

**Gokyo-No-Waza  
Throwing Techniques**

**Gokyo - Yellow Belt**

De Ashi Barai	Advanced foot sweep	Osoto Gari	Major outer reaping
O Goshi	Major Hip	Ouchi Gari	Major inner reaping
Morote Seoi Nage	Two arm shoulder	Ippon Seoi Nage	One arm shoulder

**Yonkyu - Orange Belt**

Uki Goshi	Floating hip	Ko Soto Gari	Minor outer reaping
Kouchi Gari	Minor inner reaping	Tai Otoshi	Body drop
Harai Goshi	Sweeping loin	Kosoto Gake	Minor outer block
Tomoe Nage	Stomach throw	Utsuri goshi	Changing hip

**Sankyu - Green Belt**

Hiza Guruma	Knee wheel	Koshi Guruma	Hip wheel
Sasae Tsurikomi Ashi	Drawing propping ankle	Tsurikomi Goshi	Lifting propping hip
Okuri Ashi Barai	Double foot sweep	Hane Goshi	Spring hip
Kata Guruma*	Shoulder wheel	Tani Otoshi	Valley drop
Yoko Gake	Side body drop	Morote gari	Two hand reap

**Nikyu - Blue Belt**

Seoi Otoshi	Shoulder drop	Eri Seoi Nage	Collar shoulder
Ippon Goshi	One arm hip	Uchi Mata	Inner thigh
Otsuri Goshi	Major lifting hip	Kotsuri Goshi	Minor lifting hip
Yoko Otoshi	Side drop	Sumi Gaeshi	Corner throw
O Guruma	Major wheel	Uki Otoshi	Floating drop
Yoko Wakare	Side separation	Kuchiki Taoshi	One hand drop
Yama Arashi	Mountain storm	Obi Tori Gaeshi	Belt grab
Ko Ouchi Makikomi	Minor inner wraparound	Kibisu Gaeshi	Heel trip

**Ikkyu - Brown Belt**

Ashi Guruma	Leg Wheel	Sumi Otoshi	Corner Drop
Hane Makikomi	Springing wraparound	Sukuinage	Scooping throw
Soto Makikomi	Outer wraparound	Osoto Guruma	Major outer wheel
Ushiro Goshi	Rear hip	Ura Nage	Rear throw
Harai Tsurikomi Ashi	Sweeping propping ankle	Tsubame Gaeshi	Swallow throw
Uchi Mata Sukashi	Inner thigh throw	Te Guruma	Hand wheel
Osoto Makikomi	Major outer wraparound	Harai Makikomi	Hip sweeping wraparound
Uchimata Makikomi	Inner thigh wraparound	Uki Waza	Floating throw
Yoko Guruma	Side wheel	Kubi Nage	Neck throw
Sode Tsurikomi Goshi	Major outer wraparound	Osoto Otoshi	Major outer dropping
Tawara Gaeshi	Rice bale	Hikkomi Gaeshi	Rolling take-down
Hane Goshi Gaeshi	Spring hip counter	Osoto Gaeshi	Major outer reaping
Ouchi Gaeshi	Major inner reaping counter	Kouchi Gaeshi	Minor inner reaping counter
Harai Goshi Gaeshi	Hip sweep counter	Uchi Mata Gaeshi	Inner thigh counter
*Ude Gaeshi	Armlock throw	*Daki-age*	High lift
*Kani Basami	Scissors	*Kawazu Gake*	One leg entanglement

\* cannot be used in randori or shiai

**Osae Komi Waza  
Holding Techniques**

**Gokyu - Yellow Belt**

Hon Kesa Gatame	Basic scarf hold	Kuzure Kesa Gatame	Modified Scarf Hold
Kami Shiho Gatame	Upper corner hold	Yoko Shiho Gatame	Side corner hold

**Yonkyu - Orange Belt**

Makura Kesa Gatame	Pillow scarf hold	Kata Gatame	Shoulder hold
Kuzure Kami Shiho	Modified upper corner	Kuzure Yoko Shiho	Modified side hold
Mune Gatame	Chest hold		

**Sankyu - Green Belt**

Tate Shiho Gatame	Straddle hold	Kuzure Tate Shiho	Modified Straddle hold
Ushiro Kesa Gatame	Reverse scarf hold	Sankaku Gatame	Triangular hold

**Shime Waza  
Choking and Strangling Techniques**

**Kansetsu Waza  
Joint Locks**

**Gokyu - Yellow Belt**

Nami Juji Jime	Normal cross lock	Ude Hishigi Juji Gatame	Cross arm over body armlock
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**Yonkyu - Orange Belt**

Hadaka Jime	Naked neck lock	Ude Garami	Entangled armlock
Ryote Jime	Two hand choke	Ude Gatame	Straight arm armlock

**Sankyu - Green Belt**

Gyaku Juji Jime	Reverse cross lock	Hiza Gatame	Knee armlock
Kata Juji Jime	Half cross lock	Waki Gatame	Armpit armlock
Kata Ha Jime	Single wing lock	Hara Gatame	Stomach armlock
Koshi Jime	Hip choke		

**Nikyu - Blue Belt**

Okuri Eri Jime	Sliding collar lock	Ashi Gatame	Leg armlock
Katate Jime	One hand choke	Te Gatame	Hand armlock
Sode Guruma Jime	Sleeve wheel choke	Sankaku Gatame	Triangular armlock
Tsukkomi Jime	Thrusting choke	Zempaku Gatame	Standing straight arm armlock
Sankaku Jime	Triangular choke	Katate Kata Ashi Jime	Shoulder hand, shoulder foot
Jigoku Jime	Hell Strangle		