

White Belt

Terminology

Hajime (start).

Matte (stop).

Sore Made (The End, Finish).

Rei (Bow).

Ukemi

Backwards fall



Backwards Roll

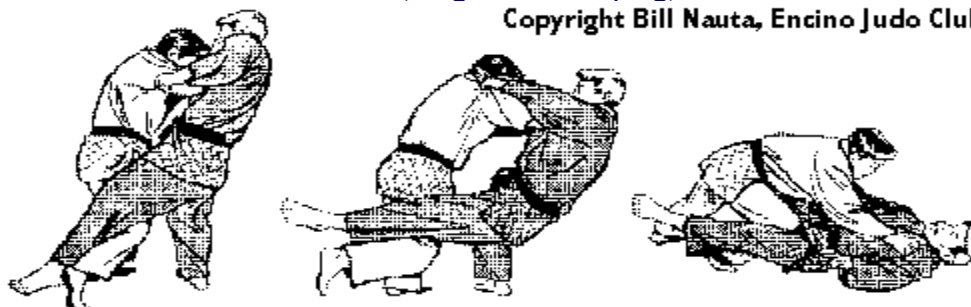


Nage Waza (Throwing Techniques)

O Uchi Gari

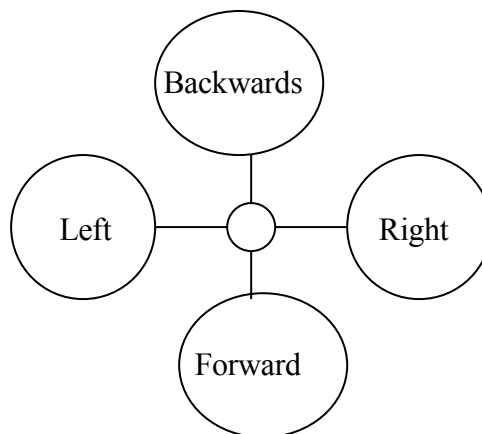
(Large Inner Reaping)

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Kuzushi

Break Balance to Front



Osaekomi Waza (holding Techniques)

KESSA GATAME

Roll over into Osaekomi

Turn over Uki from knees



& Escapes

White / Yellow Belt

Terminology

Sensei (Teacher).

Sensini (Students).

Osaekomi (Holding/ Holding On).

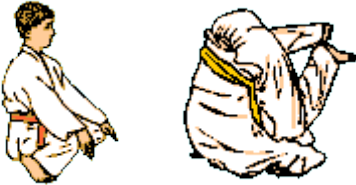
Toteta (Hold Broken).

Ukemi

Side Fall



Backwards Roll



Nage Waza (Throwing Techniques)

Morote Seo Nage

(Two Arm Shoulder Throw)

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Kuzushi

Break Balance to Rear

Osaekomi Waza (holding Techniques)

Roll over into Osaekomi

MUNE GATAME

TURN OVER Uki Lying Flat, Face Down



& Escapes

Yellow Belt

Terminology

Dojo (Judo Hall)

Tatame (Mat)

Judogi (Judo Suit)

Obi (Belt)

Ukemi

Forward Fall & Four Point Landing

Nage Waza (Throwing Techniques)

O Soto Gari

(Large Outer Reaping)



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O Goshi

(Large Hip Throw)



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Osaekomi Waza (holding Techniques)

KAMI SHIHO GATAME

Roll over into Osaekomi

Uki on Knees, Arm & Leg Turn Over



& Escapes

Yellow / Orange Belt

Terminology

Ippon (10 Point Score) Wazari(7 Point Score) Yuko(5 Point Score) Koka(3 Point Score)

