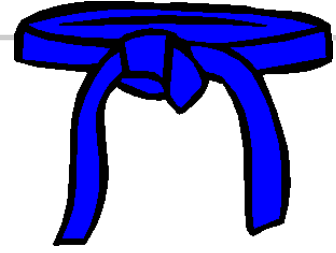


JNZ GRADING SYLLABUS

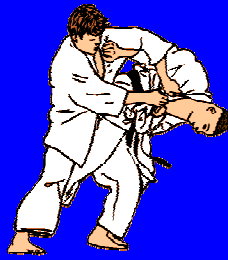


NI KYU (2nd Grade) BLUE BELT

NAGE WAZA (THROWING TECHNIQUES)



Hane Goshi
(Spring Hip)



Hane Goshi Gaeshi
(Spring Hip Counter)



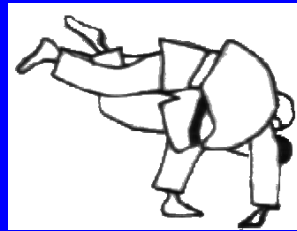
Soto Makikomi
(Outer Winding)



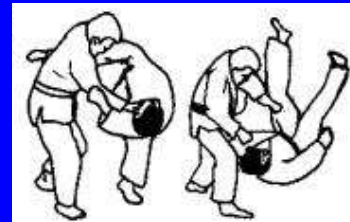
O Guruma
(Major Wheel)



O Soto Makikomi
(Major Outer Winding)



Uchi Mata Makikomi
(Inner Thigh Winding)



Uchi Mata Sukashi
(Inner Thigh Sidestep)



Sode Tsuru Komi Goshi
(Sleeve Lifting Pulling Hip)



Tsubame Gaeshi
(Swallow Counter)



Okuri Ashi Barai
(Sliding Foot Sweep)



Hikkomis Gaeshi
(Pulling-in Turnover)



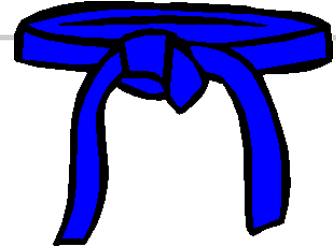
Obi Tori Gaeshi
(Belt Grab Turnover)



Sukui Nage
(Scooping Throw)

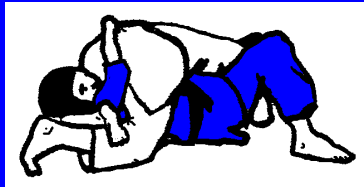


JNZ GRADING SYLLABUS



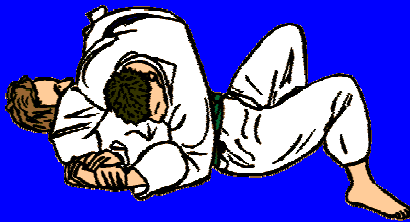
NI KYU (2nd Grade) BLUE BELT

OSAE WAZA (HOLDING TECHNIQUES)

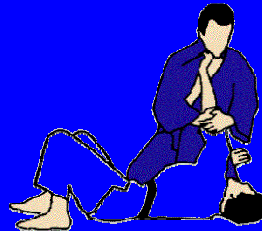


Sankaku Gatame
(Triangle Holding)

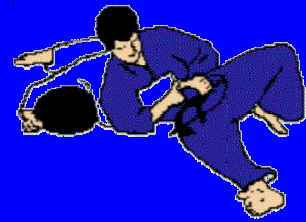
KANSETSU WAZA (JOINT LOCKING TECHNIQUES)



Ude Garami
(Entangled Arm Lock)



Ude Gatame
(Straight Arm Arm lock)



Waki Gatame
(Armpit Arm Lock)

SHIME WAZA (STRANGLING TECHNIQUES)



Sankaku Jime
(Triangle Strangle)



Okuri Eri Jime
(Sliding Collar Strangle)



Hadaka Jime
(Naked Strangle)



Kata Ha Jime
(Single Wing Strangle)



Koshi Jime
(Hip Strangle)

