



**Technical Rank Requirements
for Senior Gokyu (Yellow Belt)**



- **Nage Waza:** Throwing Techniques
 - Hiza Guruma:** Knee Wheel
 - O Soto Gari:** Major Outer Reap
 - O Goshi:** Major Hip Throw
 - Ippon Seoi Nage:** One-Arm Shoulder Throw
 - Morote Seoi Nage:** Two-Arm Shoulder Throw
 - De Ashi Harai:** Advancing Foot Sweep
 - O Uchi Gari:** Major Inner Reap

- **Renraku Waza:** Combination Techniques
 - Any 2 Combination Throws

- **Kaeshi Waza:** Counter Techniques
 - O Soto Gari Gaeshi:** Major Outer Reap Counter

- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
 - Kesa Gatame:** Scarf Hold
 - 1 Escape from Kesa Gatame
 - Kata Gatame:** Shoulder Hold
 - 1 Escape from Kata Gatame
 - Yoko Shiho Gatame:** Side 4-Corner Hold
 - 1 Escape from Yoko Shiho Gatame

- **Shime Waza:** Choking/Strangulation Techniques
 - Hadaka Jime:** Naked Choke

- **Other Judo Skills**
 - Ukemi:** Falling Skills
 - Za Rei:** Kneeling Bow
 - Ritsu Rei:** Standing Bow
 - Seiza:** Formal Kneeling
 - Anza:** Cross-Legged Sitting
 - Proper Belt Tying**
 - Counting:** 1-10 in Japanese
 - Ayumi Ashi:** Normal Walking
 - Tsugi Ashi:** Follow-Foot Walking
 - Shizen Hon Tai:** Basic Natural Posture
 - Jigo Hon Tai:** Basic Defensive Posture
 - Happo No Kuzushi:** 8 Directions of Unbalancing
 - Randori:** Free Practice of Judo Techniques
 - Katame Waza (Grappling Techniques):** 1 entry into matwork when Uke is on hands & knees