

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 Tsuru 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: