



JUDO BLACK BELT SOUTH AFRICA ASSOCIATION

YUDANSHA SYLLABUS

NIDAN (2nd Grade Black Belt)

The rank of Nidan is an extension of Shodan and the judoka is expected to continue his progress and refine the fundamental skills he has learned for Shodan. Time in grade is important as the judoka matures and continues in his study of judo. This is a time when the judoka also “makes his/her judo work for him” and applies the basic skills so that they best suit his strength, size and any other factors. This is also a time when the judoka assists a senior coach or starts teaching on his own so that he has a better understanding of as many aspects of judo as possible. The student is required to attend as many FJSAOA and/or IFJA clinics, seminars, workshops and classes as possible to improve his skill level. The student is also required to go through coach education and become accredited or certified as an FJSAOA or IFJA Judo Coach (this applies to everyone, including competitive judo athletes).

There are few additional technical requirements for Nidan other than the fact that the judoka must progress in the quality of his technical skills and understanding of judo. If the judoka’s technical skill was a “7” on a scale of 1 to 10 (with 10 as the best), then he should improve it to as close to “10” as possible to be a Nidan. The judoka is expected to broaden his functional knowledge base as much as possible. It’s best to have the judoka work under the supervision of a senior coach so his skill level can be better assessed and suggestions on individual improvement can be made. The minimum age requirement for Nidan is 18 years of age. Time in grade is a minimum of 2 years and more often, it’s anywhere from 2 to 6 years. The student must also be current in his CPR certification and he is expected to continue to improve as a judo referee. When testing for this rank, the applicant will be required to undergo the same test as that for Shodan and meet all the requirements as listed for Shodan.

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- 1-APPLICANT MUST BE A MINIMUM AGE OF 18 YEARS OLD.
- 2-APPLICANT MUST BE A CURRENT FJSAOA MEMBER AND PASS THE FJSAOA BACKGROUND CHECK.
- 3-APPLICANT MUST HAVE EXCELLENT ATTENDANCE IN ALL CLASSES, WORKOUTS, CLINICS AND SEMINARS IS REQUIRED.
- 4-APPLICANT MUST HAVE A FUNCTIONAL, WORKING KNOWLEDGE OF THE JAPANESE TERMINOLOGY USED IN JUDO.
- 5-APPLICANT MUST HAVE A WORKING, FUNCTIONAL KNOWLEDGE OF THE HISTORY OF KODOKAN JUDO.
- 6-APPLICANT MUST BE CURRENTLY CERTIFIED OR ACCREDITED IN CPR WITH A VALID, RECOGNIZED AGENCY.
- 7-APPLICANT MUST HAVE A MINIMUM TIME IN GRADE AS SHODAN OF TWO (2) YEARS. (THIS IS A MINIMUM-NOT STANDARD TIME IN GRADE.
- 8-APPLICANT MUST ASSIST A SENIOR COACH IN TEACHING OR COACHING DUTIES.
- 9-APPLICANT MUST DEMONSTRATE SKILLFUL JUDO IN BOTH STANDING AND GROUND FIGHTING DURING RANDORI.
- 10-IF APPLICANT IS A COMPETITIVE ATHLETE, HE MUST EARN A MINIMUM OF TEN (10) PROMOTION POINTS OR WIN THE PROMOTION BY BATSUGAN (SEE EXPLANATION BELOW).
- 11-IF THE APPLICANT IS NOT A COMPETITIVE ATHLETE, HE MUST HAVE ACTIVELY TRAINED AS A JUDO REFEREE AND HAVE EARNED A REFEREE'S ACCREDITATION IN THE AMATEUR ATHLETIC UNION (AAU) OR OTHER VALID ORGANIZATION.
- 12-APPLICANT MUST KNOW BOTH THE JAPANESE AND ENGLISH TERMINOLOGY FOR ALL THE TECHNIQUES HE OR SHE IS REQUIRED TO DEMONSTRATE AS WELL AS KNOW THE REQUIRED JAPANESE TERMINOLOGY AS USED IN JUDO AND LISTED IN THIS SYLLABUS.

PROMOTION POINTS AND BATSUGAN (FIELD PROMOTION)

- 1-PROMOTION POINTS ARE EARNED IN THE FOLLOWING WAY:
 - 2 POINTS-FOR DEFEATING AN OPPONENT OF HIGHER RANK OR OPPONENT OF EQUAL RANK IN INTERNATIONAL TOURNAMENT.
 - 1 POINT-FOR DEFEATING AN OPPONENT OF EQUAL RANK OR OPPONENT OF LESSER RANK IN INTERNATIONAL TOURNAMENT.
 - ½ POINT-FOR DEFEATING AN OPPONENT OF NO MORE THAN TWO (2) RANKS LOWER THAN APPLICANT.
- 2-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 5 OPPONENTS OF EQUAL OR HIGHER RANK IN THE SAME TOURNAMENT BY IPPON VICTORIES (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE SHODAN).
- 3-IF APPLICANT IS A COMPETITIVE ATHLETE AND DEFEATS 7 OPPONENTS OF EQUAL OR HIGHER BELT RANK IN THE SAME TOURNAMENT (INJURIES OR KIKEN GACHI AND OPPONENTS WHO HAVE WITHDRAWN OR FUSEN GACHI DO NOT COUNT), HE WILL BE PROMOTED BY BATSUGAN TO THE NEXT RANK (IN THIS CASE NIDAN).
- 4-ONE (1) POINT FOR EACH YEAR APPLICANT IS A CERTIFIED FJSAOA JUDO COACH.
- 5-ONE (1) POINT FOR EACH YEAR APPLICANT IS AN ACCREDITED FJSAOA JUDO REFEREE.

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TIME IN GRADE SCALE

10 promotion points earned	2 years' time in grade as Shodan
7 promotion points earned	3 years' time in grade as Shodan
5 promotion points earned	4 years' time in grade as Shodan
3 promotion points earned	5 years' time in grade as Shodan
2 or less promotion points earned	6 years' time in grade as Shodan

KATA/DEMONSTRATION OF TECHNIQUE

Goal-Demonstrate functional skill in selected Kodokan Judo Kata.

DEMONSTRATE ENTIRE NAGE NO KATA (FORM OF THROWING) OR KATA OF APPLICANT'S CHOICE AS TORI PERFORMING TECHNIQUES ON BOTH RIGHT AND LEFT SIDES.

Kata is structured learning. It is considered a form of training in the same way randori (free practice) and shiai (contest) are. If an applicant is a “non-competitor” and has less than 2 promotion points, the demonstration of kata may substitute for promotion points earned in contest.

TERMINOLOGY AND HISTORY

Goal-Every activity has its own terminology that helps everyone understand the concepts, theories and actual application of that particular activity. Judo is no different. Japanese terminology is useful in understanding the underlying and foundational concepts and theories of Kodokan Judo. Additionally, the Japanese terminology is used as the common language of judo all over the world. It is essential to understand as much of the Japanese terminology as possible to have a real comprehension of Kodokan Judo. Understanding the history of Kodokan Judo is essential to a more complete comprehension of judo as a method of physical education, sport, self-defense and recreational activity. One must know and appreciate the history of any activity or subject to have a good understanding of how and why that activity thrives. Kodokan Judo is no different.

APPLICANT MUST KNOW THE FOLLOWING TERMINOLOGY.

Important: Applicant must know both the English and Japanese names for all the techniques required for all ranks. The following are not in alphabetical order.

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RENZOKU WAZA-CONTINUOUS TECHNIQUES (OFTEN A TRANSITION FROM ONE TECHNIQUE IMMEDIATELY TO THE NEXT.)
KAESHI WAZA-COUNTER TECHNIQUES
NAGEKOMI-THROWING PRACTICE
HON-BASIC. THE BASIC APPLICATION OF A TECHNIQUE.
KUZURE-BROKEN. REFERS TO A VARIATION OF THE BASIC TECHNIQUE.
HENKA-VARIATION OR MODIFICATION OF A TECHNIQUE.
MOROTE-MEANS "BOTH HANDS."
IPPON-THE REFEREE'S SIGNAL THAT A WINNING TECHNIQUE HAS BEEN SCORED (FULL POINT). "IPPON" MEANS A VARIETY OF THINGS BUT IT OFTEN MEANS "A SINGLE POINT" OR REFERS TO ANYTHING SINGULAR SUCH AS IN IPPON SEOI NAGE.
MAE-FRONT OR IN FRONT OF SOMETHING.
USHIRO-REAR DIRECTON. ALSO USED IS THE WORD URA, MEANING "REAR OR BEHIND."
GYAKU-REVERSE OR OPPOSITE ACTION. SOMETIMES, GYAKU WAZA (REVERSE TECHNIQUES) REFER TO JOINT LOCKS.
SUKASHI-EVASIVE ACTION
KIHON RENSHU-PRACTICING THE FUNDAMENTALS. "KIHON" MEANS FUNDAMENTAL OR BASIC AND "RENSHU" REFERS TO PRACTICE.

