

**Ishi Yama Judo Club**  
**Gokyu Grading Requirement**  
(Yellow Belt)

Japanese

English

**Nage-waza**

O Goshi  
Seoi Nage  
De Ashi Barai  
Uki Goshi  
O Soto Gari

major hip throw  
shoulder throw  
advanced foot sweep  
floating hip throw  
major outer reap

**Katame-waza**

**Osae-komi-waza**

Kesa Gatame  
Kami Shiho Gatame

scarf hold  
upper four corner