



REQUIREMENTS FOR YELLOW BELT | GOKYU

AIKI JUJITSU 1

1	att. front choke	nagashi uke	haito, cross shuto
2	front choke		winglock
3	att. side headlock	armpit escape	sakotsu
4	side headlock		hair hammerlock
5	side headlock		hair throw
6	right & left	cross shuto uke	spin, sakotsu
7	right & left	cross shuto uke	groin haito, front hadaka jime
8	right roundhouse	cross shuto uke (ko)	ganmen shuto
9	right roundhouse	cross shuto uke	ulna press
10	right roundhouse	cross shuto uke	front hiji, sakotsu
11	right roundhouse	cross shuto uke	stretchbar, wrist twist throw
12	right roundhouse	cross shuto uke	handtwist pivot, hair hammerlock
13	front hug (pinned)	hip push (zen)	windmill, sakotsu
14	rear hug (pinned)	stomp, break out	double windmill, sakotsu
15	bent lapel grab		flex bow
16	2-on-1 wrist grab	clasp hands & sink	ulna press
17	double wrist grab	clasp hands & sink	ulna press
18	double wrist grab		tekubi tori
19	police hammerlock	arm pull (kiba)	side hiji, pivot, outside armbreak, sakotsu
20	att. front hadaka jime	gedan shuto uke	groin haito, pivot, R. mae geri, sakotsu
21	overhead club blow	jodan juji uke	outside armbreak, sakotsu
22	knife thrust	nagashi uke	outside armbreak, inside armtwist
23	knife thrust	nagashi uke	outside armbreak, flex throw, disarm
24	knife thrust	nagashi uke	outside armbreak, rear hadaka jime (zen)
25	handgun on stomach	nagashi uke (step in)	flex throw, disarm

SHIME WAZA (#1)

1	hadaka jime (rear, front)
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UKEMI WAZA (#1-2)

1	back breakfall
2	side breakfall (right, left)

OSOTO GARI

1	front choke		osoto gari (Nage #1)
2	bent lapel grab		osoto gari
3	right roundhouse	cross shuto uke	osoto gari
4	right & left	cross shuto uke	osoto gari
5	right & left	cross shuto uke	R. mae geri, osoto gari
6	front hug (free)	stomp	osoto gari
7	front hug (pinned)	hip push (zen)	osoto gari
8	straight right	nagashi uke	R. mawashi geri, osoto gari
9	att. front choke	nagashi uke	osoto gari
10	att. side headlock	armpit escape	osoto gari
11	att. front hadaka jime	gedan shuto uke	groin haito, pivot, osoto gari
12	rear hadaka jime	stomp	rear osoto gari (Nage #2)
13	rear hug (free)	stomp	rear osoto gari
14	rear hug (pinned)	stomp	rear osoto gari
15	att. full nelson	arm trap, stomp	rear osoto gari

GROUNDWORK

1	standing: circling	far guard, switch sides, stand up
2	standing: closing	knee guard, closed guard
3	in closed guard: att. choke	bridge (low, high)
4	in closed guard: choke	arm thrust, rear hiji
5	in closed guard: choke	juji gatame
6	in closed guard: right & left	block, arm trap
7	in closed guard: right & left	block, hammerlock
8	top of mount (free): choke	bump, bridge & roll
9	top of mount (free): right & left	block, bump, bridge & roll
10	top of mount (pinned)	overhead kiai throw
11	bottom of mount (free): chest push	juji gatame
12	bottom of mount (free): right & left	block, ude garami