



Nagewaza: Select 30 by marking X

P/F	X	Ashiwaza	P/F	X	Koshiwaza	P/F	X	Tewaza
		ashi-guruma			hane-goshi			kibisu-gaeshi
		de-ashi-harai (or barai)			koshi-guruma			ko-uchi-gaeshi
		hane-goshi-gaeshi			o-goshi			kuchiki-taoshi
		harai-goshi-gaeshi			sode-tsurikomi-goshi			moro-te-gari
		harai-tsurikomi-ashi			tsuri-goshi			obi-otoshi
		hiza-guruma			ushiro-goshi			obi-tori-gaeshi
		ko-soto-gake			utsuri-goshi			seoi-nage
		ko-soto-gari	P/F	X	Yoko Sutemiwaza			seoi-otoshi
		ko-uchi-gari			yoko-wakare			sukui-nage
		o-guruma			yoko-otoshi			sumi-otoshi
		o-soto-gari			ko-uchi-makikomi			tai-otoshi
		o-soto-gaeshi			daki-wakare			uchi-mata-sukashi
		o-soto-guruma			hane-makikomi			yama-arashi
		o-soto-otoshi			harai-makikomi	P/F	X	Ma Sutemi Waza
		o-uchi-gaeshi			o-soto-makikomi			hiki-komi-gaeshi
		o-uchi-gari			soto-makikomi			tawara-gaeshi
		tsubame-gaeshi	P/F	X	Ma Sutemi Waza			tani-otoshi
		uchi-mata-gaeshi			uchi-mata-makikomi			uchi-makikomi

Nage No Kata: Pass / Fail

P/F	Tewaza	P/F	Koshiwaza	P/F	Ashiwaza	P/F	Ma Sutemi Waza	P/F	Yoko Sutemi Waza
	uki-otoshi		uki-goshi		okuri-ashi-harai (or barai)		tomoe-nage		yoko-gake
	ippon-seoi-nage		harai-goshi		sasae-tsurikomi-ashi		ura-nage		yoko-guruma
	kata-guruma		tsurikomi-goshi		uchi-mata		sumi-gaeshi		uki-waza

Katamewaza: Select 19 by marking X

P/F	X	Osaekomi Waza			sankaku gatame			tsukkomi-jime
		kesa gatame	P/F	X	Shime Waza			koshi-jime
		kuzure kesa gatame			gyaku-juji-jime	P/F	X	Kensetsu Waza
		ura gatame			hadaka-jime			ude-hishigi-ashi-gatame
		ushiro kesa gatame			kata-ha-jime			ude-hishigi-hara-gatame
		kata gatame			kata-juji-jime			ude-hishigi-hiza-gatame
		uki gatame			kata-te-jime			ude-hishigi-juji-gatame
		yoko shiho gatame			nami-juji-jime			ude-hishigi-te-gatame
		kuzure yoko shiho gatame			okuri-eri-jime			ude-hishigi-waki-gatame
		tate shiho gatame			ryo-te-jime			ude-hishigi-ude-gatame
		kami shiho gatame			sankaku-jime			ude-hishigi-sankaku-gatame
		kuzure kami shiho gatame			sode-guruma-jime			ude-garami



Background Check exp date:

Heads-Up exp date:

Safesport exp date:

Renraku Waza: Select 13 by marking X. Fill in blank area with waza that will be performed

P/F	X	Renwaku Waza	P/F	X	Renwaku Waza
		Forward Throw ➔ Pin #1			Rear Throw ➔ Pin #1
		Forward Throw ➔ Pin #2			Rear Throw ➔ Pin #2
		Forward Throw ➔ Pin #3			Rear Throw ➔ Pin #3
		Forward Throw ➔ Armlock #1			Ouchi Gari ➔ Forward Throw
		Forward Throw ➔ Armlock #2			Sasae Tsurikomi Ashi ➔ Osoto Gari
		Forward Throw ➔ Armlock #3			Forward Throw ➔ Rear Throw #1
		Forward Throw ➔ Opposite Side Forward Throw			Forward Throw ➔ Rear Throw #2
		Sutemiwaza ➔ Pin			Forward Throw ➔ Rear Throw #3
		Forward Throw ➔ Forward Throw #1			Combination of 3 Throws #1
		Forward Throw ➔ Forward Throw #2			Combination of 3 Throws #2
		Forward Throw ➔ Forward Throw #3			Combination of 3 Throws #3

Kaeshi No Waza: Select 12 by marking X

P/F	X	Kaeshi No Waza	P/F	X	Kaeshi No Waza
		Osoto Gari ● Osoto Gaeshi			Uchimata ● Te Guruma
		Forward Throw #1 ● Tani Otoshi			Ouchi Gari ● Tomoenage
		Forward Throw #2 ● Tani Otoshi			Ken Ken Ken Ouchi Gari ● Uki Otoshi
		Forward Throw #3 ● Tani Otoshi			Kouchi Gari ● Hiza Guruma
		Ippon Seoinage ● Yoko Guruma			De Ashi Harai ● Tsubame Gaeshi
		Kouchi Gari ● Kouchi Gaeshi			Drop Ippon Seoinage ● Uranage
		Koshi Guruma ● Yoko Guruma			Tai Otoshi ● Ko Soto Gari
		Harai Goshi ● Ushiro Goshi			Uchimata ● Uchimata Sukashi
		Hane Goshi ● Utsuri Goshi			Uki Otoshi ● Tai Otoshi
		Sasae Tsurikomi Ashi ● Sumi Otoshi			Obi Otoshi ● Oguruma
		Kosoto Gari ● Uchimata			Uki Goshi ● Yoko Wakare