

Senior Club Grading Syllabus

Novice to White Belt

YOKO UKEMI

MAE UKEMI

USHIRO UKEMI

JIGARI (ZENPHO) UKEMI

O GOSHI

O SOTO GARI

IPPON SEOI NAGE

KESA GATAME

KUZURE KESA GATAME

KATA GATAME

Plus 1 Armlock & 1 Strangle

SIDE BREAKFALL

FRONT BREAKFALL

REAR BREAKFALL

ROLLING BREAKFALL

MAJOR HIP THROW

MAJOR OUTER REAP THROW

ONE HAND SHOULDER THROW

SCARF HOLD

BROKEN SCARF HOLD

SHOULDER HOLD

White to Yellow Belt

HARAI GOSHI

TAI OTOSHI

O UCHI GARI

YOKO SHIHO GATAME

KUZURE YOKO SHIHO GATAME

KAMI SHIHO GATAME

KUZURE KAMI SHIHO GATAME

Plus 2 Armlocks & 2 Strangles

SWEEPING LOIN THROW

BODY DROP THROW

MAJOR INNER REAP THROW

SIDE FOUR QUARTERS HOLD

BROKEN SIDE FOUR QTRS HOLD

UPPER FOUR QUARTERS HOLD

BROKEN UPPER FOUR QTRS HOLD

Yellow to Orange Belt

MOROTE SEOI NAGE

HANE GOSHI

DE ASHI BARAI

KO UCHI GARI

MUNE GATAME

MAKURA KESA GATAME

Plus 3 Armlocks & 3 Strangles

TWO HAND SHOULDER THROW

SPRING HIP THROW

ADVANCING FOOT SWEEP

MINOR INNER REAP THROW

CHEST HOLD

PILLOW HOLD

Orange to Green Belt

UKI GOSHI

SEOI OTOSHI

OKURI ASHI BARAI

TANI OTOSHI

TATE SHIHO GATAME

GYAKU (USHIRO) KESA GATAME

Plus 4 Armlocks & 4 Strangles

FLOATING HIP THROW

SHOULDER DROP THROW

DOUBLE FOOT SWEEP

VALLEY DROP THROW

LATERAL FOUR QUARTERS HOLD

REVERSE SCARF HOLD