

# Kyu Syllabus - Nage-waza



TSURI-GOSHI



KO-SOTO-GARI



HIZA-GURUMA



TAI-OTOSHI



O-UCHI-GARI



O-SOTO-OTOSHI



UKI-OTOSHI



KO-UCHI-GARI



IPPON-SEOI-NAGE



DE-ASHI-BARAI



SASAE-TSURIKOMI-ASHI



OKURI-ASHI-HARAI



O-SOTO-GARI



SEOI-NAGE



ERI-SEOI-NAGE



TSURIKOMI-GOSHI



HARAI-GOSHI



TANI-OTOSHI



SODE-TSURIKOMI-GOSHI



YOKO-TOMOE-NAGE



YOKO-OTOSHI



HARAI-TSURIKOMI-ASHI



SUMI-GAESHI



TOMOE-NAGE



HANE-GOSHI



USHIRO-GOSHI



OBI-TORI-GAESHI



SEOI-OTOSHI



UCHI-MATA



HANE-GOSHI-GAESHI



KO-UCHI-GAESHI



UCHI-MATA-GAESHI



KOSHI-GURUMA



HARAI-MAKIKOMI



O-SOTO-MAKIKOMI



SUMI-OTOSHI



URA-NAGE



YOKO-GURUMA



KO-UCHI-MAKIKOMI



YOKO-WAKARE