UCHIKOMI/BUTUSKARI-REPETITIVE FITTING IN PRACTICE. THE TERM "BUTSUKARI" IS AN OLDER TERM THAT WAS USED IN KODOKAN JUDO FOR MANY YEARS THAT IS NOW CALLED UCHIKOMI. BUTUSUKARI IS NOW OFTEN USED TO DENOTE THE REPETITIVE, FITTING-IN MOVEMENT WHEN PRACTICING A THROW WITH THE EMPHASIS ON FOOT PLACEMENT AND FOOT SPEED.
MAKIKOMI-WINDING ACTION WHEN THROWING AN OPPONENT
TAISABAKI-BODY MOVEMENT OR BODY MANAGEMENT BY TURNING THE BODY OR IN ANYTHING OTHER THAN A STRAIGHT LINE. THIS REFERS TO THE MOVEMENT OF THE BODY WHEN THE JUDOKA "LEADS WITH HIS HIPS."
HAVING AN UPRIGHT POSTURE AND USING THE HIPS TO GENERATE MOVEMENT AND POWER ARE WHAT TAISABAKI IS ABOUT.
SHINTAI-FOOTWORK OR BODY MOVEMENT IN A LINEAR FASHION IN ANY DIRECTION. THERE ARE SEVERAL METHODS OF FOOTWORK USED IN JUDO AND THIS IS THE GENERIC TERM FOR THEM. THE MOST COMMON METHODS OF JUDO FOOTWORK ARE; 1-AYMI ASHI/NORMAL STEPPING OR WALKING 2-TSUGI ASHI/SLIDING OR FOLLOW-FOOT MOVEMENT.
SHISEI-POSTURE OR STANCE. THERE ARE SEVERAL BASIC POSTURES USED IN JUDO. 1-SHIZENHONTAI/NATURAL BASIC POSTURE 2-MIGI SHIZENTAI/RIGHT NATURAL POSTURE 3-HIDARI SHIZENTAI/LEFT NATURAL POSTURE 4-JIGOHONTAI/DEFENSIVE OR CROUCHED BASIC POSTURE 5-MIGI JIGOTAI/RIGHT DEFENSIVE POSTURE 6-HIDARI JIGOTAI/LEFT DEFENSIVE POSTURE.
KEIKO-PRACTICE (RENSHU ALSO MEANS "PRACTICE.")

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JUNBI UNDO-WARM UP EXERCISE
SHUMASTU UNDO-COOL DOWN EXERCISES
TAISO-EXERCISES OR CALISTHENICS
ASHI-FOOT OR LEG
HIZA-KNEE
TE-HAND
UDE-ARM
HIJI-ELBOW
ATAMA-HEAD
KUBI-NECK
KOSHI-HIP
KATA-SHOULDER
TSURIKOMI-REFERS TO THE LIFTING AND PULLING ACTION USED WHEN THROWING AN OPPONENT.
SANKAKU (SANGAKU)-MEANS “THREE CORNERS” AND REFERS TO A TRIANGLE.
YUDANSHA-PHRASE THAT REFERS TO BLACK BELTS. ACTUALLY MEANS “GRADED OR RANKED” PERSON.
MUDANSHA-PHRASE THAT REFERS TO ALL NON-BLACK BELTS. ACTUALLY MEANS “UNGRADED OR UNRAKED” PERSON.

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NAGE WAZA (THROWING TECHNIQUES)

APPLICANT MUST DEMONSTRATE THE FOLLOWING NAGE WAZA.

DAI IKKYO

DEMONSTRATE ENTIRE KAI IKKYO.









Dai-ikkyo (group 1)

							
De-ashi-harai	Hiza-guruma	Sasae-tsurikomi-ashi	Uki-goshi	Osoto-gari	O-goshi	Ouchi-gari	Seoi-nage

DAI NIKYO

DEMONSTRATE ENTIRE DAI NIKYO.

