



**RYUDOKAN JUDO CLUB  
KESWICK**

**Green Belt Evaluation**

Name: \_\_\_\_\_

Date: \_\_\_\_\_

English/Japanese  
Acceptable  
Technique

**NAGE-WAZA**

**Improvement Required**

***Hana-Goshi***  
(spring hip)

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***Tani-Otoshi***  
(valley drop)

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***Ushiro-Goshi***  
(rear hip)

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***Uki-Otoshi***  
(floating drop)

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***Ashi-Guruma***  
(leg wheel)

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***Tomoe-Nage***  
(stomach throw)

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***Ko-Soto-Gari***  
(minor outer reap)

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***Ko-Soto-Gake***  
(minor outer hook)

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***Kata-Guruma***  
(shoulder wheel)

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**SHIME WAZA**

***Hadaka-jime***  
(naked choke)

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***Nami-juji-jime***  
(normal cross choke)

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***Gyaku-juji-jime***  
(reverse cross choke)

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***Kata-juji-jime***  
(half cross choke)

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***Ude-Hishigi-Ude-Gatame***  
(arm armlock)

**KANSETSU WAZA**

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***Ude-Hishigi-Hiza-Gatame***  
(knee armlock)

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