

Delta Kaigan Judo - Delta Kaigan Syllabus - Yellow (5th Kyu)



De Ashi Harai(Front Foot Sweep)



Ippon seoi nage(One arm shoulder throw)



Kosoto gake(Minor outer hook)



Kouchi makikomi(Minor inner hook)



O goshi(Major hip throw)



Osoto gari(Major outer reap)



Osoto otoshi(Major outer drop)



Uchi gari(Major inner reap)



Tai otoshi(Body drop)



Tsuru goshi(Lifting hip throw)



Kami shiho gatame(Upper four quarter hold down)



Kata gatame(Shoulder hold)



Kesa gatame(Scarf hold)



Kuzure kesa gatame(Broken scarf hold)



Mune gatame(Chest hold)



Yoko shiho gatame(Side four quarter hold)



Koho ukemi(Backward breakfall)



Yoko ukemi(Sideways breakfall)



Zempo kaitan(Forward rolling breakfall)

Delta Kaigan Judo - Delta Kaigan Syllabus - Orange (4th Kyu)



Koshi guruma(Hip wheel)



Kosoto gari(Minor outer reap)



Kouchi gari(Minor inner reap)



Okuri ashi harai(Sliding foot sweep)



Sasae tsurikomi ashi(Lifting pulling ankle throw)



Seoi nage(Two arm shoulder throw)



Sode tsurikomi goshi(Sleeve lifting and pulling hip throw)



Tsubame gaeshi(Swallow counter)



Tsurikomi goshi(Lifting and pulling hip throw)



Uki goshi(Floating hip throw)



Gyaku juji jime(Reverse cross strangle)



Kata juji jime(Half cross strangle)



Kuzure kami shiho gatame(Broken upper four quarter hold down)



Makura kesa gatame(Pillow scarf hold)



Nami juji jime(Normal cross strangle)



Ude hishigi juji gatame(Back-lying perpendicular arm bar)

Delta Kaigan Judo - Delta Kaigan Syllabus - Green (3rd Kyu)



Harai goshi(Sweeping hip throw)



Hiza guruma(Knee wheel)



Kata guruma(Shoulder wheel)



Osoto guruma(Major outer wheel)



Sukui nage(Scoop throw)



Tani otoshi(Valley drop)



Tomoe nage(Circle throw)



Uki otoshi(Floating drop)



Uki waza(Floating drop)



Hadaka jime(Naked strangle)



Kata ha jime(Single wing strangle)



Okuri eri jime(Sliding lapel strangle)



Tate shiho gatame(Vertical four quarter hold)



Ude garami(Arm entanglement)



Ude hishigi ude gatame(Straight arm lock)



Ushiro kesa gatame(Reverse Scarf Hold)



Nage No Kata - 1st set(1st set - Te Waza (tori and uke))

Delta Kaigan Judo - Delta Kaigan Syllabus - Blue (2nd Kyu)



Ashi guruma(Leg Wheel)



Hane goshi(Spring hip throw)



Harai tsurikomi ashi(Lift-pull foot sweep)



Hikikomi gaeshi(Pulling in reverse)



Kibisu gaeshi(One hand reversal)



Kuchiki taoshi(Single leg takedown)



Morote gari(Two hand reap)



Ouchi gaeshi(Major inner reap counter)



Sumi gaeshi(Corner reversal)



Uchi mata(Inner thigh)



Ushiro goshi(Rear throw)



Kuzure tate shiho gatame(Broken vertical four quarter hold)



Kuzure yoko shiho gatame(Broken side four quarter hold)



Ryote jime(Two-hand strangle)



Sankaku jime(Triangular strangle)



Sode guruma jime(Sleeve wheel strangle)



Ude hishigi hiza gatame(Knee arm bar)



Nage No Kata - 2nd set(1st set - Koshi Waza (tori and uke))

Delta Kaigan Judo - Delta Kaigan Syllabus - Brown (1st Kyu)



Harai makikomi(Hip sweep wraparound)



O guruma(Large wheel)



Osoto makikomi(Major outer wraparound)



Soto makikomi(Outer wraparound)



Sumi otoshi(Corner drop)



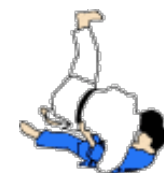
Uchi mata makikomi(Inner thigh wraparound)



Uchi mata sukashi(Inner thigh void throw)



Yoko gake(Side prop)



Yoko guruma(Side wheel)



Yoko otoshi(Side drop)



Yoko wakare(Side separation)



Koshi jime(Hip strangle)



Tsukkomi jime(Thrust choke)



Ude hishigi ashi gatame(Leg armlock)



Ude hishigi hara gatame(Stomach lock)



Ude hishigi sankaku gatame(Triangular armlock)



Ude hishigi waki gatame(Armpit lock)



Nage No Kata - First 3 sets(Koshi Waza, Te Waza and Ashi Waza)

Delta Kaigan Judo - Delta Kaigan Syllabus - Black (Shodan)



Hane goshi gaeshi(Hip spring counter)



Hane makikomi(Springing wraparound)



Harai goshi gaeshi(Hip sweep counter)



Kouchi gaeshi(Minor inner reap reversal)



Obi otoshi(Belt drop)



Seoi otoshi(Kneeling shoulder drop)



Tawara gaeshi(Rice bag reversal throw)



Te guruma(Hand wheel)



Uchi mata gaeshi(Inner thigh counter)



Ura nage(Rear throw)



Utsuri goshi(Hip shift)



Yama arashi(Mountain storm)



Nage No Kata - All 5 sets(Te Waza, Koshi Waza, Ashi Waza, Ma-Sutemi-Waza and Yoko-Sutemi-Waza)