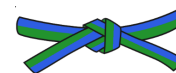




**Green 3rd Kyu - Green Blue 2nd Kyu**  
**Minimum +10.5 years old to U12 years old**  
**1 year minimum from Green**



- 1) Refereeing
- 2) Physical preparation
- 3) Tandoku Renshu
- 4) 12 Techniques Tachi-waza, moving in Suri-ashi
- 5) Tachi waza & Ne waza Sequence
- 6) Self-Defence with collar and sleeve grips, using judo techniques
- 7) Nage no Kata, Te-waza, Koshi-waza
- 8) Initiation Shime-waza & Katamewaza — not used in Randori
- 9) 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              |
|                               |                          |
| <b>Katame-waza, Osae Komi</b> |                          |
| 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

|                   |             |                  |
|-------------------|-------------|------------------|
| <b>Te-waza</b>    |             |                  |
| Uki Otoshi        | Seoi Nage   | Kata Guruma      |
| <b>Koshi-waza</b> |             |                  |
| Uki Goshi         | Harai Goshi | Tsuri Komi Goshi |

### Shime-waza

|                   |                                |
|-------------------|--------------------------------|
| <b>Shime-waza</b> |                                |
| Nami Juji Jime    | Katate Jime                    |
| Gyaku Juji Jime   | Ryote Jime                     |
| Kata Juji Jime    | Sode Guruma Jime               |
| Hadaka Jime       | Tsukkomi Jime                  |
| Okuri Eri Jime    | Sankaku Jime                   |
| Kataha Jime       | Do Jime – Prohibited Technique |

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