



# PORT COQUITLAM JUDO

## ADVANCED WHITE GRADING ( 6<sup>th</sup>. KYU )

6-11 Yrs. \_\_\_\_\_

NAME \_\_\_\_\_

UKEMI	(breakfalls)	Good	Fair	More Time
	Right forward roll	___	___	___
	Left forward roll	___	___	___
	Right side	___	___	___
	Left side	___	___	___
	Back	___	___	___
NAGEWAZA (throwing techniques)				
<u>Tewaza</u>	Ippon Seoinage	___	___	___
<u>Koshiwaza</u>				
	Ogoshi	___	___	___
<u>Ashiwaza</u>				
	Osoto Gari	___	___	___
OSAEKOMIWAZA (holding techniques)				
	Kesa Gatame	___	___	___
	Yoko Shiho Gatame	___	___	___
	Mune Gatame	___	___	___

# Ippon Seoinage

## One Arm Shoulder Throw

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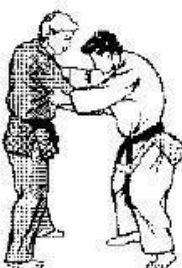


Hand Technique

# O Goshi

## Major Hip Throw

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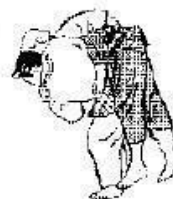


Hip Technique

# Tsuri Goshi

## Lifting Hip

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Hip Technique

# Osoto Gari

## Major Outer Reaping

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Foot & Leg Technique