

JUNIOR YONKYU (4TH CLASS) GREEN BELT

Minimum time in grade: Sensei's discretion

Very good knowledge of basic judo terminology and contest rules.

UKEMI (BREAKFALLS)

1 - DEMONSTRATE ALL FALLS FROM PREVIOUS RANK REQUIREMENTS

NAGE WAZA (THROWING TECHNIQUES)

1 - DE ASHI BARAI - ADVANCING FOOT SWEEP

2 - O UCHI GARI - MAJOR INNER REAP

3 - HARAI GOSHI - SWEEPING HIP THROW

KATAME WAZA (GRAPPLING TECHNIQUES)

1 - YOKO SHIHO GATAME - SIDE 4 CORNER HOLD

2 - KUZURE YOKO SHIHO GATAME - MODIFIED SIDE 4 CORNER HOLD

3 - ENTRY INTO YOKO SHIHO GATAME

4 - TURN-IN ESCAPE OR LEG SCISSORS ESCAPE FROM YOKO SHIHO GATAME

5 - KATAHA JIME - SINGLE WING CHOKE (AGES 13 AND OLDER)