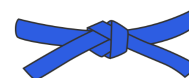




Green 3rd Kyu - Blue 2nd Kyu
Over 12 years old
1 year minimum from Green



- 1) **Refereeing**
- 2) **Physical Preparation**
- 3) **Tandoku Renshu (Tokui-waza)**
- 4) **Tachi waza & Ne waza Sequence**
- 5) **12 Techniques Tachi-waza**, moving in Suri-ashi
- 6) **Self-Defence** with collar and sleeve grips, using judo techniques
- 7) **Nage no Kata, Te-waza, Koshi-waza**
- 8) **6 Shime-waza**
- 9) **3 Katame-waza**
- 10) **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
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	

Nage no Kata

Te-waza		
Uki Otoshi	Seoi Nage	Kata Guruma
Koshi-waza		
Uki Goshi	Harai Goshi	Tsuri Komi Goshi

Shime-waza

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

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