



NORTH STAR MARTIAL ARTS ACADEMY

	Gokyu	Yonkyu	Sankyū	Nikyu	Ikkyū	Shodan
Tachi waza NAGE WAZA Te waza (hand techniques) Koshi waza (hip techniques) Ashi waza (leg/foot techniques) Sutemi waza Ma sutemi waza (back sacrifice techniques) Yoko sutemi waza (side sacrifice techniques)	<u>Techniques</u> Ippon seoi nage Tai otoshi O goshi Uki goshi Ko uchi gari O soto gari Okuri ashi barai Uki waza	<u>Techniques</u> <u>Nage No Kata</u> Uki otoshi Ippon seoi nage Kata guruma Koshi guruma Harai goshi O uchi gari Uchi mata De ashi barai Tomoe nage	<u>Techniques</u> <u>Nage No Kata</u> Morote seoi nage Tsuru goshi Hane goshi Harai tsuri komi ashi Ashi guruma Ko soto gari Yoko otoshi	<u>Techniques</u> <u>Nage No Kata</u> Sukui nage FIRST SET Utsuri goshi SECOND SET AND O guruma Ko soto gake Hane makikomi Soto makikomi Tani otoshi Ura kesa gatame	<u>Techniques</u> <u>Nage No Kata</u> Sumi otoshi FIRST SET Ushiro goshi SECOND SET O soto guruma Hiza guruma THIRD SET AND Tomoe nage Ura nage Sumi gaeshi Yoko wakare Yoko guruma <u>Katame No Kata</u> Kuzure kesa gatame Kata gatame Kami shiho gatame Yoko shiho gatame Kuzure kami shiho gatame Waki jime Nami juji jime Kata juji jime Okuri eri jime Sankaku jime Waki gatame Gatame (2) Ude garami (3)	<u>Techniques</u> <u>Nage No Kata</u> ALL FIRST SET PREVIOUS TECHNIQUES AND AN SECOND SET ADDITIONAL EIGHT NAGE WAZA* THIRD SET Tomoe nage Ura nage Sumi gaeshi Yoko wakare Yoko guruma Uki waza <u>Katame No Kata</u> FIRST SET AND Ne Waza Counters & Combinations SECOND SET AND Hiza gatame Garami (4) Ude garami Ude hishigi juji gatame Ude hishigi ude gatame Ude hishigi hiza gatame Ashi garami
Katame waza NE WAZA Osaekomi waza (holding techniques) Shime waza (choking techniques) Kansetsu waza (joint locking techniques)	Kesa gatame Kata gatame Kami shiho gatame Yoko shiho gatame	Tate shiho gatame	Mune gatame Ushiro kesa gatame Kuzure kami shiho gatame Kuzure tate shiho gatame Kuzure yoko shiho gatame Ude jime Gyaku juji jime Kataha jime	Ura kesa gatame Kuzure kesa gatame Kata gatame Kami shiho gatame Yoko shiho gatame Kuzure kami shiho gatame Waki jime Nami juji jime Kata juji jime Okuri eri jime Sankaku jime Waki gatame Gatame (2) Ude garami (3)	Jigoku jime Sode guruma jime Tsukome jime Kata juji jime Hadaka jime Okuri eri jime Kataha jime Gyaku juji jime	Ne Waza Counters & Combinations SECOND SET AND Ude garami Ude hishigi juji gatame Ude hishigi ude gatame Ude hishigi hiza gatame Ashi garami
OTHER ITEMS	Quarter Nelson Half Nelson Belt Nelson Tsumura Turnover Koho ukemi Sokuho ukemi Zempo ukemi Zempo kaiten ukemi History and Terminology	Two Turnovers Two Escapes Three Combinations Three Counters	Combinations Counters	Combinations Counters	Combinations Counters	*See the Gokyo no waza(s) "old 40 and new" Complexities of: Counters and Combinations Shodan Essay And Much More!