

YONKYU Requirements

Know tournament rules and commands

Nage Waza

All rokkyu and gokyu nage waza migi and hidari
plus: Tai Otoshi, Uchi Mata, Harai Goshi, Hiza Guruma, Koshi
Guruma, Soto Makikomi, Uke Waza, Tani Otoshi, Tomoe
Nage, Kosoto Gari

Demonstrate 3 combinations of nage

Demonstrate two combinations of nage to osaekomi or
submission

Counters and/or avoidances to all rokkyu and gokyu nage waza

Katami Waza

All rokkyu and gokyu katami waza

Escapes from all rokkyu and gokyu osaekomi

Shime Waza : Okuri eri Jime, Kata Ha Jime , Hadaka Jime,
Sankaku Jime

Kansetsu Waza: Juji Gatame Ude Gatame