

# White Belt

## Terminology

**Hajime** (start).

**Matte** (stop).

**Sore Made** (The End, Finish).

**Rei** (Bow).

## Ukemi

Backwards fall



Backwards Roll

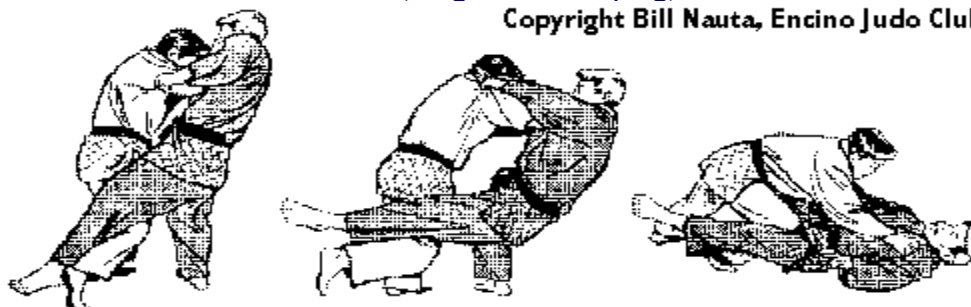


Nage Waza (Throwing Techniques)

## O Uchi Gari

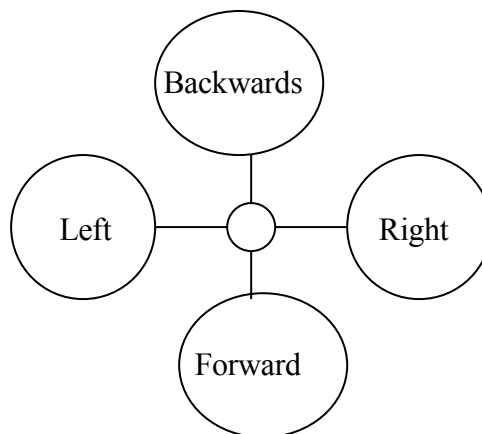
(Large Inner Reaping)

Copyright Bill Nauta, Encino Judo Club



## Kuzushi

Break Balance to Front



Osaekomi Waza (holding Techniques)

**KESSA GATAME**

Roll over into Osaekomi

**Turn over Uki from knees**



& Escapes

# White / Yellow Belt

## Terminology

**Sensei** (Teacher).

**Sensini** (Students).

**Osaekomi** (Holding/ Holding On).

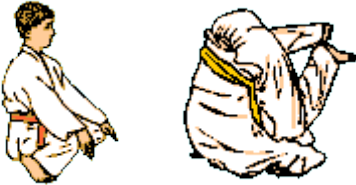
**Toteta** (Hold Broken).

## Ukemi

### Side Fall



### Backwards Roll



## Nage Waza (Throwing Techniques)

### Morote Seo Nage

(Two Arm Shoulder Throw)

Copyright Bill Nauta, Encino Judo Club



## Kuzushi

Break Balance to Rear

## Osaekomi Waza (holding Techniques)

## Roll over into Osaekomi

## MUNE GATAME

## TURN OVER Uki Lying Flat, Face Down



& Escapes

# Yellow Belt

## Terminology

**Dojo** (Judo Hall)

**Tatame** (Mat)

**Judogi** (Judo Suit)

**Obi** (Belt)

## Ukemi

Forward Fall & Four Point Landing

## Nage Waza (Throwing Techniques)

### O Soto Gari

(Large Outer Reaping)



Copyright Bill Nauta, Encino Judo Club

### O Goshi

(Large Hip Throw)