Ukemi

Full Breakfalls

Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

Ko Uchi Gari

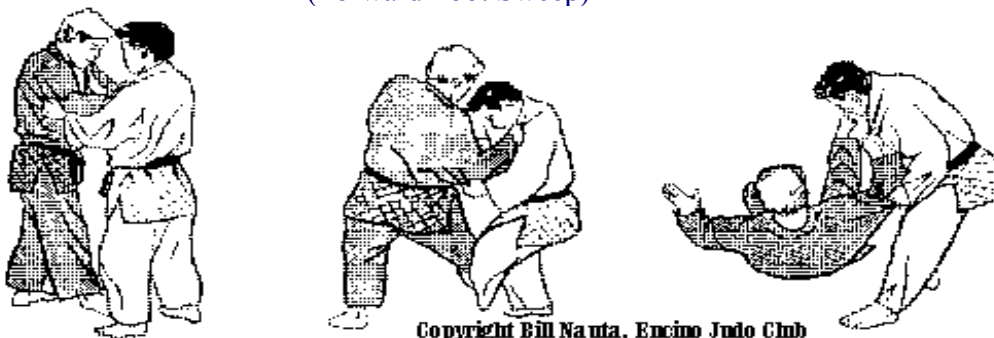
(Small Inner Reap)

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De Ashi Barai

(Forward Foot Sweep)



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Osaekomi Waza (holding Techniques)

YOKO SHIHO GATAME

Roll over into Osaekomi

Uki Lying Flat

(hands through legs, other grip under neck)



& Escapes

Orange Belt

Terminology

Tachiwaza(Standing Techniques) **Osaekomiwaza**(Holding Techniques) **Tori**(Thrower/Attacker) **Uke**(Defender)

Ukemi

Full Breakfalls

Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

Uki Goshi

(Floating Hip)



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Ippon Seoi Nage

(One Arm Shoulder Throw)



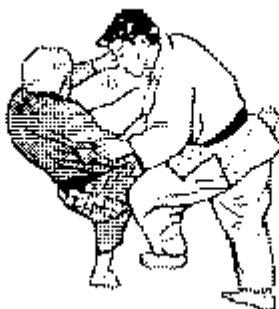
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Kosoto Gari

(Small Outside Reap)

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Osaekomi Waza (holding Techniques)

TATE SHIHO GATAME

& Escapes.



Roll over into Osaekomi

UKI LYING FLAT (On back, right leg under right leg, grip belt, lean forward & grip up.)

Orange / Green Belt

Terminology

Sone Mama(Freeze), **Yoshi**(Continue), **Shido**(3 Point Penalty), **Hansoku-Make**(Disqualification).

Ukemi

Full Breakfalls

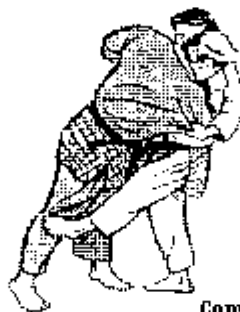
Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

Hiza Guruma

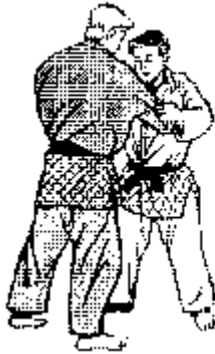
(Knee Wheel)



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Sasae Tsurikomi Ashi

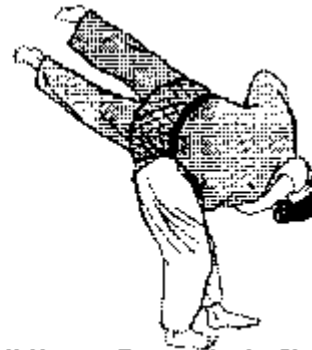
(Lifting Pulling Ankle Block)



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Koshi Guruma

(Hip Wheel)



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Go-no-sen-no-Kata (Forms of Counters)

Osotogari

(Major Outer Reaping)



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Orange / Green Belt (continued)

Osaekomi Waza (holding Techniques)

KATA GATAME

& Escapes

Roll over into Osaekomi

Uki sitting, face uki, elbow on leg, move through to
Kesa Getame



Green Belt

Terminology

Shimewaza (strangles)

Kansetsuwaza (Armlocks)

Katamewaza (Grappling Techniques).

Ukemi

Full Breakfalls

Kuzushi

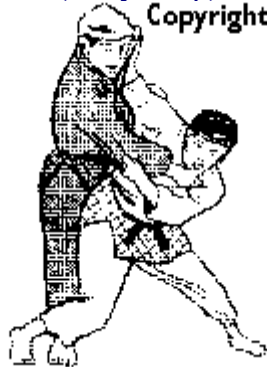
Full Kuzushi

Nage Waza (Throwing Techniques)

Tai Otoshi

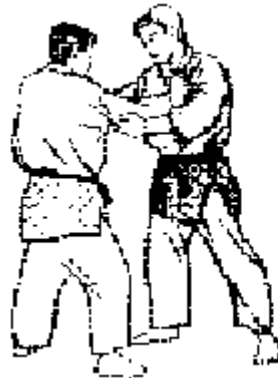
(Body Drop)

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Harai Tsurikomi Ashi

(Lifting Pulling Foot Sweep)

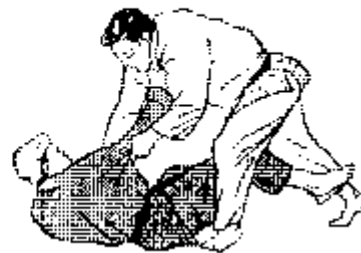


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Ko Soto Gake

(Small Outside Hook)

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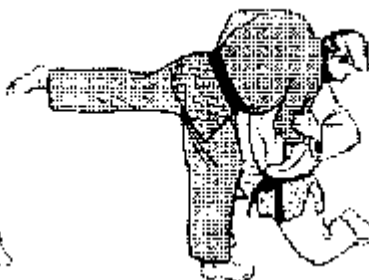


Nage-no-Kata (forms of throws)

Uki Otoshi

(Floating Drop)

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Green Belt (continued)

Go-no-sen-no-Kata (forms of counters)

Hiza Guruma

(Knee Wheel)



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Osaekomi Waza (holding Techniques)

KUZURE KESA GATAME

& Escapes

Roll Over into Osaekomi

Escape from Leg Wrap



Green / Blue Belt

Ukemi

Full Breakfalls

Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

O Guruma

(Large Wheel)

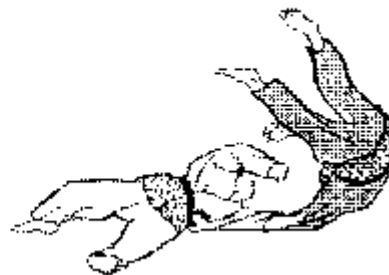


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Uki Waza

(Floating Technique)

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Tsurikomi Goshi

(Lifting Pulling Hip)

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Go-no-sen-no-Kata (forms of counters)

O Uchi Gari

(Large Inner Reaping)

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De Ashi Barai

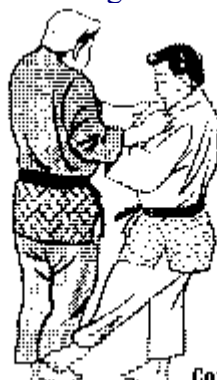
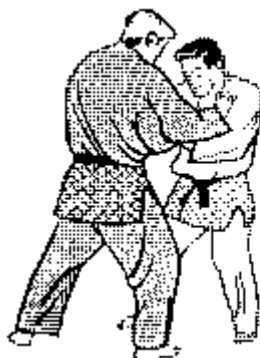
(Forward Foot Sweep)



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Okuri Ashi Barai

(Following Foot Sweep)



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Nage-no-Kata (forms of throws)

Ippon Seoi Nage

(One Arm Shoulder Throw)



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Osaekomi Waza (holding Techniques)

KUZURE KAMI SHIHO GATAME

& Escapes



Roll Over into Osaekomi

Uki on all Fours, right hand on elbow, left grip on belt, left leg across right leg, roll over to front.

Blue Belt

Ukemi

Full Breakfalls

Kuzushi

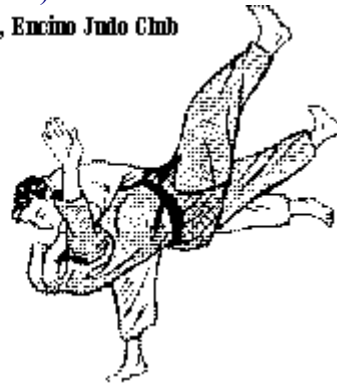
Full Kuzushi

Nage Waza (Throwing Techniques)

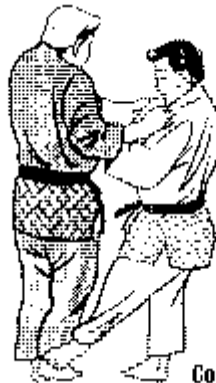
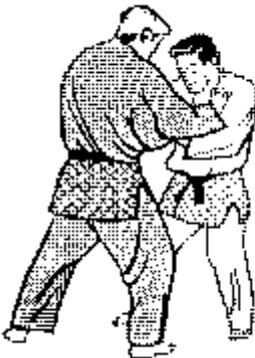
Harai Goshi

(Sweeping Hip Throw)

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Okuri Ashi Barai (Following Foot Sweep)

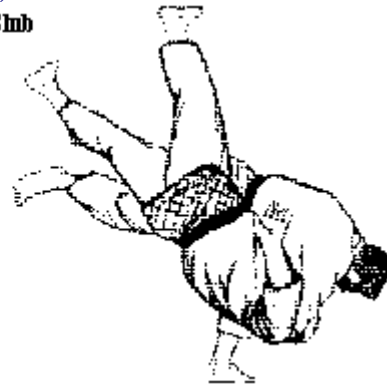


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Uchimata

(Inner Thigh Throw)

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Go-no-sen-no-Kata (forms of counters)

Deashi Barai

(Forward Foot Sweep)



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Blue Belt (Continued)

Nage-no-Kata (forms of throws)

Kata Guruma

(Shoulder Wheel)

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Osaekomi Waza (holding Techniques)

Ushiro Kesa Getame

& Escapes



Blue / Brown Belt

Ukemi

Full Breakfalls

Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

Tani Otoshi

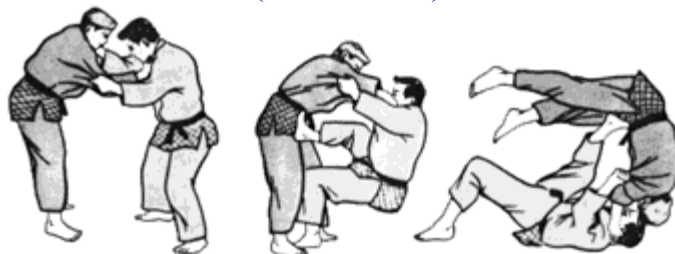
(Valley Drop)



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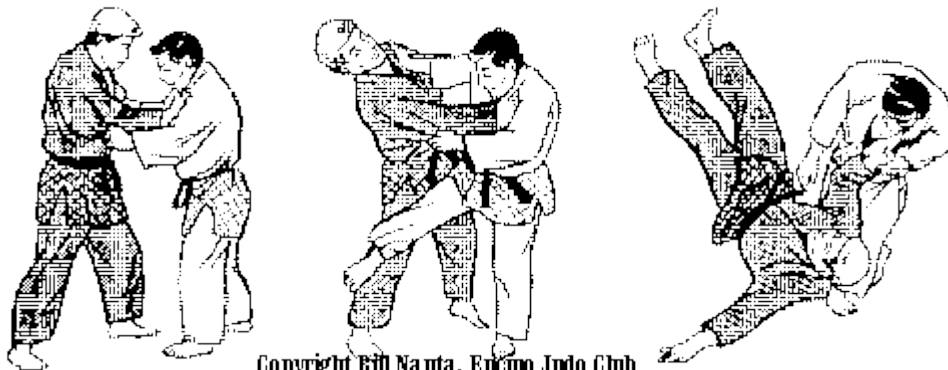
Tomoe Nage

(Circle Throw)



Ashi Guruma

(Leg Wheel)

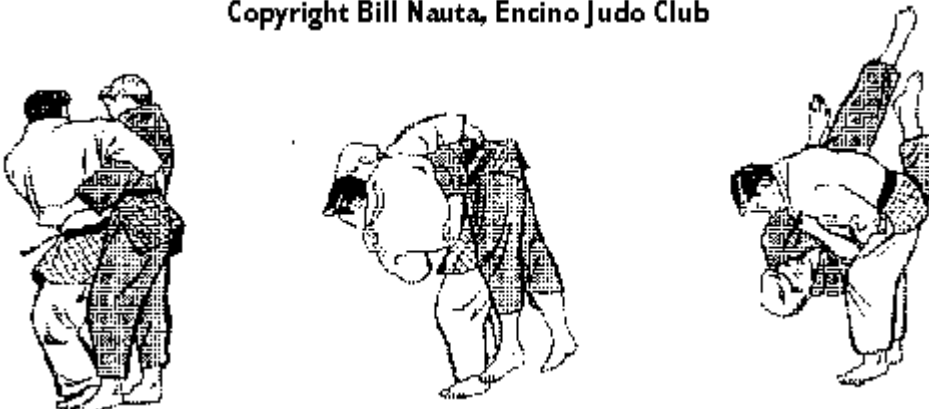


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Tsuri Goshi

(Lifting Hip)

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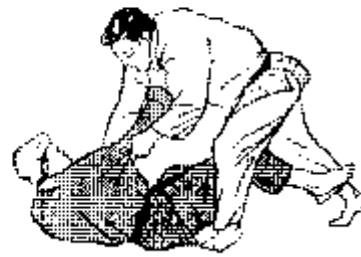


Blue / Brown Belt (Continued)

Go-no-sen-no-Kata (forms of counters)

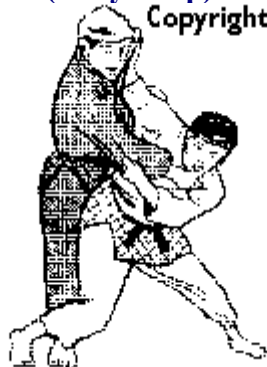
Ko Soto Gake (Small Outside Hook)

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Tai Otoshi (Body Drop)

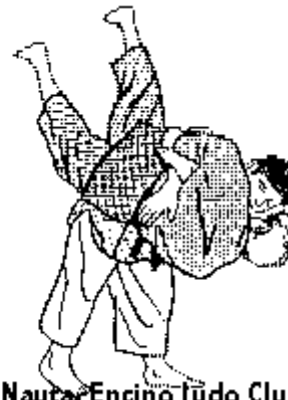
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Nage-no-Kata (forms of throws)

Uki Goshi (Floating Hip)

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Osaekomi Waza (holding Techniques)

Kuzure Yoko Shiho Getame

& Escapes



Purple Belt

Ukemi

Full Breakfalls

Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

O Soto Guruma

(Large Outer Wheel)



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Sukui Nage

(Scoop Throw)

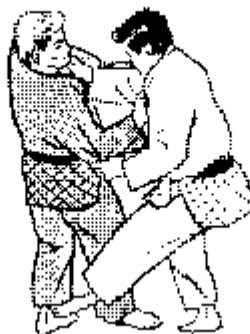
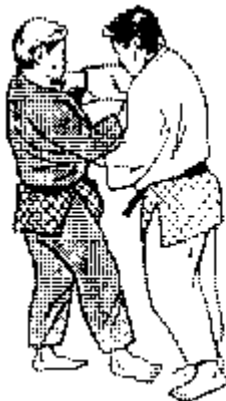


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Yoko Gake

(Side Hook)

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Yoko Otoshi

(Side Drop)

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Purple Belt (Continued)

