



Golden Ears Judo Club

5th Kyu

Nage-waza	9-12	13-16	17+
Uchi-mata	*	*	*
Hane-goshi	*	*	*
Ushiro-goshi	*	*	*
Ashi-guruma	*	*	*
Harai-tsurikomi-ashi	*	*	*
Morote-geri	*	*	*
Hikkomi-gaeshi	*	*	*
Sumi-gaeshi	*	*	*
Kuchiki-taoshi	*	*	*
Kibisu-gaeshi	*	*	*
Ouchi-gaeshi	*	*	*

Ne-waza			
Ryote-jime		*	*
Tsukkomi-jime		*	*
Hiza-gatame		*	*
Sankaku-jime		*	*
		*	*

Other skills			
Nage-no-kata – te-waza Tori and Uke	*	*	*
Nage-no-kata – koshi-waza Tori and Uke	*	*	*

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Classes held at: Maple Ridge Leisure Centre
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