



# Golden Ears Judo Club

## 1<sup>st</sup> Kyu

<b>Nage-waza</b>	<b>13-16</b>	<b>17+</b>
Utsuri-goshi	*	*
Ura-nage	*	*
Tawara-gaeshi	*	*
Daki-age	*	*
Obi-otoshi	*	*
Yama-arashi	*	*
Daki-wakare	*	*
Hane-makikomi	*	*
Uchi-mata-makikomi	*	*
Uchi-mata-gaeshi	*	*
Hane-goshi-gaeshi	*	*
Harai-goshi-gaeshi	*	*
Kouchi-gaeshi	*	*

<b>Other skills</b>		
Nage-no-kata – te-waza Tori and Uke	*	*
Nage-no-kata – koshi-waza Tori and Uke	*	*
Nage-no-kata – ashi-waza Tori and Uke	*	*
Ju-no-kata – first set	*	*
Knowledge of prohibited throws: Kani-basami Kawazu-gake	*	*

### 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)