

# Green Belt Syllabus

## Ukemi:

Katate Zenpo Kaiten	One handed forward roll
Juji Ashi Zenpo Kaiten	Cross foot forward roll
Sutemi Ukemi	Sacrifice falling
Yoko Otoshi	
Sumi Gaeshi	
Kote Gaeshi	
Zenpo Kaiten over own length and half height	
Koho Kaiten from a chair	
Rugby tackle into Zenpo Ukemi	

## Nagewaza

Kata Sode Seoi Nage:	Single Sleeve Shoulder Throw
Morote Seoi Nage:	Two Handed Shoulder Throw
Heni Goshi:	Springing Hip Throw
Harai Goshi:	Sweeping Hip Throw
Tsuri Kome Goshi:	Drawing Pulling Hip Throw
Tsode Tsuri Kome Goshi:	Sleeve Drawing Pulling Hip Throw
O Soto Otoshi:	Major Outer Drop
Yoko Otoshi:	Side Drop
Sumi Gaeshi	Corner Throw
Tane Otoshi:	Valley Drop
Ashi Guruma:	Ankle Wheel

## Osaekomi waza

Tate Shiho Gatame:	Lower Four Point Hold Down
Kami Shiho Gatame:	Upper Four Point Hold Down
Mune Gatame:	Chest Hold
Ude Garami:	Arm Entanglement
Ude Gatame:	Arm Hold
Waki Gatame:	Armpit Hold
Dojime:	Body Strangle

## Kubudo:

Weapons work      **NOT GRADED**

6 strike Bo kata

