

Junior National Grading Syllabus

Green Belt + Blue Stripes

KO SOTO GARI	MINOR OUTER REAP THROW
KOSHI GURUMA	HIP WHEEL THROW
HIZA GURUMA	KNEE WHEEL THROW
TSURI KOMI GOSHI	LIFT PULL HIP THROW

Green Belt + Brown Stripes

TAKA UCHI MATA	HIGH INNER THIGH THROW
O GURUMA	MAJOR WHEEL THROW
HARAI TSURI KOMI ASHI	LIFT PULL FOOT SWEEP THROW
ASHI GURUMA	LEG WHEEL THROW

Three Renraku-Waza:

Ko Uchi Gari into Ippon Seoi Nage
O Soto Gari into Harai Goshi
De Ashi Barai into Tai Otoshi

Three Kaeshi Waza:

O Goshi by Utsuri Goshi
O Soto Gari by Harai Goshi
De Ashi Bari by Tsubame Gaeshi

Green Belt + Black Stripes

TOMOE NAGE	STOMACH THROW
UKI WAZA	FLOATING THROW
SUMI GAESHI	CORNER THROW
SOTO MAKI KOMI	OUTER WINDING THROW

Katame No Kata

Osae Waza	Immobilisation Holds
Shime Waza	Strangles/Chokes
Kansetsu Waza	Joint Locks

First three sets Nage no Kata.

Te Waza	Hand Throws
Koshi Waza	Hip Throws
Ashi Waza	Leg/Foot Throws