



Burnaby Judo Club
Bonsor Park Complex
6550 Bonsor Avenue
Burnaby BC, V5H-2G8
Website: www.burnabyjudoclub.ca



NIKYU (2nd) GRADE – BLUE BELT REQUIREMENTS

NAGAWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Sode Tsurikomi Goshi	Hip Throw with a Rising Sleeve Pull	Koshiwaza (Hip)
2. Utsuri Goshi	Hip Shift	Koshiwaza (Hip)
3. Uki Goshi	Side Hip Wheel	Koshiwaza (Hip)
4. Yoko Otoshi	Side Drop	Yoko Sutemiwaza (Side Body Drop)
5. Soto Makikomi	Outside Wrap Around Throw	Yoko Sutemiwaza (Side Body Drop)
6. Hane Makikomi	Springing Wrap Around Throw	Yoko Sutemiwaza (Side Body Drop)
7. Osoto Makikomi	Reaping Wrap Around Throw	Shimmeisho No Waza
8. Sumi Gaeshi	Corner Reversal	Ma Sutemiwaza (Rear Body Drop)
9. Sukui Nage	Scoop Throw	Tewaza (Hand)
10. Kata Guruma	Shoulder Whirl	Tewaza (Hand)
11. Tsubame Gaeshi	Rapid Foot Sweep	Ashiwaza (Leg)
12. Uchimata	Inner Thigh Throw	Ashiwaza (Leg)
13. Hiza Guruma	Knee Whirl	Ashiwaza (Leg)

SHIMEWAZA (STRANGLING TECHNIQUES)

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| 1. Kataha Jime | One Wing Strangle |
| 2. Hadaka Jime | Naked Hand Strangle |

KANSETSUWAZA (ARM LOCKS)

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| 2. Ude Hishgi Ude Gatame | Arm Taking Arm Lock |
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GENERAL REQUIREMENTS

- All yellow, orange, and green belt requirements plus:
 - 12 Throws (36 total)
 - All Osae Komi Waza (7 total)
 - All Shimewaza (4 total)
 - All Kansetsuwaza (3 total)