



**Burnaby Judo Club**  
**Bonsor Park Complex**  
**6550 Bonsor Avenue**  
**Burnaby BC, V5H-2G8**  
Website: [www.burnabyjudoclub.ca](http://www.burnabyjudoclub.ca)



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## **IKKYU (1st) GRADE – BROWN BELT REQUIREMENTS**

### **NAGAWAZA (THROWING TECHNIQUES)**

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Osoto Guruma	Big Outside Whirl	Ashiwaza (Leg)
2. Osoto Otoshi	Big Outside Drop	Ashiwaza (Leg)
3. Oguruma	Big Whirl	Ashiwaza (Leg)
4. Ashi Guruma	Leg Wheel	Ashiwaza (Leg)
5. Ushiro Goshi	Back Lift Throw	Koshiwaza (Hip)
6. Uki Otoshi	Floating Drop	Tewaza (Hand)
7. Sumi Otoshi	Corner Drop	Tewaza (Hand)
8. Obitori Gaeshi	Belt Grab Reversal	Ma Sutemiwaza (Rear Body Drop)
9. Ura Nage	Rear Throw	Ma Sutemiwaza (Rear Body Drop)
10. Yoko Gake	Side Hook	Yoko Sutemiwaza (Side Body Drop)
11. Yoko Wakare	Side Split	Yoko Sutemiwaza (Side Body Drop)
12. Uki Waza	Floating Throw	Yoko Sutemiwaza (Side Body Drop)
13. Yoko Guruma	Side Whirl	Yoko Sutemiwaza (Side Body Drop)
14. Hikkomi Gaeshi	Back Fall Reversal	Yoko Sutemiwaza (Side Body Drop)

### **SHIMEWAZA (STRANGLING TECHNIQUES)**

1. Kata Juji Jime	One thumb in and one thumb out
2. Nami Jiji Jime	Both thumbs on inside
3. Gyaku Juji Jime	Both thumbs on outside

### **KANSETSUWAZA (ARM LOCKS)**

1. Waki Gatame	
2. Ude Hishgi Hara Gatame	Arm Taking Stomach Lock

### **GENERAL REQUIREMENTS**

- All yellow, orange, green and blue belt requirements plus:
  - 14 Throws (50 total)
  - All Osae Komi Waza (7 total)
  - All Shimewaza (7 total)
  - All Kansetsuwaza (5 total)