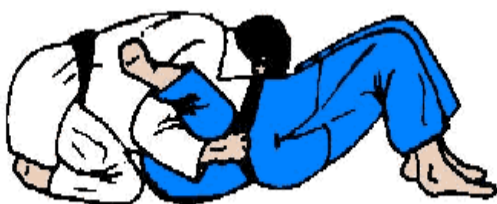
Copyright Bill Nauta, Encino Judo Club

## Osaekomi Waza (holding Techniques)

**KAMI SHIHO GATAME**

## Roll over into Osaekomi

**Uki on Knees, Arm & Leg Turn Over**



& Escapes

# Yellow / Orange Belt

## Terminology

Ippon (10 Point Score)    Wazari(7 Point Score)    Yuko(5 Point Score)    Koka(3 Point Score)

## Ukemi

Full Breakfalls

## Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

## Ko Uchi Gari

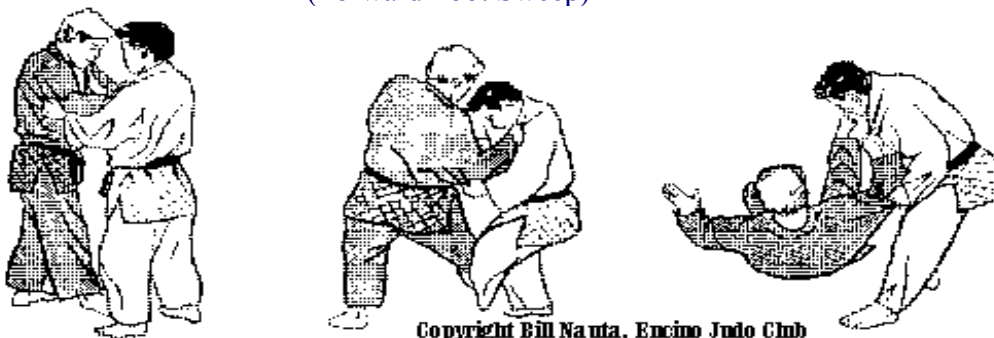
(Small Inner Reap)

Copyright Bill Nauta, Encino Judo Club



## De Ashi Barai

(Forward Foot Sweep)



Copyright Bill Nauta, Encino Judo Club

Osaekomi Waza (holding Techniques)

**YOKO SHIHO GATAME**

Roll over into Osaekomi

**Uki Lying Flat**

(hands through legs, other grip under neck)



& Escapes

# Orange Belt

## Terminology

**Tachiwaza**(Standing Techniques) **Osaekomiwaza**(Holding Techniques) **Tori**(Thrower/Attacker) **Uke**(Defender)

## Ukemi

Full Breakfalls

## Kuzushi

Full Kuzushi

## Nage Waza (Throwing Techniques)

### Uki Goshi

(Floating Hip)



Copyright Bill Nauta, Encino Judo Club

### Ippon Seoi Nage

(One Arm Shoulder Throw)



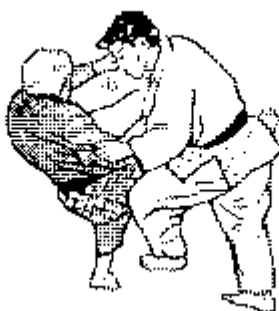
Copyright Bill Nauta, Encino Judo Club



### Kosoto Gari

(Small Outside Reap)

Copyright Bill Nauta, Encino Judo Club



## Osaekomi Waza (holding Techniques)

### TATE SHIHO GATAME

& Escapes.



## Roll over into Osaekomi

UKI LYING FLAT (On back, right leg under right leg, grip belt, lean forward & grip up.)

# Orange / Green Belt

## Terminology

**Sone Mama**(Freeze), **Yoshi**(Continue), **Shido**(3 Point Penalty), **Hansoku-Make**(Disqualification).

## Ukemi

Full Breakfalls

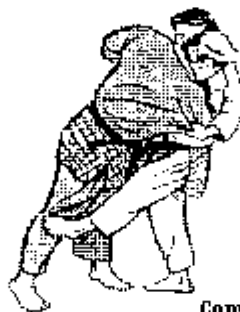
## Kuzushi

Full Kuzushi

Nage Waza (Throwing Techniques)

