

Orange, 4.kyu



Nage Waza

- 1.Kosoto Gari
- 2.Kouchi Gari
- 3.Koshi Guruma
- 4.Tsurikomi Goshi
- 5.Okuri Ashi Barai
- 6.Tai Otoshi
- 7.Harai Goshi
- 8.Uchi Mata

Osaekomi Waza

- 1.Gyaku-Kesa-Gatame
- 2.Yoko-Shiho-Gatame (+frigjøring)
- 3.Mune-Gatame

Shime Waza

- 1.Kata-Juji-Jime
- 2.Nami-Juji-Jime
- 3.Gyaku-Juji-Jime

Kansetsu Waza

- 1.Ude-Hishigi-Juji-Gatame
- 2.Ude-Garami
- 3.Ude-Hishigi-Ude-Gatame