

**Ishi Yama Judo Club**  
**Sankyu Grading Requirement**  
(Green Belt)

Japanese

English

**Nage-waza**

Hiza Guruma  
Hane Goshi  
Tomoe Nage  
Ko Soto Gake  
Kata Guruma  
Uchi Mata  
Ushiro Goshi  
Okuri Ashi Barai  
Uki Otoshi  
Tsubame Gaeshi

knee wheel  
springing hip  
stomach throw  
minor outer hook  
shoulder wheel  
inner thigh  
reverse hip  
sliding foot sweep  
floating drop  
swallow counter

**Katame-waza**

**Osae-komi-waza**

Kuzure Kami Shiho Gatame

broken upper four corner

**Kansetsu-waza**

Ude Garami

arm entanglement

**Shime-waza**

Okuri Eri Jime  
Kata Ha Jime

sliding lapel choke  
single wing choke

**Terminology**

Nage No Kata  
Renraku Waza  
Kaeshi Waza

forms of throwing  
combination techniques  
counter techniques