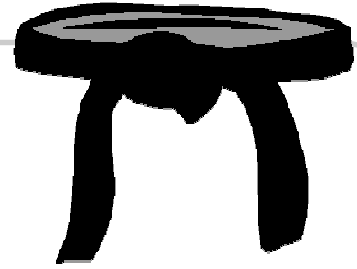


# JNZ GRADING SYLLABUS



## SHO DAN (1st Degree) BLACK BELT

### NAGE WAZA (THROWING TECHNIQUES)



**Hane Makikomi**  
(Spring Winding)



**Kubi Nage**  
(Neck throw)



**Yoko Wakare**  
(Side Separation)



**Daki Wakare**  
(Hug Separation)



**Ko Uchi Gaeshi**  
(Minor Inner Counter)



**Morote Gari\***  
(Double Hand Reaping)



**Kawazu Gake\***  
(Frog Hook)



**Kibisu Gaeshi**  
(Heel-Trip Turnover)



**Ude Gaeshi**  
(Arm Turnover)



**Kani Basami\***  
(Crab Claw)



**Obi Otoshi**  
(Belt Drop)



**Uki Waza**  
(Floating Technique)



**Sumi Otoshi**  
(Corner Drop)

### KANSETSU WAZA (JOINT LOCKING TECHNIQUES)



**Ashi Garami\***  
(Leg Entanglement)

### SHIME WAZA (STRANGLING TECHNIQUES)



**Do Jime\***  
(Trunk Strangle)

\* KINSHI WAZA (Prohibited in competition)

