



Orange 4th Kyu - Green 3rd Kyu
+11 years old
1 year minimum from Orange



- 1) **Ukemi both sides**
- 2) **Mae Mawari Ukemi with obstacle**
- 3) **Ai-yotsu, Kenka-yotsu**
- 4) **Happo no Kuzushi**
- 5) **Kuzushi - Tsukuri - Kake**
- 6) **Circular Tsugi Ashi**
- 7) **8 Techniques Tachi-waza in movement**
- 8) **4 Techniques Katamewaza**
- 9) **Randori, Renraku, Renzoku waza**
- 10) **Self-Defence**
- 11) **Nage no Kata, Te waza**
- 12) **Initiation Shime & Katame waza**
- 13) **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
	O Soto Gari
Koshi-waza (Hip Technique)	Ko Soto Gari
Uki Goshi	Ko Soto Gake
Koshi Guruma	Sasae Turikomi Ashi
O Goshi	Uchi Mata
Harai Goshi	Ashi Guruma
Hane Goshi	O Guruma
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

Judo Words	
Dojo	Judo Hall
Judogi	Judo Suit
Obi	Belt
Tatami	Mat
Sensei	Teacher
Rei	Bow
Ki wo Tsuke	Standing Up with Attention
Ukemi	Breakfalls
Nage-waza	Standing Position Throw Technique
Katame-waza	Ground Technique, Ne-waza
Randori	Free Fight Practice
Hajime	Start
Mate	Wait, Stop
Soremade	Finish
Ippon	Full Count Win
Waza Ari	Half Count to Win, 2 Waza Ari Counts are Ippon
Shido	Minor, Light Penalty, 3 Shido is Lose
Osae Komi	Hold Down with Ground Technique
Osae Komi Toketa	Osae Komi is Broken
Kumi Kata	The Way of Grasping with Both Hands
Tsuri-Te	The Lifting Hand Grasps the Opponent
Hiki-Te	The Pulling Hand Grasps the Opponent

Ai-Yotsu	Same Stance, Right vs Right or Left vs Left
Kenka-Yotsu	Opposite Stance, Right vs Left or Left vs Right
Kuzushi	Breaking Balance
Waza	Technique
Te (Te-waza)	Hand (Hand Techniques)
Koshi or Goshi (Koshi-waza)	Waist or Hip (Waist or Hip Techniques)
O (pronouce like Oh)	Big
Ko	Small
Soto	Outside
Uchi	Inside
Ashi-waza, Ko Uchi Gari	Leg Technique, Small Inner Reap
Koshi-waza, O Goshi	HipTechnique, Large Hip Throw
Mae	Front
Ushiro	Behind
Yoko	Side
Kami	Upper
Shiho	Four Corners
Yoko Shiho Gatame	Side-Locking Four Corners Hold
Kesa Gatame	Scarf Hold
Kata	Shoulder / Type, Kind, Way
Nogare-kata	The Way of Escape
Renraku-waza	Combination Technique
Seou - Seoi Nage	Be on the Back - Shoulder Throw
Otosu - Tai Otoshi	Drop - Body Drop
Uku - Uki Otoshi	Float - Float Drop
Karu - O Soto Gar	Reap - Large Outer Reap
Deru	Go Out
Harau - De Ashi Harai	Sweep - Forward Foot Sweep
Hiza	Knee
Kuruma - Hiza Gutuma	Car(wheel) - Knee Wheel
Mata - Uchi Mata	Thigh - Inner Thigh Reaping Throw

Sode	Sleeve
Tsurikomu	Lift and Pull
Sode Tsurikomi Goshi	Sleeve Lift-Pull Hip Throw
Kuzureru	Collapse or Crumble, Broken
Kuzure Kami Shiho Gatame	Modified Upper Four-Corner Hold
Tate	Straight
Ura - Ura Gatame	Back, Reverse Side - Back Pin