



Golden Ears Judo Club

9th Kyu

Nage-waza	- 9	9-12	13-16	17+
Morote-seoi-nage	*	*	*	*
O-goshi or uki-goshi **	*	*	*	*
Tsuri-goshi **	*	*	*	*
Koshi-guruma (arm to shoulder blade)	*	*	*	*
Sode-tsuru-komi-goshi/ tsuru-komi-goshi	*	*	*	*
Sasae-tsuru-komi-ashi	*	*	*	*
Tsubame-gaeshi	*	*	*	*
Okuri-ashi-barai (form of)	*	*	*	*
Kosoto-gake/ kosoto-gari **	*	*	*	*
Kouchi-gari/ kouchi-gake **	*	*	*	*

Ukemi				
Ma-ukemi	*	*	*	*
Koho-ukemi	*	*	*	*
Yoko-ukemi	*	*	*	*
Zempo-kaiten	*	*	*	*

Ne-waza				
Kami-shiho-gatame/ kuzure and escapes	*	*	*	*
Tate-shiho-gatame and escapes	*	*	*	*
Nami-juji-jime			*	*
Gyaku-juji-jime			*	*
Kata-juji-jime			*	*
Juji-gatame			*	*

Other skills				
Ne-waza- attacking through legs	*	*	*	*
2 rollovers from supine position	*	*	*	*
1 rollover with uke in prone position	*	*	*	*

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Classes held at: Maple Ridge Leisure Centre
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