

Yudanshakai Minimum Requirements for Promotion

GO-KYU (Orange Belt - 5th kyu)

Osoto gari	_____	Major outer reaping throw
De ashi harai	_____	Advanced foot sweep
O goshi	_____	Major hip throw
Uki goshi	_____	Floating hip throw
Seoinage	_____	Shoulder throw
Kasa gatame	_____	Scarf hold-cross chest hold
Kata gatame	_____	Shoulder holding or lock

YON-KYU (Green Belt - 4th kyu)

Hizaguruma	_____	Knee wheel
Ko uchigari	_____	Minor inner reaping throw
O uchigari	_____	Major inner reaping throw
Nami juji jime	_____	Cross lock or choke
Okuri eri jime	_____	Sliding lapel choke

SAN-KYU (Brown Belt - 3rd kyu)

Tai otoshi	_____	Body drop
Kosoto gari	_____	Minor outer reaping throw
Harai goshi	_____	Sweeping loin throw
Kami shiho gatame	_____	Upper four corner hold
Yoko shiho gatame	_____	Side four corner hold
Hadaka jime	_____	Naked choke

NJ-KYU (Brown Belt - 2nd kyu)

Uchi mata	_____	Inner thighs throw
Okuri ashi barai	_____	Sweeping ankle throw
Tomoe nage	_____	Stomach throw
Hane goshi	_____	Spring hip throw
Kuzure kami shiho gatame	_____	Modified upper four corner hold

IK-KYU (Brown Belt - 1st kyu)

Koshi guruma	_____	Hip wheel throw
Harai tsumi komi ashi	_____	Sweeping drawing ankle throw
Kataguruma	_____	Shoulder wheel
Sode tsurikomi goshi	_____	Lifting pulling sleeve hip
Sasae tsurikomi ashi	_____	Propping lifting foot sweep
Kata juji jime	_____	Half cross choke
Gyaku juji jime	_____	Reverse cross choke
Kataha jime	_____	Single wing choke

SHO-DAN (Black Belt - 1st degree)

Ukiwaza	_____	Floating throw
Yoko otoshi	_____	Side drop
Tsurikomi goshi	_____	Lifting hip throw
Tate shiho gatame	_____	Vertical four corner hold
Ude garami	_____	Coil arm lock
Ude gatame	_____	Arm lock
Juji gatame	_____	Cross arm lock
Hiza gatame	_____	Arm knee lock
Ashi garami	_____	Leg lock

Nage No Kata (Right) (Left)

• TeWaza	_____	_____
Uki otoshi	_____	_____
Seoi nage	_____	_____
Kata guruma	_____	_____
• Koshi Waza		
Uki goshi	_____	_____
Tsurikomi goshi	_____	_____
Harai Goshi	_____	_____
• Ashi Waza		
Okuri ashi hari	_____	_____
Sasae tsurikomi ashi	_____	_____
Uchi mata	_____	_____
• Masutemi Waza		
Tomoe nage	_____	_____
Uranage	_____	_____
Sumi gaeshi	_____	_____
• Yokostemi Waza		
Yoko gake	_____	_____
Yoko guruma	_____	_____
Uki waza	_____	_____

Katame No Kata

• Katame Waza		
Kesagatame	_____	_____
Katagatame	_____	_____
Kamishiho gatame	_____	_____
Yokoshiho gatame	_____	_____
Kuzure kamishiho gatame	_____	_____
• Shime Waza		
Kata juji jime	_____	_____
Hadaka juji jime	_____	_____
Okuri eri jime	_____	_____
Kataha jime	_____	_____
Gyaku juji jime	_____	_____
• Kansetsu Waza		
Ude garami	_____	_____
Udehishige juji gatame	_____	_____
Udehishige ude gatame	_____	_____
Udehishige hiza gatame	_____	_____
Ashi garami	_____	_____

Examiners: _____ Date: _____

_____ Rank: _____

_____ Rank: _____

Grade: _____

Passed: _____ Failed: _____

Candidates Name: _____