

**Gokyo-No-Waza**  
**Throwing Techniques**

**Gokyu - Yellow Belt**

De Ashi Barai	Advanced foot sweep	O Soto Otoshi	Major outer dropping
O Goshi	Major Hip	O Uchi 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
Ko Uchi Gari	Minor inner reaping	Tai Otoshi	Body drop
Harai Goshi	Sweeping loin	Ko Soto Gake	Minor outer block
Utsuri goshi	Changing hip	O Soto Gari	Major outer reaping

**Sankyu - Green Belt**

Hiza Guruma	Knee wheel	Eri Seoi Nage	Collar shoulder
Sasae Tsurikomi Ashi	Drawing propping ankle	Tsuri Goshi	Lifting hip
Okuri Ashi Barai	Double foot sweep	Sumi Gaeshi	Corner throw
Tsurikomi Goshi	Lifting propping hip	Yoko Wakare	Side separation
Tani Otoshi	Valley drop	O Guruma	Major wheel

**Nikyu - Blue Belt**

Seoi Otoshi	Drop seoi	Hane Goshi	Spring hip
Uchi Mata	Inner thigh	Morote Gari	Two hand reap
Yoko Otoshi	Side drop	Koshi Guruma	Hip wheel
Tomoe Nage	Stomach throw	Kata Guruma	Shoulder wheel
Uki Otoshi	Floating drop	Kuchiki Taoshi	One hand drop
Yama Arashi	Mountain storm	Obi Tori Gaeshi	Belt grab
Ko Ouchi Makikomi	Minor inner wraparound	Yoko Gake	Side body drop
Kibisu Gaeshi	Heel trip	Daki Wakare	Rear trunk turnover

**Ikkyu - Brown Belt**

Ashi Guruma	Leg Wheel	Sumi Otoshi	Corner Drop
Hane Makikomi	Springing wraparound	Sukuinage	Scooping throw
Soto Makikomi	Outer wraparound	O Soto 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
O Soto Makikomi	Major outer wraparound	Harai Makikomi	Hip sweeping wraparound
Uchi Mata Makikomi	Inner thigh wraparound	Uki Waza	Floating throw
Yoko Guruma	Side wheel	Hikkomi Gaeshi	Pulling down sacrifice
Sode Tsurikomi Goshi	Sleeve lifting hip	Osoto Gaeshi	Major outer reaping
Tawara Gaeshi	Rice bale	Kouchi Gaeshi	Minor inner reaping counter
Hane Goshi Gaeshi	Spring hip counter	Uchi Mata Gaeshi	Inner thigh counter
Ouchi Gaeshi	Major inner reaping counter	Uchi Makikomi	Inner wrap around
Harai Goshi Gaeshi	Hip sweep counter	Obi Otoshi	Belt drop

\* cannot be used in randori or shiai

**Osaie 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
Ura Gatame	Backwards hold	Uki Gatame	Floating 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	Sankaku Gatame	Triangular armlock
Sankaku Jime	Triangular 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		
Tsukkomi Jime	Thrusting choke	*Do Jime	Body scissors
Jigoku Jime	Hell Strangle	<i>* cannot be used in randori or shiai</i>	