



# Green



## **NAGE-WAZA (Throws):**

18 throws as selected from the 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> Kyo (Sets) of the Gokyo-no-waza only.

## **OSAE-WAZA (Hold downs):**

11 hold downs as selected.

## **RENRAKU-WAZA (Combinations) & KAESHI-WAZA (Counters):**

3 combinations and 3 counters as selected.

## **TURNOVERS:**

4 turnovers as selected.

## **MOVING PAST THE LEGS:**

3 movements past the legs as selected.

## **RANDORI:**

Effective Randori must be shown against opponents of similar experience.

## **THEORY:**

### **Parts of the Body:**

ashi ..... foot or leg  
 koshi/goshi ..... hip  
 hiza ..... knee  
 kata ..... shoulder

mata ..... thigh  
 te ..... hand  
 ude ..... arm

### **Posture:**

hidari shizentai ... left natural posture  
 shizentai ..... natural posture  
 shizentai hon tai ..... basic natural posture

migi shizentai ... right natural posture  
 jigo tai ..... defence posture  
 jigo hon tai ..... basic defensive posture

### **Counting:**

1 ..... ichi  
 2 ..... ni  
 3 ..... san  
 4 ..... shi  
 5 ..... go

6 ..... roku  
 7 ..... sichi  
 8 ..... hachi  
 9 ..... ku  
 10 ..... ju

### **Parts of a Throw:**

tsukuri ... preparation for breaking balance  
 kuzushi ..... breaking balance  
 kake ..... throw

### **General Terminology:**

uke ..... person who is thrown  
 tori ..... thrower  
 o ..... major  
 ko ..... minor  
 uchi ..... inner

soto ..... outer  
 waza ..... technique

