



WHITE BELT

6th Kyu

Ukemi Waza – Falling Techniques

Judo Break-falls Video Tutorial: https://www.youtube.com/watch?v=5n_Qjeia2n8

Backwards Break-fall

Sideways Break-fall

Front Break-fall

Rolling Break-fall

Nage Waza – Throwing Techniques

Uki Goshi (Floating Hip)

<https://youtu.be/SNTuDRgoOtg>



Osoto Otoshi (Major Outer Drop)

<https://youtu.be/tpPXqnF6hJs>



Tai Otoshi (Body Drop)

<https://youtu.be/fcEYbCP5jpA>



Osae Waza – Holding Techniques

Kesa Gatame (Scarf Hold)

<https://youtu.be/cM4ckmsawu0>



Kuzure Kesa Gatame (Modified Scarf Hold)

<https://youtu.be/NlLgt8pFnEg>

