

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



De Ashi Harai(Front Foot Sweep)



Hiza guruma(Knee wheel)



Ippon seoi nage(One arm shoulder throw)



O goshi(Major hip throw)



Osoto gari(Major outer reap)



Uchi gari(Major inner reap)



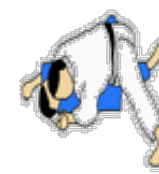
Sasae tsurikomi ashi(Lifting pulling ankle throw)



Uki goshi(Floating hip throw)



Kami shiho gatame(Upper four quarter hold down)



Kata gatame(Shoulder hold)



Kesa gatame(Scarf hold)



Yoko shiho gatame(Side four quarter hold)



Koho ukemi(Backward breakfall)



Yoko ukemi(Sideways breakfall)



Zempo kaitan(Forward rolling breakfall)

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



Harai goshi(Sweeping hip throw)



Koshi guruma(Hip wheel)



Kosoto gari(Minor outer reap)



Kouchi gari(Minor inner reap)



Okuri ashi harai(Sliding foot sweep)



Tai otoshi(Body drop)



Tsurikomi goshi(Lifting and pulling hip throw)



Uchi mata(Inner thigh)



Hadaka jime(Naked strangle)



Kata ha jime(Single wing strangle)



Makura kesa gatame(Pillow scarf hold)



Mune gatame(Chest hold)



Okuri eri jime(Sliding lapel strangle)



Tate shiho gatame(Vertical four quarter hold)



Ushiro kesa gatame(Reverse Scarf Hold)

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



Ashi guruma(Leg Wheel)



Hane goshi(Spring hip throw)



Harai tsurikomi ashi(Lift-pull foot sweep)



Kata guruma(Shoulder wheel)



Kosoto gake(Minor outer hook)



Tomoe nage(Circle throw)



Tsuru goshi(Lifting hip throw)



Yoko otoshi(Side drop)



Gyaku juji jime(Reverse cross strangle)



Kata juji jime(Half cross strangle)



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



Kuzure kesa gatame(Broken scarf hold)



Kuzure yoko shiho gatame(Broken side four quarter hold)



Nami juji jime(Normal cross strangle)



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



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

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



Hane makikomi(Springing wraparound)



O guruma(Large wheel)



Soto makikomi(Outer wraparound)



Sukui nage(Scoop throw)



Sumi gaeshi(Corner reversal)



Tani otoshi(Valley drop)



Uki otoshi(Floating drop)



Utsuri goshi(Hip shift)



Sankaku jime(Triangular strangle)



Ude garami(Arm entanglement)



Ude hishigi hiza gatame(Knee arm bar)



Ude hishigi ude gatame(Straight arm lock)



Ude hishigi waki gatame(Armpit lock)



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

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



Osoto guruma(Major outer wheel)



Sumi otoshi(Corner drop)



Uki waza(Floating drop)



Ura nage(Rear throw)



Ushiro goshi(Rear throw)



Yoko gake(Side prop)



Yoko guruma(Side wheel)



Yoko wakare(Side separation)



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

Delta Kaigan Judo - Kodokan Syllabus - Black (Shodan)



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