

SAN KYU (3rd Grade) GREEN BELT



NAGE WAZA (THROWING TECHNIQUES)



Harai Goshi
(Sweeping Hip)



Harai Goshi Gaeshi
(Sweeping Hip Counter)



Ushiro Goshi
(Backwards Hip)



O Soto Guruma
(Major Outer Wheel)



Tsuru Komi Goshi
(Lifting Pulling Hip)



Ashi Guruma
(Leg Wheel)



Uchi Mata
(Inner Thigh)



Uchi Mata Gaeshi
(Inner Thigh Counter)



Ko Uchi Makikomi
(Minor Inner Winding)



Ko Soto Gari
(Minor Outer Reaping)



De Ashi Barai
(Advancing Foot Sweep)



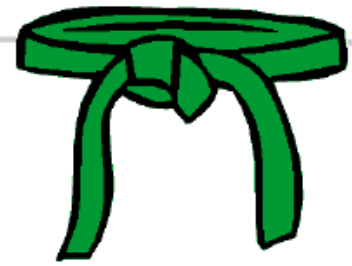
Tomoe Nage
(Circle Throw)



Tani Otoshi
(Valley Drop)



JNZ GRADING SYLLABUS



SAN KYU (3rd Grade) GREEN BELT

OSAE WAZA (HOLDING TECHNIQUES)



Kuzure Tate Shiho Gatame
(Modified Lengthwise
Four Quarters Holding)



Ushiro Kesa Gatame
(Reverse Scarf Holding)

KANSETSU WAZA (JOINT LOCKING TECHNIQUES)



Te Gatame
(Hand Arm Lock)



Ashi Gatame
(Leg Lock)



Ude Hishigi Juji Gatame
(Arm Crushing Cross Arm Lock)

SHIME WAZA (STRANGLING TECHNIQUES)



Nami Juji Jime
(Normal Cross Strangle)



Kata Juji Jime
(Single Cross Strangle)



Gyaku Juji Jime
(Reverse Cross Strangle)



TEACHING & GRADING SYLLABUS

3rd KYU (GREEN BELT)

- General:** Recommended minimum of 6 months as a registered 4th Kyu holder.
Sound knowledge of Judo customs and formalities including Dojo positions, Kamiza and Joseki.
Conversant with all basic terminology including counting.
Also please refer to separate Guidelines covering Boys, Girls & Cadets.
- Taiso:** Conversant with competition warm-up exercises and Uchi komi including Circuit Training.
- Ukemi:** Demonstrate selected ukemi to Nage no kata standard.
- Nage komi:** Capable of demonstrating varied throwing practice methods.
- Uchi komi:** Proficient in the 5 basic entries for: form, speed, and power training.
- Nage waza:** To demonstrate any seven of the following techniques in Nage Komi (moving) form: Harai goshi (Sweeping Hip), Harai goshi gaeshi (Sweeping Hip Counter), Ushiro goshi (Backwards Hip), O soto guruma (Major Outer Wheel), Tsuru komi goshi (Lifting Pulling Hip), Ashi guruma Leg Wheel), Uchi mata (Inner Thigh), Uchi mata gaeshi (Inner Thigh Counter), Ko uchi makikomi (Minor Inner Winding), Ko soto gari (Minor Outer Reaping), De ashi barai (Advancing Foot Sweep), Tomoe nage Circle Throw), Tani otoshi (Valley Drop).
- Nage no kata:** Koshi waza set (Proficient as Tori)
- Osae waza:** Kuzure tate shiho gatame (Modified Lengthwise Four Quarter Holding), Ushiro kesa gatame (Reverse Scarf Holding).
- Shime waza:** Nami Juji jime (Normal Cross Strangle), Kata ha jime (Single Cross Strangle), Gyaku juji jime (Reverse Cross Strangle),
- Kansetsu:** Te gatame (Hand Arm Lock), Ashi gatame (Leg lock), Ude hishigi juji gatame (Arm Crushing Cross Arm Lock).
- Fusegi:** Defence against Osae, Shime and Kansetsu waza.
- Renraku:** Osoto gari/Tai otoshi, Osoto gari/Ouchi gari, Seoi nage/Kouchi gari Seoi nage/Ouchi gari, Kouchi gari/Uchi mata, Kouchi gari/Ouchi gari.
- Rules:** Conversant with IJF Contest Rules and Prohibited Acts.
- Revision:** On selected requirements for 6th, 5th & 4th Grades
- Randori:** Capable of Randori with all Kyu and Dan grades.
- Note:** The award of 3rd Kyu is conferred upon students who have clearly passed the elementary beginner stage, and who are capable of practising Judo in a natural style without undue rigidity with all grades. Contest ability should be evident within age limitations.

REFER TO JNZ WEBSITE ("DOCUMENTS" SECTION) FOR CURRENT REQUIREMENTS

