



Name: _____

Date: _____

*English/Japanese
Acceptable
Technique*

NAGE-WAZA

Improvement Required

Harai-Goshi
(sweeping loin)

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Ko-Uchi-Gari
(minor inner reap)

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Sasae-Tsurikomi-Ashi
(propping obstruction
foot sweep)

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Tsurikomi-Goshi
(lift pull up hip)

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Sode-Tsurikomi-Goshi
(sleeve lift pull up hip)

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Okuri-Ashi-Harai
(pursuing foot sweep)

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Hiza-Guruma
(knee wheel)

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Uke-Goshi
(floating hip)

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OSAE-KOMI-WAZA

Tate-Shiho-Gatame
(longitudinal lock)

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Kuzuri-Kami-Shiho-Gatame
(broken upper four corners
lock)

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Kuzuri-Yoko-Shiho-Gatame
(broken side lock)

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SHIME WAZA

Okuri-Eri-Jime
(sliding collar)

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Kata-Ha-Jime
(single wing)

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KANSETSU WAZA

Ude-Garame
(entangled armlock)

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Ude-Hishigi-Juji-Gatame
(cross armlock)

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