



# REQUIREMENTS FOR GREEN BELT | YONKYU

PLUS: Aiki Jujitsu 1  
Osoto Gari  
Groundwork  
Ukemi Waza (#1-2)  
Shime Waza (#1)  
Nage Waza (#1-2)

3 mo. teaching at  
yellow belt

## AIKI JUJITSU 2

1	boxer's left	parry	kataha jime takedown
2	straight right	nagashi uke	kataha jime takedown
3	straight right	nagashi uke	R. mawashi geri, inside armtwist
4	straight right	nagashi uke	ude tori, rear otoshi
5	right & left	cross shuto uke	face-ulna throw, juji gatame
6	right & left	cross shuto uke	hammerlock
7	right & left	cross shuto uke	wristlock, hammerlock
8	att. front choke	nagashi uke	L. yoko geri, inside armtwist
9	knife thrust	nagashi uke	wrist twist, yubi tori
10	front choke		ude tori
11	rear hug (free)	stomp	wristlock, hammerlock
12	2-on-1 rear elbow grab		ulna press, barflex
13	low knife thrust	gedan shuto uke	crosstwist, frontflex
14	att. front hadaka jime	gedan shuto uke	groin haito, pivot, frontflex

## OSAEKOMI WAZA

1	mune gatame
2	yoko shiho gatame
3	kami shiho gatame
4	kesa gatame (normal, kuzure)
5	kata gatame (normal, reverse)
6	half nelson (near, far, reverse)
7	half nelson counter (near, far, reverse)

## UKEMI WAZA (#3-5)

3	forward roll (right, left)
4	forward roll breakfall (right, left)
5	backward roll

## COMELONGS (#1-6)

1	frontflex
2	judolock
3	crosstwist
4	pivot yubi tori
5	barflex (2 hands, 1 hand)
6	ulna press

## SHIME WAZA (#2)

2	kataha jime
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## APPLIED KARATE 1

Blocks ( <i>Uke</i> )	Strikes ( <i>Uchi</i> )	Kicks ( <i>Keri</i> )
nagashi uke	sakotsu shuto uchi	mae geri (snap, thrust)
cross shuto uke	cross shuto uchi	mawashi geri
soto cross shuto uke	ganmen shuto uchi	yoko geri
jodan juji uke	yoko shuto uchi	shittsui geri
gedan juji uke	gedan shuto uchi	fumikomi geri
age uke	haito uchi	mikazuki geri
soto age uke	hiji uchi (front, side, rear, upward)	gyaku mikazuki geri
ude uke	uraken uchi (side, downward)	ushiro geri
soto ude uke	shotei uchi	
gedan ulna uke	tettsui uchi (jodan, gedan, yoko)	<b>Stances (<i>Tachi</i>)</b>
gedan shuto uke	kakuto uchi	kiba dachi
gedan barai uke	ura zuki (single*, double)	zenkutsu dachi (zen)
kakiwake uke	kagi zuki	kokutsu dachi (ko)
inside double ude uke	tate zuki	neko ashi dachi (neko)
mikazuki geri uke	mawashi zuki	
	gyaku zuki	
	oi zuki*	
	nukite zuki (gohon, pure form*)	
	morote zuki*	
	yama zuki*	

\* These strikes do not appear elsewhere on the charts.

## NAGE WAZA (#3-10)

3	front choke	body slam
4	rear hug (free)	sukui nage
5	att. front choke	kosoto gari
6	right & left	ogoshi
7	double lapel grab	koshi guruma
8	front choke	sode tsurikomi goshi
9	rear hug (pinned)	ippon seoi
10	boxer's left	tani otoshi