



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



YONKYU (4th) GRADE – ORANGE BELT REQUIREMENTS

NAGAWAZA (THROWING TECHNIQUES)

	<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1	Koshi Guruma	Hip Wheel	Tewaza (Hand)
2	Tai Otoshi	Body Drop	Tewaza (Hand)
3	Harai Goshi	Hip Sweep	Koshiwaza (Hip)
4	Tsurikomi Goshi	Lifting Pull Hip Throw	Koshiwaza (Hip)
5	Okuri Ahsi Barai	Moving Foot Sweep	Ashiwaza (Leg)
6	Kosoto Gari	Small Outside Reaping Throw	Ashiwaza (Leg)
7	Tani Otoshi	Valley Drop	Yoko Sutemiwaza (Side Body Drop)

OSAEKOMIWAZA (HOLDING TECHNIQUES)

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| 1. | Kata Gatame | Shoulder Hold |
| 2. | Tate Shio Gatame | Longitudinal Holding of Four Quarters |

SHIMEWAZA (STRANGLING TECHNIQUES)

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| 1. | Okuri Eri Jime | Assist Lapel Strangle |
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KANSETSUWAZA (ARM LOCKS)

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| Ude Hishigi Juji Gatame | Cross Arm Lock |
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GENERAL REQUIREMENTS

- All yellow belt requirements plus:
 - 8 Throws (14 total)
 - All Osae Komi Waza (5 total)
 - All Shime Waza (1 total)
 - All Kansetsu Waza (1 total)