



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



GOKYU (5th) GRADE – YELLOW BELT REQUIREMENTS

NAGAWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Kouchi-Gari	Small Outwards Leg Sweep	Ashiwaza (Leg)
2. Osoto Gari	Big Outside Reaping Throw	Ashiwaza (Leg)
3. Ogoshi	Major Hip Roll	Koshiwaza (Hip)
4. Ippon Seoinage	1 Arm Shoulder Throw	Tewaza (Hand)
5. Morote Seoinage	2 Arm Shoulder Throw	Tewaza (Hand)
6. Uuchi Gari	Big Inside Leg Throw	Ashiwaza (Leg)

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. Kesa Gatame	Scarf Hold
2. Kami Shio Gatame	Upper Four Corners Hold
3. Yoko Shio Gatame	Side Four Corners Hold

GENERAL REQUIREMENTS

1. Learn and practice the general rules and regulations of the Dojo.
2. Learn and practice proper judo etiquette (Bowing and tying of the belt).
3. Attendance and participation.
4. Technical Requirements:
 - 6 Throws
 - 3 Osae Komi Waza
 - 3 Ukemi (Forward rolling, backward and side)