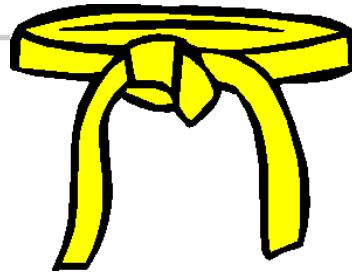


JNZ GRADING SYLLABUS

GO KYU (5th Grade) YELLOW BELT

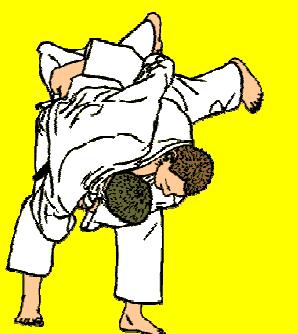


UKEMI WAZA (FALLING TECHNIQUES)

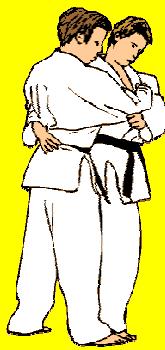


Zenpo Kaiten Ukemi (Forward Rolling Breakfall to lying & standing positions)

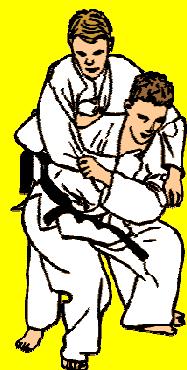
NAGE WAZA (THROWING TECHNIQUES)



O Goshi
(Major Hip)



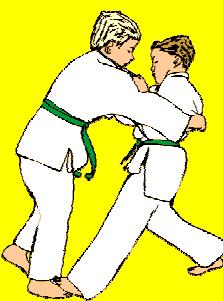
Tsuri Goshi
(Lifting Hip)



Morote Seoi Nage
(Both hands Back—Carry Throw)



O Uchi Gari
(Major Inner Reaping)

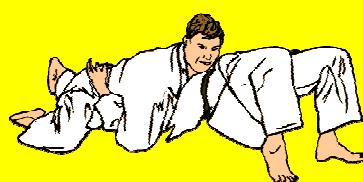


Sasae Tsuri Komi Ashi
(Propping Lifting Drawing Ankle)

OSAE WAZA (HOLDING TECHNIQUES)



Yoko Shiho Gatame
(Side Four Quarter Holding)



Kami Shiho Gatame
(Upper Four Quarter Holding)



Kata Gatame
(Shoulder Holding)



Inspire, Excel, Together.™