



NAGE NO KATA FORMS OF THROWING		PJD SENIOR PROMOTION REQUIREMENTS			
		Sankyu	Nikyu	Ikkyu	Shodan
TE WAZA HAND TECHNIQUES					
1	UKI OTOSHI FLOATING DROP				
2	SEAINAGE SHOULDER THROW	UKE	UKE + TORI	UKE + TORI	UKE + TORI
3	KATA GURUMA SHOULDER WHEEL				
KOSHI WAZA HIP TECHNIQUES					
1	UKI GOSHI FLOATIN HIP				
2	HARAI GOSHI SWEEPING HIP THROW	UKE	UKE + TORI	UKE + TORI	UKE + TORI
3	TSURI KOMI GOSHI LIFTING PULLING HIP THROW				
ASHI WAZA LEG TECHNIQUES					
1	OKURI ASHI HARAI FOLLOWING FOOT SWEEP				
2	SASAE TSURI KOMI ASHI PROPPING ANKLE THROW	UKE	UKE + TORI	UKE + TORI	UKE + TORI
3	UCHI MATA INNER THIGH THROW				
MA SUTEMI WAZA BACK SACRIFICE TECHNIQUES					
1	TOMOE NAGE CIRCLE THROW				
2	URA NAGE REAR THROW	X	X	UKE	UKE + TORI
3	SUMI GAESHI CORNER THROW				
YOKO SUTEMI WAZA SIDE SACRIFICE					
1	YOKE GAKE SIDE DROP				
2	YOKO GURUMA SIDE WHEEL	X	X	UKE	UKE + TORI
3	UKI WAZA FLOATING TECHNIQUE				