



Yonkyu Requirements



NAGE WAZA		Techniques	English Translation	NAGE NO KATA (uke and tori)	English Translation
Tachi waza (standing techniques)	Te waza (hand techniques)	See Kata Requirement--First set		Uki otoshi	Floating drop
	Koshi waza (hip techniques)	Koshi guruma	Hip wheel	Ippon seoi nage	One arm shoulder throw
Ashi waza (leg/foot techniques)		Harai goshi	Sweeping hip	Kata guruma	Shoulder wheel
		O uchi gari	Major inner reap		
		Uchi mata	Inner thigh		
Sutemi waza (sacrifice techniques)		De ashi barai	Advancing foot sweep		
	Ma sutemi waza (back sacrifice techniques)	Tomoe nage	Circle throw		
KATAME WAZA		Techniques	English Translation		
		Osaekomi waza (hold down techniques)	Tate shiho gatame	Vertical four corner hold	
ADDITIONAL					
Demonstrate 3 combinations and 3 counters of any throws of your choice					
Two escapes from hold downs					
Two "turn over" techniques					
Terminology					