki-komi (Outer wrap around)



O-soto-maki-komi (Major outer wrap around)



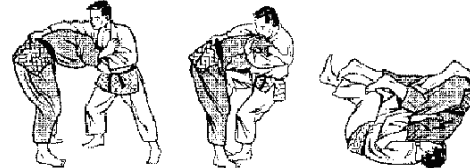
Harai-maki-komi (Sweeping wrap around)



Tani-otoshi (Valley drop)



Hikkomi-gaeshi (Pulling in reversal)



Ground Techniques

- All adult yellow belt and orange belt ne-waza requirements

Other Requirements

- Have good attitude, attendance, participation
- 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 first and second set (Te-waza, Koshi-waza) of Nage-no-kata as both uke and tori
- Demonstrate four throws as counters (**Kaeshi-waza**)
- Demonstrate four throwing combinations (**Renraku-waza**)
- Be at least 12 years old