

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



De Ashi Harai(Front Foot Sweep)



Ippon seoi nage(One arm shoulder throw)



Kosoto gake(Minor outer hook)



Kouchi gari(Minor inner reap)



Osoto gari(Major outer reap)



Osoto otoshi(Major outer drop)



Uchi gari(Major inner reap)



Tai otoshi(Body drop)



Uki goshi(Floating hip throw)



Kesa gatame(Scarf hold)



Kuzure kesa gatame(Broken scarf hold)



Yoko shiho gatame(Side four quarter hold)



Koho ukemi(Backward breakfall)



Yoko ukemi(Sideways breakfall)



Zempo kaitan(Forward rolling breakfall)



Zempo Ukemi(Forward breakfall)

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



Koshi guruma(Hip wheel)



Kosoto gari(Minor outer reap)



Kouchi makikomi(Minor inner hook)



O goshi(Major hip throw)



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)



Tsuru goshi(Lifting hip throw)



Gyaku juji jime(Reverse cross strangle)



Kami shiho gatame(Upper four quarter hold down)



Kata juji jime(Half cross strangle)



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



Nami juji jime(Normal cross strangle)



Tate shiho gatame(Vertical four quarter hold)



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

## Delta Kaigan Judo - Judo Canada 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)



Tsurikomi goshi(Lifting and pulling hip throw)



Uki otoshi(Floating drop)



Uki waza(Floating drop)



Hadaka jime(Naked strangle)



Kata gatame(Shoulder hold)



Kata ha jime(Single wing strangle)



Okuri eri jime(Sliding lapel strangle)



Sode guruma jime(Sleeve wheel strangle )



Ude garami(Arm entanglement)



Ude hishigi ude gatame(Straight arm lock)



Ude hishigi waki gatame(Armpit lock)



Ushiro kesa gatame(Reverse Scarf Hold)



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

# Delta Kaigan Judo - Judo Canada 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)



Ryote jime(Two-hand strangle)



Sankaku jime(Triangular strangle)



Tsukkomi jime(Thrust choke)



Ude hishigi hiza gatame(Knee arm bar)



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

# Delta Kaigan Judo - Judo Canada 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)



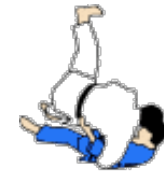
Uchi makikomi(Inner wraparound)



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)



Ude hishigi hara gatame(Stomach lock)



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

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



Daki age(High Lift)



Daki wakare(High Lift and Separate)



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)



Tawara gaeshi(Rice bag reversal throw)



Uchi mata gaeshi(Inner thigh counter)



Uchi mata makikomi(Inner thigh wraparound)



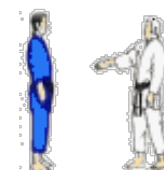
Ura nage(Rear throw)



Utsuri goshi(Hip shift)



Yama arashi(Mountain storm)



Ju No Kata - 1st set(Tsuki dashi)



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