## Hiza Guruma

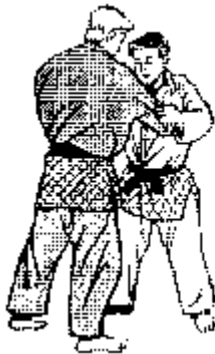
(Knee Wheel)



Copyright Bill Nauta, Encino Judo Club

## Sasae Tsurikomi Ashi

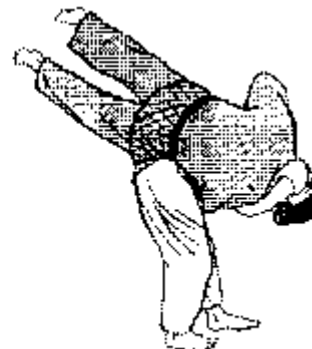
(Lifting Pulling Ankle Block)



Copyright Bill Nauta, Encino Judo Club

## Koshi Guruma

(Hip Wheel)



Copyright Bill Nauta, Encino Judo Club

Go-no-sen-no-Kata (Forms of Counters)

## Osotogari

(Major Outer Reaping)



Copyright Bill Nauta, Encino Judo Club

## Orange / Green Belt (continued)

Osaekomi Waza (holding Techniques)

**KATA GATAME**

& Escapes

Roll over into Osaekomi

**Uki** sitting, face uki, elbow on leg, move through to  
**Kesa Getame**





# Green Belt

## Terminology

**Shimewaza** (strangles)

**Kansetsuwaza** (Armlocks)

**Katamewaza** (Grappling Techniques).

## Ukemi

Full Breakfalls

## Kuzushi

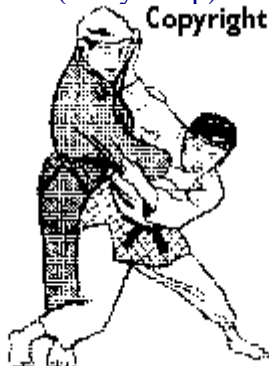
Full Kuzushi

**Nage Waza** (Throwing Techniques)

## Tai Otoshi

(Body Drop)

Copyright Bill Nauta, Encino Judo Club



## Harai Tsurikomi Ashi

(Lifting Pulling Foot Sweep)

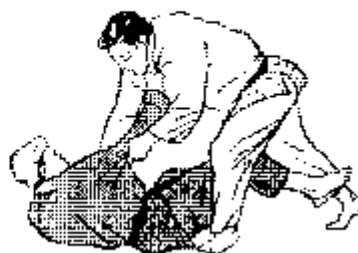


Copyright Bill Nauta, Encino Judo Club

## Ko Soto Gake

(Small Outside Hook)

Copyright Bill Nauta, Encino Judo Club

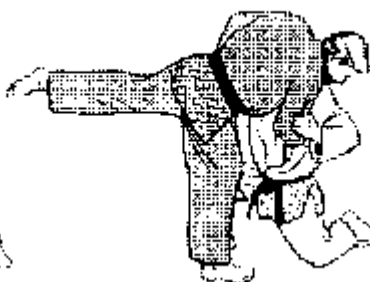


**Nage-no-Kata** (forms of throws)

## Uki Otoshi

(Floating Drop)

Copyright Bill Nauta, Encino Judo Club





## Green Belt (continued)

Go-no-sen-no-Kata (forms of counters)

### Hiza Guruma

(Knee Wheel)



Copyright Bill Nauta, Encino Judo Club

Osaekomi Waza (holding Techniques)

### KUZURE KESA GATAME

& Escapes

Roll Over into Osaekomi

Escape from Leg Wrap



# Green / Blue Belt

## Ukemi

Full Breakfalls

## Kuzushi

Full Kuzushi

## Nage Waza (Throwing Techniques)

## O Guruma

(Large Wheel)

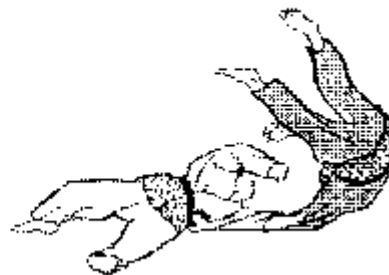


Copyright Bill Nauta, Encino Judo Club

## Uki Waza

(Floating Technique)

Copyright Bill Nauta, Encino Judo Club



## Tsurikomi Goshi

(Lifting Pulling Hip)

Copyright Bill Nauta, Encino Judo Club



## Go-no-sen-no-Kata (forms of counters)

## O Uchi Gari

(Large Inner Reaping)

Copyright Bill Nauta, Encino Judo Club



**De Ashi Barai**

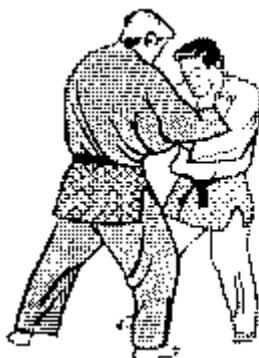
(Forward Foot Sweep)



Copyright Bill Nauta, Encino Judo Club

**Okuri Ashi Barai**

(Following Foot Sweep)



Copyright Bill Nauta, Encino Judo Club

Nage-no-Kata (forms of throws)

**Ippon Seoi Nage**

(One Arm Shoulder Throw)



Copyright Bill Nauta, Encino Judo Club



Osaekomi Waza (holding Techniques)

**KUZURE KAMI SHIHO GATAME**

& Escapes



Roll Over into Osaekomi

**Uki on all Fours**, right hand on elbow, left grip on belt, left leg across right leg, roll over to front.

# Blue Belt

## Ukemi

Full Breakfalls

## Kuzushi

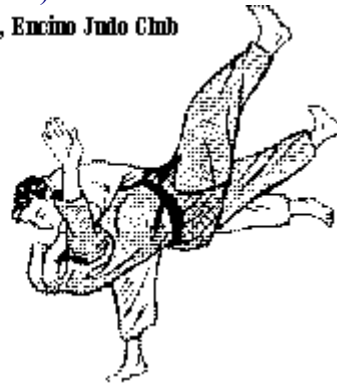
Full Kuzushi

## Nage Waza (Throwing Techniques)

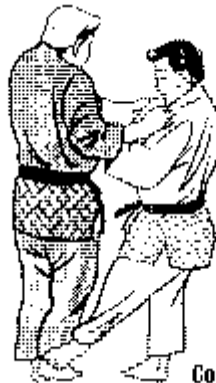
### Harai Goshi

(Sweeping Hip Throw)

Copyright Bill Nauta, Encino Judo Club



### Okuri Ashi Barai (Following Foot Sweep)

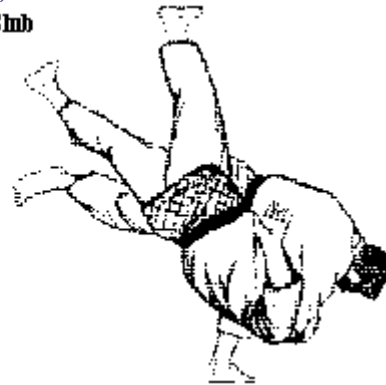


Copyright Bill Nauta, Encino Judo Club

### Uchimata

(Inner Thigh Throw)

Copyright Bill Nauta, Encino Judo Club



## Go-no-sen-no-Kata (forms of counters)

### Deashi Barai

(Forward Foot Sweep)



Copyright Bill Nauta, Encino Judo Club

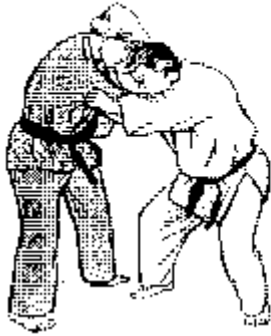
# Blue Belt (Continued)

Nage-no-Kata (forms of throws)

## Kata Guruma

(Shoulder Wheel)

Copyright Bill Nauta, Encino Judo Club



Osaekomi Waza (holding Techniques)

## Ushiro Kesa Getame

& Escapes



# Blue / Brown Belt

## Ukemi

Full Breakfalls

## Kuzushi

Full Kuzushi

## Nage Waza (Throwing Techniques)

### Tani Otoshi

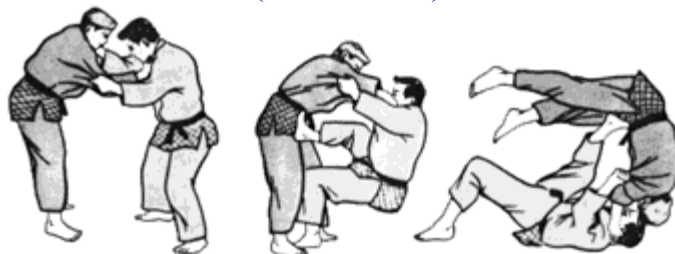
(Valley Drop)



Copyright Bill Nauta, Encino Judo Club

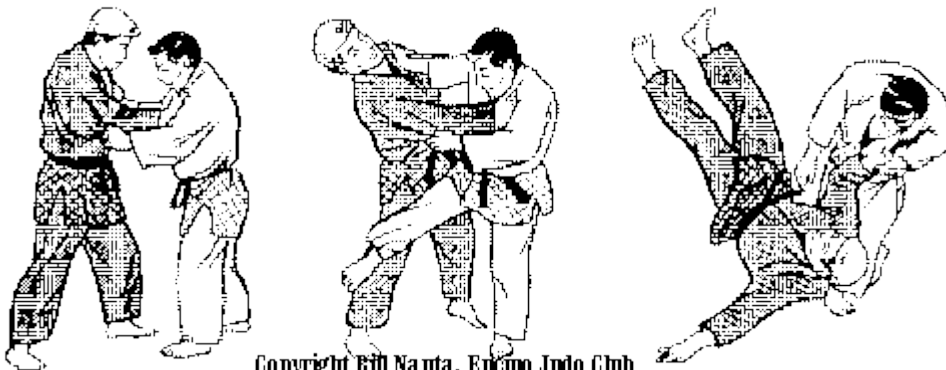
### Tomoe Nage

(Circle Throw)



### Ashi Guruma

(Leg Wheel)

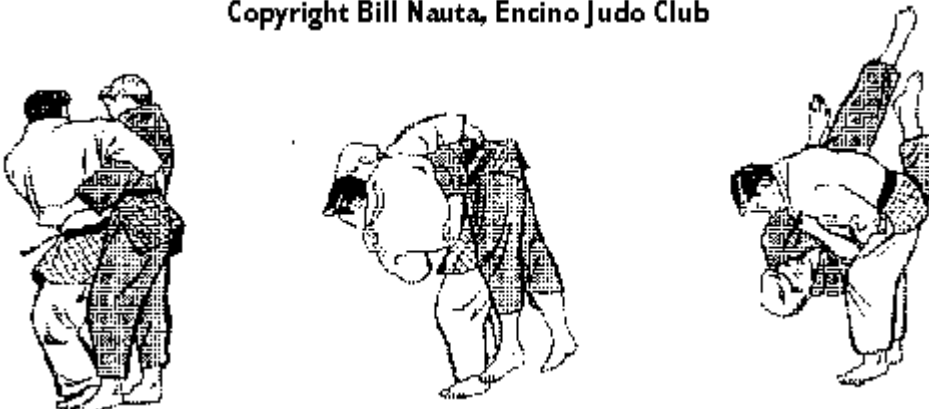


Copyright Bill Nauta, Encino Judo Club

### Tsuri Goshi

(Lifting Hip)

