

Ishi Yama Judo Club
Nikyu Practical Requirements
(Blue Belt)

Renraku-waza (Combination Techniques)
3 Judoka's Choice
Described before demonstration
Including combination from Tachi-waza to Ne-waza

Kaeshi-waza (Counter Techniques)
3 Judoka's Choice
Described before demonstration

Nage-no-kata
Te-waza: Tori and Uke
Koshi-waza: Tori and Uke