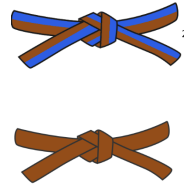


Blue 2nd Kyu - Blue Brown 1st Kyu
Minimum +12.5 years old 13 years old
1 year minimum from Blue
Blue 2nd Kyu -Brown 1st Kyu
+13 years old



1 year minimum from Blue Brown / Blue

- 1) **Support for Judo Training**
- 2) **Refereeing**
- 3) **Coaching**
- 4) **Running a refereeing table**
- 5) **Shiai**
- 6) **12 Techniques Tachi-waza**, moving in Suri-ashi
- 7) **Self-Defence from kicking**, with judo techniques
- 8) **Nage no Kata, Te-waza, Koshi-waza, Ashi-waza**
- 9) **Kansetsu-waza**
- 10) **Katame no Kata - Osaekomi Series**
- 11) **Knowledge**

Nage-waza	
Te-waza (Hand Technique)	Ashi-waza (Foot / Leg Technique)
Tai Otoshi	Hiza Guruma
Seoi Nage (F Morote Nage)	O Uchi Gari
Ippon Seoi Nage	Ko Uchi Gari
Uki Otoshi	O Soto Otoshi
Sumi Otoshi	De Ashi Harai
Kata Guruma	Okuri Ashi Harai
Ko Uchi Gaeshi	O Soto Gari
Seoi Otoshi	Ko Soto Gari
	Ko Soto Gake
Koshi-waza (Hip Technique)	Sasae Turikomi Ashi
Uki Goshi	Uchi Mata
Koshi Guruma	Ashi Guruma
O Goshi	O Guruma
Harai Goshi	Tsubame Gaeshi
Hane Goshi	O Uchi Gaeshi

Tsuri Komi Goshi	O Soto Gaeshi
Sode Tsuri Komi Goshi	
Tsuri Goshi	Ma Sutemi-waza (Sacrifice Technique)
Ushiro Goshi	Tomoe Nage
Utsuri Goshi	Sumi Gaeshi
	Ura Nage
Yoko Stemi-waza	
Ko Uchi Makikomi	O Soto Makikomi
Uchi Makikomi	Yoko Guruma
Soto Makikomi	Tani Otoshi
Harai Makikomi	Uki Waza
Hane Makikomi	Yoko Gake
Uchi Mata Makikomi	
Katame-waza, Osae Komi	
Kuzure Kesa Gatame	Kata Gatame
Yoko Shiho Gatame	Kuzure Kami Shiho Gatame
Kesa Gatame	Ura Gatame
Kami Shiho Gatame	Ushiro Kesa Gatame
Tate Shiho Gatame	Uki Gate

Shime-waza	
Nami Juji Jime	Okuri Eri Jime
Gyaku Juji Jime	Kataha Jime
Kata Juji Jime	Sode Guruma Jime
Hadaka Jime	Sankaku Jime

Kansetsu-waza	
Ude Hishigi Juji Gate	Ude Hishigi Waki Gate

Ude Garami	Ude Hishigi Hiza Gatame
Ude Hishigi Ude Gatame	Ashi Garami
Ude Hishigi Te Gatame	Ude Hishigi Sankaku Gatame
Ude Hishigi Hara Gate	

Nage no Kata

Te-waza		
Uki Otoshi	Seoi Nage	Kata Guruma
Koshi-waza		
Uki Goshi	Harai Goshi	Tsuri Komi Goshi
Ashi-waza		
Okuri Ashi Harai	Sasae Turikomi Ashi	Uchi Mata

Katame no Kata - Osaekomi Series

Kesa Gatame
Kata Gatame
Kami Shiho Gatame
Yoko Shiho Gatame
Tate Shiho Gatame

Ref Website :
<https://judo.ijf.org>
<https://kdkjd.org>
<https://www.ijf.org>