

Ishi Yama Judo Club
Yonkyu Grading Requirement
(Orange Belt)

Japanese

English

Nage-waza

Koshi Guruma
Harai Goshi
O Uchi Gari
Sasae Tsurikomi Ashi
Tsuru Goshi
Tai Otoshi
Ko Uchi Gari
Tsurikomi Goshi

hip wheel
sweeping hip
major inner reap
propping drawing ankle
lifting hip
body drop
minor inner reap
lifting pulling hip

Katame-waza

Osae-komi-waza

Kata Gatame
Yoko Shiho Gatame
Tate Shiho Gatame

shoulder hold
side hold
vertical hold

Kansetsu-waza

Ude Hishigi Juji Gatame

cross armlock

Shime-waza

Nami Juji Jime
Gyaku Juji Jime
Kata Juji Jime

normal cross choke
reverse cross choke
one-arm cross choke