Copyright Bill Nauta, Encino Judo Club



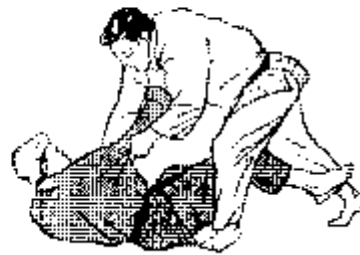


## Blue / Brown Belt (Continued)

Go-no-sen-no-Kata (forms of counters)

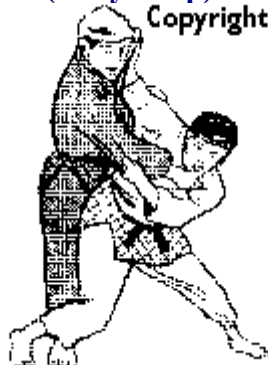
### Ko Soto Gake (Small Outside Hook)

Copyright Bill Nauta, Encino Judo Club



### Tai Otoshi (Body Drop)

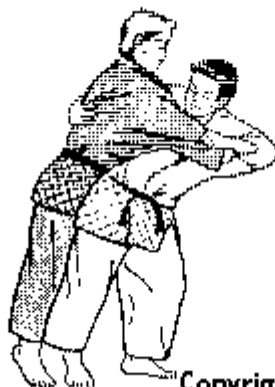
Copyright Bill Nauta, Encino Judo Club



Nage-no-Kata (forms of throws)

### Uki Goshi (Floating Hip)

Copyright Bill Nauta, Encino Judo Club



Osaekomi Waza (holding Techniques)

Kuzure Yoko Shiho Getame

& Escapes





# Purple Belt

## Ukemi

Full Breakfalls

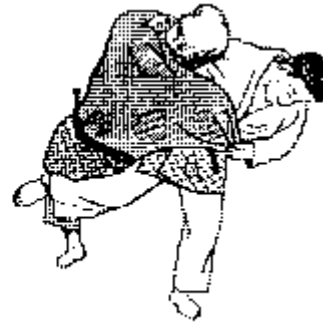
## Kuzushi

Full Kuzushi

## Nage Waza (Throwing Techniques)

### O Soto Guruma

(Large Outer Wheel)



Copyright Bill Nauta, Encino Judo Club

### Sukui Nage

(Scoop Throw)

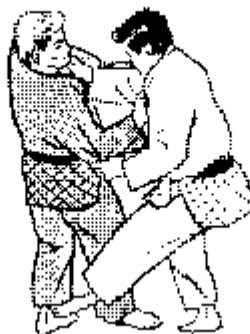
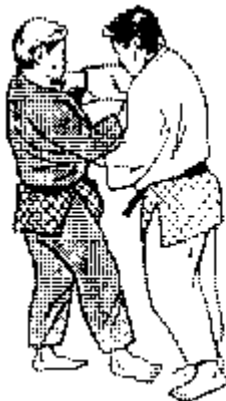


Copyright Bill Nauta, Encino Judo Club

### Yoko Gake

(Side Hook)

Copyright Bill Nauta, Encino Judo Club



### Yoko Otoshi

(Side Drop)

Copyright Bill Nauta, Encino Judo Club



**Purple Belt (Continued)**

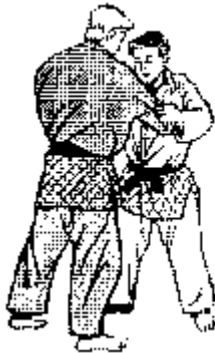
Go-no-sen-no-Kata (forms of counters)

**Ko Uchi Gari**  
**(Small Inner Reap)**

Copyright Bill Nauta, Encino Judo Club



**Sasae Tsurikomi Ashi**  
**(Lifting Pulling Ankle Block)**



Copyright Bill Nauta, Encino Judo Club

Nage-no-Kata (forms of throws)