Dai-nikyo (group 2)

							
Kosoto-gari	Kouchi-gari	Koshi-guruma	Tsurikomi-goshi	Okuri-ashi-harai	Tai-otoshi	Harai-goshi	Uchi-mata

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DAI SANKYO

DEMONSTRATE ENTIRE DAI SANKYO.

Dai-sankyo (group 3)

							
Kosoto-gake	Tsurigoshi	Yokotoshi	Ashiguruma	Hane-goshi	Harai-tsurikomi-ashi	Tomoe-nage	Kata-guruma

DAI YONKYO

DEMONSTRATE ENTIRE DAI YONKYO.


Dai-yonkyo (group 4)

							
Sumi-gaeshi	Tani-otoshi	Hane-makikomi	Sukui-nage	Utsuri-goshi	O-guruma	Sotomakikomi	Uki-otoshi

DAI GOKYO

DEMONSTRATE ENTIRE DAI GOKYO.

Dai-gokyo (group 5)

							
Osotoguruma	Uki-waza	Yokowakare	Yokoguruma	Ushirogoshi	Ura-nage	Sumiotoshi	Yokogake

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HABUKARETA WAZA

DEMONSTRATE FIVE (5) TECHNIQUES OF APPLICANT'S CHOICE.

- OBI OTOSHI - BELT DROP



- SEOI OTOSHI - SHOULDER DROP



- YAMA ARASHI - MOUNTAIN STORM



- O SOTO OTOSHI - MAJOR OUTER DROP



- DAKI WAKARE - HOLDING SEPARATION THROW



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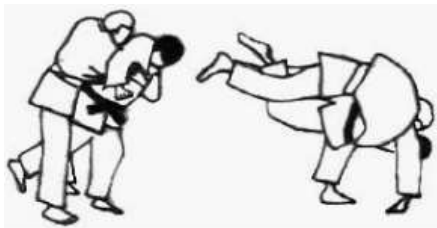
- HIKKOMI GAESHI - PULLING COUNTER THROW



- TAWARA GAESHI - BALE COUNTER THROW



- UCHI MAKIKOMI - INNER WINDING THROW



SHINMEISHO NO WAZA

DEMONSTRATE FIVE (5) TECHNIQUES OF APPLICANT'S CHOICE.

- MOROTE GARI - BOTH HANDS REAP
- KUCHIKI DAOSHI (OR TAOSHI) - DEAD TREE DROP
- KIBISU GAESHI - HEEL COUNTER THROW (*Grab the inside/outside heel and push back (Ko-Uchi))*)
- UCHI MATA SUKASHI - INNER THIGH AVOIDANCE THROW (*Evade and hand throw*)
- **DAKI AGE** - **HOLDING LIFTING THROW** (*Pick up till shoulder height _Illegal*)
- TSUBAME GAESHI - SWALLOW FLIGHT COUNTER THROW
- KO USHI GAESHI - MINOR INNER THROW COUNTER (*when attacked K/U evade and twist & throw*)
- O UCHI GAESHI - MAJOR INNER THROW COUNTER (*Clip his attacking foot or the other foot*)
- O SOTO GAESHI - MAJOR OUTER THROW COUNTER (*Counter with the same throw*)
- HARAI GOSHI GAESHI - SWEEPING HIP THROW COUNTER (*like utsuru goshi, but sweep the standing leg*)
- HANE GOSHI GAESHI - SPRINGING HIP THROW COUNTER (*Pick up, Twist and sweep the standing leg*)
- **KANI BASAMI** - **CRAB SCISSORS THROW**
- O SOTO MAKIKOMI - MAJOR OUTER WINDING THROW
- **KAWAZU GAKE** - **LEG ENTWINING THROW** (*Grab uke's neck hook from the inside and fall with*)
- SODE TSURIKOMI GOSHI - SLEEVE LIFTING PULLING HIP THROW
- IPPON SEOI NAGE - ONE ARM SHOULDER THROW

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KATAME WAZA (GRAPPLING TECHNIQUES)

OSAEKOMI WAZA (IMMOBILIZATION, HOLDING OR PINNING TECHNIQUES GOALS-HAVE FUNCTIONAL SKILL AND UNDERSTANDING OF HOW TO HOLD OPPONENT TO THE MAT. BODY POSITION, WEIGHT DISTRIBUTION AND ABILITY TO MAINTAIN A GOOD BASE ARE IMPORTANT.

