

Senior National Grading Syllabus

Green Belt to Blue Belt

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

Plus 5 Armlocks & 5 Strangles

Blue Belt to Brown Belt Lower

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 Wasa:

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

Brown Belt Lower to Brown Belt Higher

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 Sweeps