

Grade	5th to 4th Kyu	5th to 4th Kyu
Belt		
Tachi-waza	Tsuri-komi-goshi	Drawing hip
	O-goshi	Major hip
	Seoi-otoshi	Shoulder drop
	Morote-seoi-nage	Two handed shoulder
	O-soto-gari	Major outer reaping
	Ko-uchi-gari	Minor inner reaping
	Ko-soto-gake	Minor outer hook
	Ko-soto-gari	Minor outer reaping
Performance		
Combination	O-uchi-gari into Ko-uchi-gari	
	Ko-uchi-gari into O-soto-gari/ gake	
	Ko-uchi-gari into Morote-seoi- nage	
	Ippon-seoi-nage into Ko-uchi-gari	
	Any technique with Seoi-otoshi	
	Any technique with Ko-uchi-gari	
Counters	O-uchi-gari by Tsuri-komi-goshi	
	Tai-otoshi by Ko-soto-gari	
Ne-waza	Escape from Kesa-gatame using bridge and roll	
	Escape into Kesa-gatame from between Uke's legs	
	Escape into Yoko-shiho-gatame from between Uke's legs	
	Arm rolls	
	Straddle turn over into Tate- shiho-gatame	
Randori	3 minutes light	
Personal Choice	3 waza individually and linked (including tachi, ne, kaeshi)	
Translation	Shido/ Hansoku-make	Light penalty/ Disqualification
	Hiki-wake	Draw
	Hantei	Decision
	Uke/ Tori	Defender/ attacker
	Waza-ari-awasete-ippou	Two halves equals a full point
	Referee signal for Matte/ Osae- komi/ Toketa/ Adjust judogi	
	Correct wearing of kit and bowing procedure	
	Grips against contest rules	
	Actions against contest rules	