

**Ishi Yama Judo Club**  
**Nikyu Grading Requirement**  
(Blue Belt)

Japanese

English

**Nage-waza**

Ko Soto Gari

minor outer reap

Harai Tsurikomi Ashi

sweeping lift pull foot sweep

Sumi Gaeshi

corner reversal

Hane Makikomi

springing winding pull

Sukui Nage

scooping throw

O Soto Guruma

major outer wheel

Uki Waza

floating technique

Ura Nage

back throw

Ashi Guruma

foot wheel

**Katame-waza**

**Osae-komi-waza**

Makura Kesa Gatame

pillow scarf hold

Ushiro Kesa Gatame

reverse scarf hold

Kuzure Yoko Shiho Gatame

broken side hold

**Kansetsu-waza**

Ude Hishigi Ude Gatame

arm armlock

Ude Hishigi Hiza Gatame

knee armlock

**Shime-waza**

Hadaka Jime

naked choke

Sankakyu Jime

triangle choke