APPLICANT MUST DEMONSTRATE THE FOLLOWING TECHNIQUES.

- 1-MUNE GATAME/CHEST HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)
- 2-KESA GATAME/SCARF HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM AND ONE (1) NOGARE KATA (ESCAPE FORM)
- 3-KATA GATAME/SHOULDER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)
- 4-YOKOSHIHO GATAME/SIDE 4-CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)
- 5-KAMISHIHO GATAME/UPPER 4-CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM)
- 6-TATESHIHO GATAME/VERTICAL 4-CORNER HOLD (AND VARIATION) AND ONE (1) HAIRI KATA (ENTRY FORM) AND ONE (1) NOGARE KATA (ESCAPE FORM).
- 7-UKI GATAME/STRADDLE HOLD AND ONE (1) HAIRI KATA AND ONE (1) NOGARE KATA (ESCAPE FORM).

**GENERAL NEWAZA SKILLS
1-SAME REQUIREMENTS AS SHODAN.**

KANSETSU WAZA (ARM JOINT TECHNIQUES)

GOALS-ABILITY OF APPLICANT TO PERFORM ARMLOCKS IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ROLLS AND SET UPS FOR A VARIETY OF ARMLOCKS. APPLICANT MUST BE ABLE TO PERFORM GOOD SKILL AT ARMLOCK DEFENSES. EXCELLENT SKILL AT LEVERS AND PRYING ARM FREE TO APPLY JUJI GATAME.

- 1-UDEHISHIGI JUJI GATAME (JUJI GATAME)/CROSS-BODY ARMLOCK
APPLICANT MUST DEMONSTRATE FOUR (4) FUNCTIONAL APPLICATIONS OF JUJI GATAME.
- 2-UDE GARAMI/ARM ENTANGLEMENT (BENT ARMLOCK)
A-BASIC FROM TOP IN THE "UP" POSITION.
B-BASIC FROM TOP IN THE "DOWN" POSITION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GARAMI.
- 3-WAKI GATAME/ARMPIT LOCK
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF WAKI GATAME.
- 4-UDE GATAME/ARM LOCK (STRAIGHT ARMLOCK)
1-DEMONSTRATE THE BASIC FIGURE-4 VARIATION.
2-DEMONSTRATE THE BASIC BOTH HANDS ON ELBOWS VARIATION.
APPLICANT MUST DEMONSTRATE TWO (2) FUNCTIONAL APPLICATIONS OF UDE GATAME.
APPLICANT MUST DEMONSTRATE AT LEAST ONE (1) NOGARE KATE (DEFENSE FORM) FOR EACH OF THE FOUR CORE KANSETSU WAZA OF JUJI GATAME, UDE GARAMI, WAKI GATAME AND UDE GATAME.

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SHIME WAZA (STRANGLING OR CHOKING TECHNIQUES)

GOALS-ABILITY OF APPLICANT TO PERFORM STRANGLING TECHNIQUES IN A FUNCTIONAL WAY. HAVE EXCELLENT SKILLS AND UNDERSTANDING OF THE ENTRY FORMS FOR A VARIETY OF STRANGLING TECHNIQUES. APPLICANT MUST DEMONSTRATE THE FOLLOWING SHIME WAZA AND AT LEAST ONE (1) FUNCTIONAL VARIATION OF EACH.

- 1-HADAKA JIME/NAKED CHOKE (SQUARE GRIP)
 - 2-HADAKA JIME/FIGURE 4 VERSION NAKED STRANGLE
 - 3-JUJI JIME/CROSS CHOKE FROM BOTTOM
 - 4-JUJI JIME/CROSS CHOKE FROM TOP
- ON THE JUJI JIME SERIES, APPLICANT MUST ALSO DEMONSTRATE THE 3 BASIC HAND POSITIONS FOR APPLYING THE STRANGLE. 1-NAMI (NORMAL) POSITION. 2-GYAKU (REVERSE) POSITION. 3-KATA (HALF AND HALF OR CROSSED) POSITION.
- 5-OKURI ERI JIME/SLIDING LAPEL CHOKE (BASIC APPLICATION)
 - 6-KATA HA JIME/SINGLE WING CHOKE (BASIC APPLICATION)
 - 7-KATA JIME/SHOULDER CHOKE
 - 8-SANKAKU JIME /TRIANGLE CHOKE (FROM FRONT OFF BUTTOCKS)
 - 9-SANKAKU JIME/TRIANGLE CHOKE (FROM TOP WITH OPPONENT ON ALL FOURS OR FLAT)
 - 10-JIGOKU JIME/HELL STRANGLE FROM ANY POSITION APPLICANT CHOOSES.
- APPLICANT MUST DEMONSTRATE TWO NOGARE KATA (ESCAPE FORMS) AGAINST ANY TWO SHIME WAZA OF HIS/HER CHOICE.

