

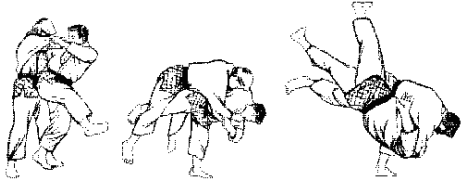
Kita Kaze Judo Club

Green Belt Requirements (Kids)

Nage-waza (Throwing techniques)

Koshi-waza (Hip Techniques)

Uchi-mata (Inner thigh)



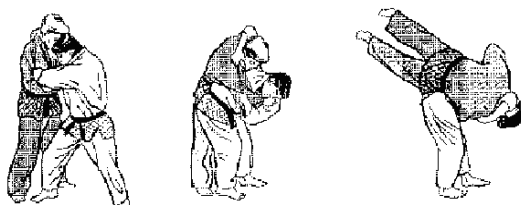
Sode-tsuri-komi-goshi (Sleeve lifting binding hip)



Harai-goshi (Sweeping hip)

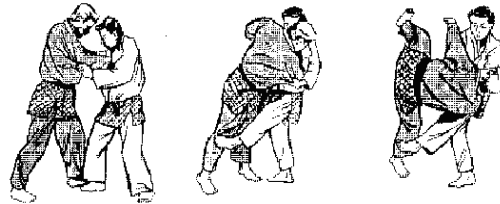


Koshi-guruma (Shoulder wheel)



Ashi-waza (Foot Techniques)

Hiza-guruma (Knee wheel)



Harai-tsuri-komi-ashi (Lifting binding sweeping foot)



O-uchi-gaeshi (Major inner sweep counter)



Sutemi-waza (Sacrifice Techniques)

Tomoe-nage (Circle throw)



Sumi-gaeshi (Corner counter)



Ne-waza (Ground techniques)

Osae-komi-waza (Hold-down techniques)

Kata-gatame (Shoulder hold)



Ushiro-kesa-gatame (Reverse scarf hold)



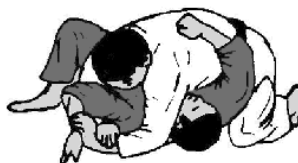
Shime-waza (Choking techniques)

Okuri-eri-jime (Sliding collar choke)



Kansetsu-waza (Arm-locking techniques)

Ude-garami (Entangled arm-lock)



Other Ground Techniques

- One escape from each hold-down
- Use guard and turtle for defense
- Defend against submissions in randori
- Two turtle turn-overs
- One turtle reversal
- Two guard passes
- One guard sweep

Vocabulary

Shiai (contest)

Ippon (full point)

Waza-ari (half a point)

Waza-ari-awasete-ippon (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)

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**)
- Be at least 10 years old