



# Golden Ears Judo Club

## 7<sup>th</sup> Kyu

Nage-waza	9-12	13-16	17+
Harai-goshi	*	*	*
Kata-garuma	*	*	*
Uki-otoshi	*	*	*
Tani-otoshi	*	*	*
Tsuri-komi-goshi /sode-tsuri-komi-goshi**	*	*	*
Hiza-garuma	*	*	*
Sukui-nage	*	*	*
Tomoe-nage	*	*	*
Uki-waza	*	*	*
Osoto-garuma	*	*	*

Ne-waza			
Ushiro-kesa-gatame		*	*
Hadaka-jime		*	*
Kata-ha-jime		*	*
Okuri-eri-jime		*	*
Sode-guruma-jime (form of)		*	*
Ude-garami		*	*
Ude-gatame		*	*
Waki-gatame		*	*

Other skills			
Nage-no-kata – te-waza- Tori and Uke	*	*	*
Harai-goshi as a counter to osoto-gari	*	*	*
Tani-otoshi as a counter	*	*	*
Renwaku-waza: ouchigari/seoi-nage	*	*	*
Seoi-nage/kesa-gatame	*	*	*

### Golden Ears Judo Club

Classes held at: Maple Ridge Leisure Centre  
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