

Waza

Chart 4-19

Miscellaneous Skills

	Ukemi		Proper tying of belt
	Zarei		Randori
	Ritsurei		Shizen hontai
	Seiza		Jigo hontai
	Anza		Ayumi ashi

Chart 4-7

	Standard Sleeve and Lapel Grip		High lapel grip
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Chart 4-8

	Swinging elbow break against a sleeve grip		Snap out break against a low lapel grip
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Chart 4-1

	De ashi harai		Seoi nage
	Ogoshi		Tani otoshi

Chart 4-2

	Partner moves directly into you		Partner moves directly away from you
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Chart 4-4

	Forward Throw #1 to a Pin		Forward throw #2 to a pin
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Chart 4-5

	Other (De ashi harai with Tsubame gaeshi)		Forward throw with inside leg step around to forward throw
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Chart 4-9

	Kesa gatame		Yoko shiho gatame
	Kata gatame		

Chart 4-11

	Half-nelson turn over from the front		Half-nelson turn over from the side
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Chart 4-13

	Knee in entry, back leg
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