



Technical Rank Requirements for Senior Yonkyu (Green Belt)



- **All Technical Requirements for Senior Gokyu (Yellow Belt) Plus the Following:**
- **Nage Waza:** Throwing Techniques
 - Ko Soto Gari:** Minor Outer Reap
 - Ko Uchi Gari:** Minor Inner Reap
 - Koshi Guruma:** Hip Wheel
 - Tsuri Komi Goshi:** Lifting Pulling Hip
 - Sesae Tsuri Komi Ashi:** Propping Lifting Pulling Foot (Foot Stop Throw)
 - Uki Goshi:** Floating Hip Throw
- **Renraku Waza:** Combination Techniques
 - Any 5 Combination Throws
- **Kaeshi Waza:** Counter Techniques
 - Any 3 Counter Throws
- **Osaekomi Waza:** Pinning (Hold-Down) Techniques
 - Kami Shiho Gatame:** Upper 4-Corner Hold
 - 1 Escape from Kami Shiho Gatame
 - Tate Shiho Gatame:** Straddling 4-Corner Hold
 - 1 Escape from Tate Shiho Gatame
 - Kuzure Kesa Gatame:** Modified Scarf Hold
 - 1 Escape from Kuzure Kesa Gatame
 - Makura Kesa Gatame:** Pillow Scarf Hold
 - 1 Escape from Makura Kesa Gatame
- **Shime Waza:** Choking/Strangulation Techniques
 - Nami Juji Jime:** Normal Cross Choke
 - Gyaku Juji Jime:** Reverse Cross Choke
 - Kata Juji Jime:** Half Cross Choke
 - Okuri Eri Jime:** Sliding Lapel Choke
 - Kataha Jime:** Single Wing Choke
- **Kansetsu Waza:** Joint Locking Techniques
 - Ude Gatame:** Normal (Straight) Arm Lock
- **Other Judo Skills**
 - Migi/Hidari Shizen Tai:** Right/Left Natural Posture
 - Migi/Hidari Jigo Tai:** Right/Left Defensive Posture
 - Migi/Hidari Tai Sabaki:** Right/Left Body Turning
 - Katame Waza (Grappling Techniques):**
 - 1 entry into matwork when Tori is on hands & knees
 - 4 attacks & defenses using the guard position
 - Bogyo (Defense):** demonstrate defenses against 6 throwing techniques