

Grading Test

Orange Belt For Jr. – 4Th Grade (Yonkyu)

Terminology:

• Ritsu Rei	Standing bow
• Zarei	Kneeling bow
• Kiyotsuke	Attention
• Rei	Bow
• Kyu	Grade (Mudansha)
• Dan	Degree (Yudansha)
• Tatami	Rice straw mat
• Kuzushi	Breaking a persons balance
• Uke	Person who is being thrown
• Tori	Person who is throwing
• Kata	Pre-arranged exercise showing form
• Kiai	Power shout
• 1882	The year Kodokan was started

The following throws, hold and strangle holds must be demonstrated in good form:

• Oh-Goshi	Major hip throw
• Koshi-Guruma	Hip wheel
• Ippon-Seoi-Nage	One arm shoulder throw
• Oh-Soto-Gari	Major outer reaping
• Oh-Uchi-Gari	Major inner reaping
• Sasae-Tsurikomi-Ashi	Propping drawing ankle throw
• Tsuru-Goshi	Lifting hip throw
• Tsuru-Komi-Goshi	Lifting-pull hip/loin throw
• Kesa-Gatame	Scarf hold (four variations)
○ Hon-Kesa-Gatame	Regular scarf hold
○ Kuzure-Kesa-Gatame	Irregular scarf hold
○ Ushiro-Kesa-Gatame	Rear scarf hold
○ Makura-Kesa-Gatame	Pillow scarf hold
• Kesa-Gatame	Escaping the pin
• Kata-Gatame	Shoulder hold (two variations)
• Yoko-Shiho-Gatame	Side four direction hold

Attendance: 30 classes from yellow to orange belt.