

Sr. Promotion
Revised March 2018
Nage Waza (Throwing Techniques)

All promotion requirements are comprehensive from previous requirements.

Name: _____

Date: _____

Rank Testing: _____

P F

Rokkyu (Yellow Belt)

O Goshi (Large Hip Throw)
Osoto Gari (Major Outer Reaping)

Gokyu (Orange Belt)

Ippon Seoi-nage (One Arm Shoulder Throw)
Tai Otoshi (Body Drop)
Koshi Guruma (Hip Wheel)
Deashi Harai (Forward Foot Sweep)
Osoto Otoshi (Larger Outer Drop)

Yonkyu (Green Belt)

Morote Seoi-nage (Two Hand Shoulder Throw)
Uki Goshi (Floating Hip)
Ouchi Gari (Major Inner Reaping)
Hiza Guruma (Knee Wheel)
Kouchi Gari (Minor Inner Reaping)
Tsurikomi Goshi (Lifting Pulling Hip Throw)

Sankyu (3rd Degree Brown)

Sode Tsurikomi Goshi (Sleeve Lifting Pulling Hip)
Okuri ashi Harai (Following Foot Sweep)
Harai Goshi (Sweeping Hip Throw)
Uchimata (Inner Thigh Throw)
Sasae Tsurikomi Ashi (Lifting Pulling Ankle Prop)
Kosoto Gake (Small Outside Hook)
Kosoto Gari (Small Outside Hook)
Nage No Kata – 1st set Uke and Tori

P F

Nikyu (2nd Degree Brown Belt)

Tsuri Goshi (Lifting Hip)
Hane Goshi (Spring Hip Throw)
Tani Otoshi (Valley Drop)
Kata Guruma (Shoulder Wheel)
Tomoe Nage (Circle Throw)
Ashi Guruma (Leg Wheel)
O Guruma (Large Wheel)
Harai Tsuri Komi Ashi (Lift Pull Foot Sweep)
Yoko Otoshi (Side Drop)
Nage No Kata – 1st and 2nd sets Uke and Tori

Ikkyu (1st Degree Brown Belt)

Sumi Gaeshi (Corner Reversal)
Tani Otoshi (Valley Drop)
Hane Makikomi (Spring Wraparound)
O Guruma (Major Wheel)
Soto Makikomi (Outer Wraparound)
Yoko Guruma (Side Wheel)
Sukui Nage (Scoop Throw)
Utsuri Goshi (Shifting Hip)
Uki Otoshi (Floating Drop)
Nage No Kata – 1st, 2nd, and 3rd sets Uke and Tori

Shodan (1st Degree Black Belt)

As set forth by Indiana Judo

Notes: