



# Golden Ears Judo Club

## 11<sup>th</sup> Kyu

<b>Nage-waza</b>	<b>- 9</b>	<b>9-12</b>	<b>13-16</b>	<b>17+</b>
Osoto-otoshi	*	*	*	*
Osoto-gari	*	*	*	*
Uki-goshi (or ogoshi or tsuru goshi) **	*	*	*	*
Ippon seio-nage	*	*	*	*
Deashi-barai	*	*	*	*
Tai-otoshi	*	*	*	*
Ouchi-gari	*	*	*	*
Kouchi-gari or kouchi-gake **	*	*	*	*
Kosoto-gake or kosotogari **	*	*	*	*

<b>Ukemi</b>				
Ma-ukemi	*	*	*	*
Koho-ukemi	*	*	*	*
Yoko-ukemi	*	*	*	*
Zempo-kaiten	*	*	*	*

<b>Ne-waza</b>				
Kesa-gatame / kuzure-kesa-gatame	*	*	*	*
Yoko-shiho-gatame	*	*	*	*
Escapes from kesa-gatame	*	*	*	*
Escapes from yoko-shiho-gatame	*	*	*	*
Basic attack and defense	*	*	*	*

<b>Other skills</b>				
Shizen Hontai; Migi/Hidari Shizentai	*	*	*	*
Jigo Hontai; Migi/Hidari Jigotai	*	*	*	*
Tai-sabaki; Tsugi-ashi	*	*	*	*
Kumi-kata	*	*	*	*
Kuzushi	*	*	*	*
Tsukuri	*	*	*	*
Kake	*	*	*	*

### Golden Ears Judo Club

Classes held at: Maple Ridge Leisure Centre  
 11995 Haney Place  
 Maple Ridge, BC, Canada V2X 6A9  
 Website: [www.goldenearsjudo.com](http://www.goldenearsjudo.com)  
 Email: [info@goldenearsjudo.com](mailto:info@goldenearsjudo.com)