

## YONKYU JUDO RANK REQUIREMENTS

### One Green Tip (Dojo Rank)

- |                         |                                |
|-------------------------|--------------------------------|
| 1) De ashi harai        | (Advanced Foot Sweep)          |
| 2) Ko tsuru goshi       | (Lifting Hip Throw)            |
| 3) Sasae tsurikomi ashi | (Propping Drawing Ankle Throw) |
| 4) Kouchi gari          | (Minor Inner Reaping)          |
| 5) Harai goshi          | (Sweeping Hip Throw)           |

### Two Green Tip (Dojo Rank)

- |                     |                        |
|---------------------|------------------------|
| 1) Okuri ashi barai | (Sweeping Ankle Throw) |
| 2) Hane goshi       | (Springing Hip Throw)  |
| 3) Kata guruma      | (Shoulder Wheel)       |
| 4) Yoko otoshi      | (Side Drop)            |
| 5) Uki waza         | (Floating Throw)       |

### Green Belt (Dojo Rank)

- |                          |                              |
|--------------------------|------------------------------|
| 1) Uchi mata             | (Inner Thigh Throw)          |
| 2) Ushiro goshi          | (Rear Hip Throw)             |
| 3) Yoko gake             | (Side Body Drop)             |
| 4) Harai tsuru komi ashi | (Lifting-Pulling Foot Sweep) |
| 5) Sukui nage            | (Scooping Throw)             |

These five requirements shall be mandatory for each rank:

1. Judo etiquette and courtesy
2. Terminology and history
3. Spirit
4. Attitude
5. Technique (waza)

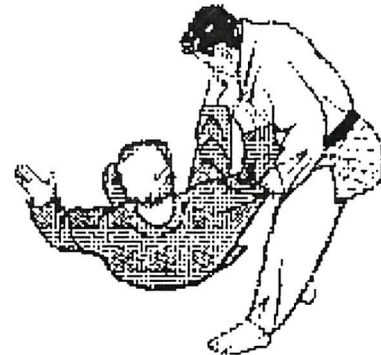
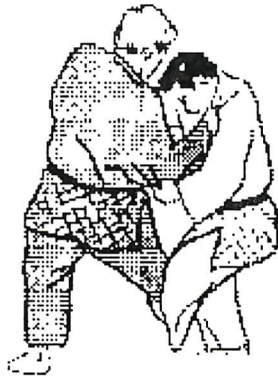
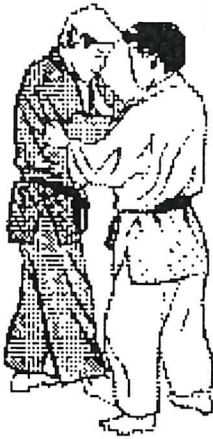
Approximate time to attain Green Belt, 1 year.

Date of Promotion: \_\_\_\_\_

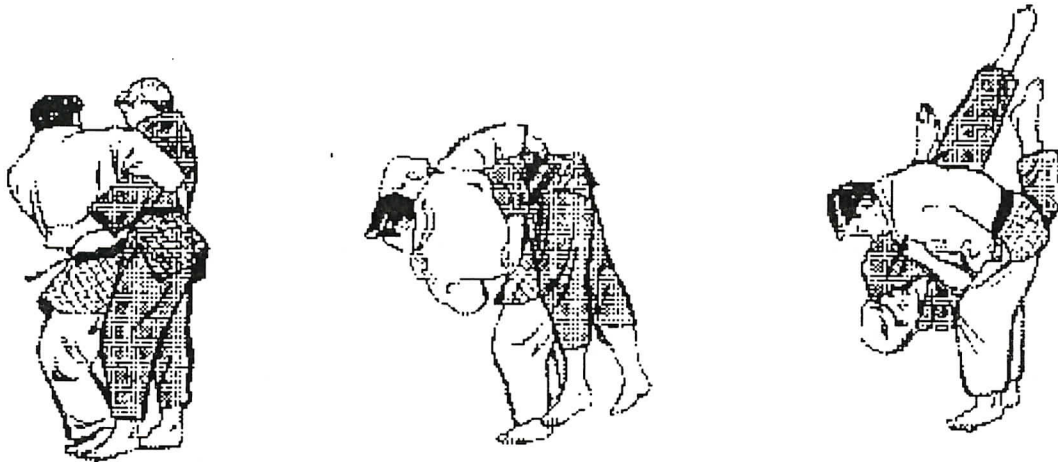
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**DE ASHI HARAI**  
(Advanced Foot Sweep)

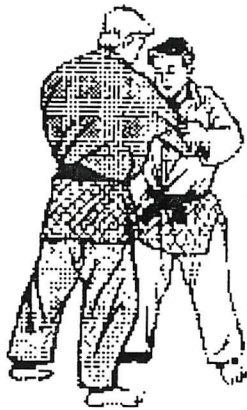


## TSURI GOSHI (Lifting Hip Throw)

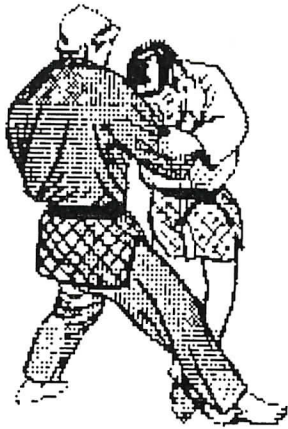


There are two forms of *tsuri-goshi*, known as *kotsuri-goshi* (small hip throw) and *osturi-goshi* (large hip throw). In the former, better suited to a small person, the right hand is passed through the opponent's left armpit, while in the latter, better suited to a large person, the right arm goes over the opponent's left arm.

**SASAE TSURIKOMI ASHI**  
(Propping Drawing Ankle Throw)



**KOUCHI GARI**  
(Minor Inner Reaping)



**HARAI GOSHI**  
(Sweeping Hip Throw)

