



# Golden Ears Judo Club

## 3<sup>rd</sup> Kyu

<b>Nage-waza</b>	<b>13-16</b>	<b>17+</b>
Sumi-otoshi	*	*
O-guruma	*	*
Yoko-wakare	*	*
Yoko-gake	*	*
Yoko-otoshi	*	*
Yoko-guruma	*	*
Uchi-mata-sukashi	*	*
Harai-makikomi	*	*
Osoto-makikomi	*	*
Uchi-makikomi	*	*
Soto-makikomi	*	*

<b>Ne-waza</b>		
Koshi-jime	*	*
Hara-gatame	*	*

<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	*	*

### Golden Ears Judo Club

Classes held at: Maple Ridge Leisure Centre  
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Maple Ridge, BC, Canada V2X 6A9  
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