

Ishi Yama Judo Club
Ikkyu Grading Requirement
(Brown Belt)

Japanese

English

Nage-waza

Yoko Gake
Yoko Otoshi
Tani Otoshi
Utsuri Goshi
O Guruma
Soto Maki Komi
Yoko Wakare
Yoko Guruma
Sumi Otoshi

side hook
side drop
valley drop
changing hip
major wheel
outer winding pull
side separation
side wheel
corner drop

Katame-waza

Osae-komi-waza

Mune Gatame

chest hold

Kansetsu-waza

Ude Hishigi Waki Gatame
Ude Hishigi Hara Gatame

armpit armlock
stomach armlock

Shime-waza

Koshi Jime

hip choke