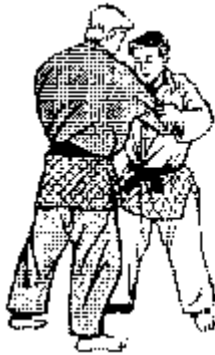
Go-no-sen-no-Kata (forms of counters)

Ko Uchi Gari
(Small Inner Reap)

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Sasae Tsurikomi Ashi
(Lifting Pulling Ankle Block)



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Nage-no-Kata (forms of throws)

Harai Goshi
(Sweeping Hip Throw)

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Osaekomi Waza (holding Techniques)

Makura Kesa Getame
& Escapes



Brown Belt

Ukemi

Full Breakfalls

Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

Yoko Guruma

(Side Wheel)



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Kata Guruma

(Shoulder Wheel)

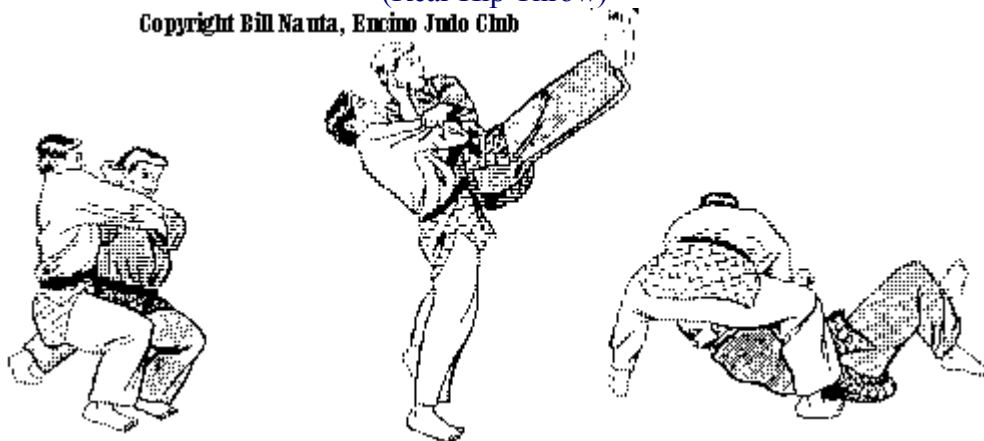
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Ushiro Goshi

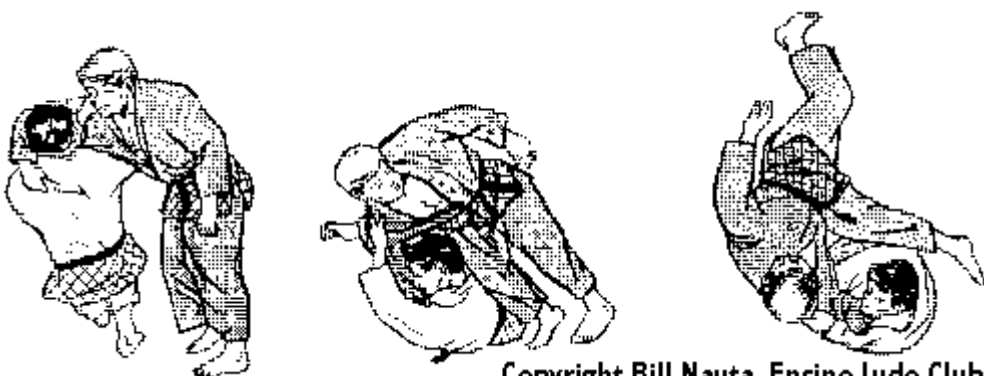
(Rear Hip Throw)

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Yoko Wakare

(Side Separation)



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Brown Belt (Continued)

Go-no-sen-no-Kata (forms of counters)

KubiNage

(Neck Throw)

Billedserien er laget av Thom Hallum, NJK



Ushiro Goshi

(Rear Hip Throw)

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Nage-no-Kata (forms of throws)

Tsurikomi Goshi

(Lifting Pulling Hip)

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