**Harai Goshi**  
**(Sweeping Hip Throw)**

Copyright Bill Nauta, Encino Judo Club



Osaekomi Waza (holding Techniques)

Makura Kesa Getame  
& Escapes



# Brown Belt

## Ukemi

Full Breakfalls

## Kuzushi

Full Kuzushi

## Nage Waza (Throwing Techniques)

### Yoko Guruma

(Side Wheel)

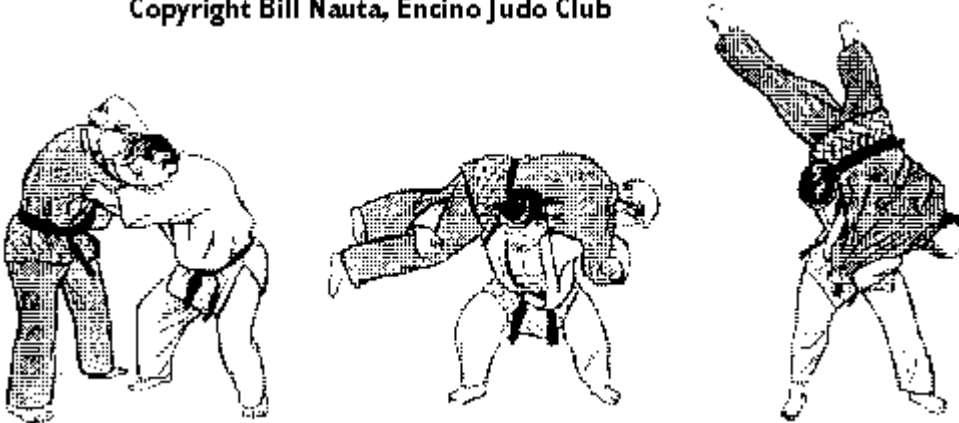


Copyright Bill Nauta, Encino Judo Club

### Kata Guruma

(Shoulder Wheel)

Copyright Bill Nauta, Encino Judo Club



### Ushiro Goshi

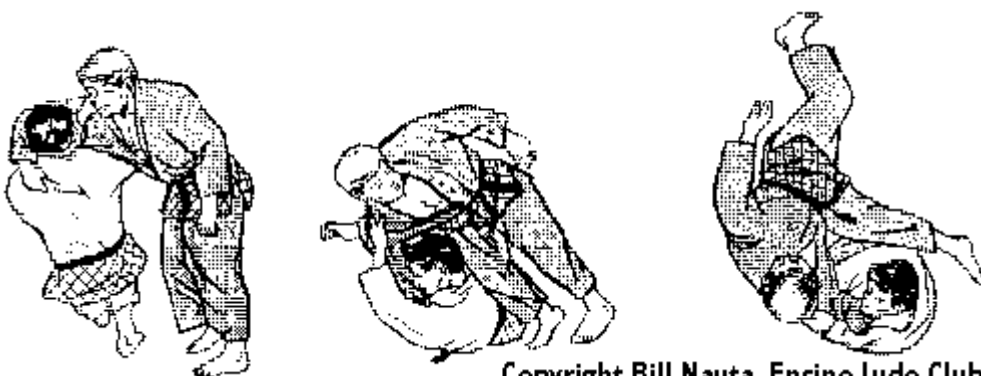
(Rear Hip Throw)

Copyright Bill Nauta, Encino Judo Club



### Yoko Wakare

(Side Separation)



Copyright Bill Nauta, Encino Judo Club

## Brown Belt (Continued)

Go-no-sen-no-Kata (forms of counters)

### KubiNage

(Neck Throw)

Billedserien er laget av Thom Hallum, NJK



### Ushiro Goshi

(Rear Hip Throw)

Copyright Bill Nauta, Encino Judo Club



Nage-no-Kata (forms of throws)

### Tsurikomi Goshi

(Lifting Pulling Hip)

Copyright Bill Nauta, Encino Judo Club