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List of all Arm bars and Arm Locks Techniques:

- Gyaku Juji Gatame
- Ashi Gatame
- Kannuki Gatame (or see this drawing)
- Hiza Gatame (a drawing and another)
- Ude Hishigi Ashi Gatame (Leg Lock)
- Ude Hishigi Hara Gatame (Stomak Lock)
- Ude Hishigi Hiza Gatame (Knee Lock)
- Ude Hishigi Juji Gatame (Cross Lock)
- Ude Hishigi Te Gatame (Hand Lock)
- Ude Hishigi Waki Gatame (Armpit Lock)
- Ude Hishigi Ude Gatame (Straight Arm Lock)
- Ude Hishigi Sankaku Gatame (Triangular Lock)
- Ude Garami (Bent Arm Lock)

Shime-Waza (Choking Techniques) is one of the groups of Katamewaza

The execution of choke is in practice a subtle art because of the potential danger for the opponent. There are three fundamental manners for chokes: compression of the neck-veins which restricts the flow of blood and oxygen to the brain, compression of the trachea, and compression of the chest and the lungs which prevents breathing.

- Gyaku Juji Jime (Reverse Cross Choke)
- Nami Juji Jime (Normal Cross Choke)
- Kata Juji Jime (Half Cross Choke)
- Hadaka Jime (Rear Naked Choke)
- Kata Ha Jime (Single Wing Choke)
- Kata Te Jime (One hand Choke)
- Okuri Eri Jime (Sliding Lapel Choke)
- Ryo Te Jime (Two Handed Choke)
- Sankaku Jime (Triangle Choke)
- Sode Guruma Jime (Sleeve Wheel Choke)
- Tsukkomi Jime (Thrust Choke)

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MAE SANKAKU JIME



YOKO SANKAKU JIME



USHIRO SANKAKU JIME



RIOTE JIME



JUGOKU JIME



SODE GURUMA JIME



HADAKA JIME



OKURI ERI JIME



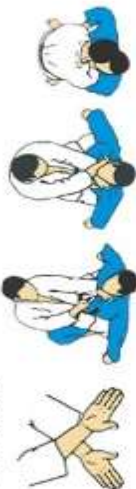
KATATE JIME



KATAHA JIME



GYAKU JUJI JIME



NAMI JUJI JIME



KATA JUJI JIME



TSUKOMI JIME





JUJI-JIME



HATA-HI JIME



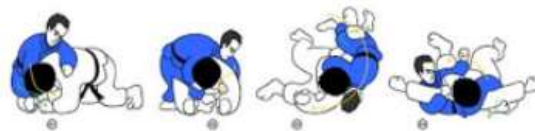
Kata Te Jime



Katate-Jime



Hara Gatame Jime



Jigoku Jime



Omote Sankaku Jime



HADAKA JIME

Dōtai te



Variations



SANKAKU JIME / ASHI-GATABE JIME



Variations





<p>Ude hishigi juji gatame</p>	<p>Ude gatame</p>	<p>Ude garami</p>
<p>Hiza gatame</p>	<p>Te gatame</p>	<p>Kannuki gatame</p>
<p>Ashi garami *</p>	<p>Waki gatame</p>	<p>Sankaku ude hishigi</p>
<p>Hara gatame</p>	<p>Ude hishigi ashi gatame</p>	<p>Kesa garami (Kesa ashi gatame)</p>



Judo Techniques



1. Hon Kesa Gatame



2. Kuzure Kesa Gatame



3. Kuzure Yoko Shiho



4. Makura Kesa Gatame



5. Kuzure Kami Shio Gatame



6. Kami Shio Gatame



7. Ushiro Kesa Gatame



10. Kata Gatame



8. Yoko Shiho Gatame



9. Tate Shiho Gatame

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