Lakewood Budo Kai
Juniors Class

NAGE NO KATA
(THROWING ARTS)

		Yellow	Orange	Green 3	Green 2	Green 1	Purple 3	Purple 2	Purple 1
1.	Deashi Harai – Advancing Foot Sweep				X	X	X	X	X
2.	Sasae Ashi – Back leg stop				X	X	X	X	X
3.	Okuri Harai – Side double leg sweep				X	X	X	X	X
4.	Soto Gama – Outside hook sweep						X	X	X
5.	Uchi Gama – Inside hook sweep						X	X	X
6.	Soto Momo Harai – Outside lower leg throw	X	X	X	X	X	X	X	X
7.	Uchi Momo Harai – Inside thigh throw						X	X	X
8.	Ogoshi – Hip throw	X	X	X	X	X	X	X	X
9.	Utsuri Goshi – Counter hip throw escape					X	X	X	X
10.	Seoi Nage – Flying mare		X	X	X	X	X	X	X
11.	Ushiro Goshi – Counter flying mare							X	X
12.	Seoi Goshi – Elbow under armpit throw		X	X	X	X	X	X	X
13.	Tsuri Komi Goshi – Double arm throw			X	X	X	X	X	X
14.	Harai Goshi – High thigh throw					X	X	X	X
15.	Hane Goshi – Bent knee throw							X	X
16.	Uki Otoshi – Surprise pull down								X
17.	Maki Komi – Winding throw								X
18.	Kani Sute – Flying scissors								
19.	Tomoe Nage – Circle throw								
20.	Yama Arashi – Mountain storm throw								