

SAN KYU (3rd Grade) GREEN BELT

NAGE WAZA (THROWING TECHNIQUES)



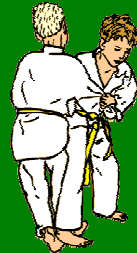
Harai Goshi
(Sweeping Hip)



Harai Goshi Gaeshi
(Sweeping Hip Counter)



Ushiro Goshi
(Backwards Hip)



O Soto Guruma
(Major Outer Wheel)



Tsuru Komi Goshi
(Lifting Pulling Hip)



Ashi Guruma
(Leg Wheel)



Uchi Mata
(Inner Thigh)



Uchi Mata Gaeshi
(Inner Thigh Counter)



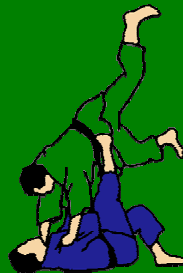
Ko Uchi Makikomi
(Minor Inner Winding)



Ko Soto Gari
(Minor Outer Reaping)



De Ashi Barai
(Advancing Foot Sweep)

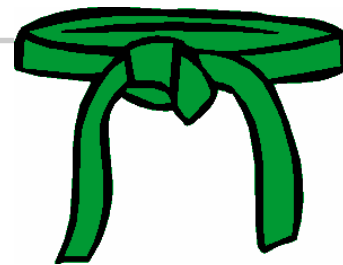


Tomoe Nage
(Circle Throw)



Tani Otoshi
(Valley Drop)

JNZ GRADING SYLLABUS



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OSAE WAZA (HOLDING TECHNIQUES)

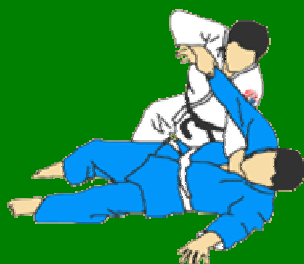


Kuzure Tate Shiho Gatame
(Collapsed Lengthwise
Four Quarters Holding)

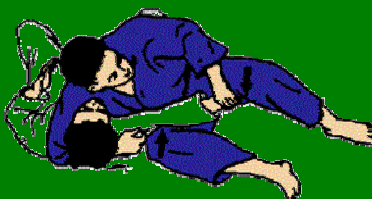


Ushiro Kesa Gatame
(Reverse Scarf Holding)

KANSETSU WAZA (JOINT LOCKING TECHNIQUES)



Te Gatame
(Hand Holding)

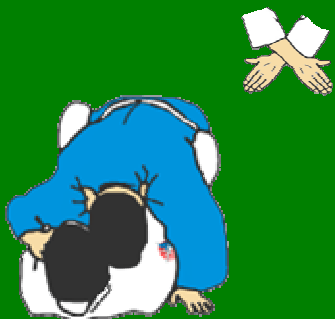


Ashi Gatame
(Leg Holding)



Ude Hishigi Juji Gatame
(Arm Crushing Cross Holding)

SHIME WAZA (STRANGLING TECHNIQUES)



Nami Juji Jime
(Normal Cross Strangle)



Kata Juji Jime
(Single Cross Strangle)



Gyaku Juji Jime
(Reverse Cross Strangle)

