



YON KYU (4th Grade) ORANGE BELT

NAGE WAZA (THROWING TECHNIQUES)



Koshi Guruma
(Hip Wheel)



O Soto Gari
(Major Outer Reaping)



O Soto Gaeshi
(Major Outer Counter)



Ippon Seoi Nage
(One arm Back-carry Throw)



Seoi Otoshi
(Back Carry Drop)



Ko Uchi Gari
(Minor Inner Reaping)



Ko Soto Gake
(Minor Outer Hook)



Hiza Guruma
(Knee Wheel)



Sumi Gaeshi
(Corner Counter)

OSAE WAZA (HOLDING TECHNIQUES)



Tate Shiho Gatame
(Lengthwise Four Quarter Holding)



Kuzure Yoko Shiho Gatame
(Modified Side Four Quarter Holding)



Kuzure Kami Shiho Gatame
(Modified Upper Four Quarter Holding)



TEACHING & GRADING SYLLABUS

4th KYU (ORANGE BELT)

- General:** Recommended minimum of 3 months as a registered 5th Kyu holder.
Improved knowledge of Dojo and Judo customs including class formalities and terms of address.
Also please refer to separate Guidelines covering Boys, Girls & Cadets.
- Terminology:** including Rei, Zarei, Seiza, Anza, Sempai ni rei, Sensei ni rei, Shomen ni rei, Otagai ni rei
- Ukemi:** Fully competent in all aspects of break-falling in Keiko, Randori and Shiai.
- Shintai:** Fast and supple movement with changing Kumi Kata on the move.
- Uchi komi:** Debana (Reflexive Feint), Oikomi (Lunge entry) and Mawari komi (Rotative entry) Tobikomi (jump in entry).
- Nage komi:** Throwing practice exercises without resistance against single and multiple partners in attack, counter-throws and Renraku waza (Combination of throwing techniques).
- Nage waza:** Select and ask candidate to demonstrate a minimum of five of the following techniques in Nage Komi (moving) form: Koshi guruma (Hip Wheel), O soto gari (Major Outer Reaping), O soto gaeshi (Major Outer Counter), Ippon seoi nage (One Arm Back-Carry Throw), Seoi otoshi (Back-Carry Drop, Ko uchi gari (Minor Inner Reaping). Ko soto gake (Minor Outer Hook), Hiza guruma (Knee Wheel), Sumi gaeshi (Corner Counter)
- Osae waza:** Tate shiho gatame (Lengthwise Four Quarter Holding), Kuzure yoko shiho gatame (Modified Side Four Quarter Holding) and Kuzure kami shiho gatame (Modified Upper Four Quarter Holding).
3 "Turnovers" from kneeling position.
- Fusegi:** Defence against Osae waza.
- Revision:** On selected requirements for 6th & 5th Kyu Grades
- Randori:** Effective free practice with ability to evade and counter opponent's attacks.

REFER TO JNZ WEBSITE ("DOCUMENTS" SECTION) FOR CURRENT REQUIREMENTS