

# Grading Test

## Blue Belt – 2<sup>nd</sup> Grade (Nikyu)

### Terminology:

**Tachi-Waza** – Consists of the following three techniques:

1. Te-Waza (Hand techniques)

Tai-Otoshi	Body drop
Seoi-Nage	Shoulder throw
Kata-Guruma	Shoulder wheel
Uki-Otoshi	Floating drop

2. Koshi-Waza (Hip techniques)

Uki-Goshi	Floating hip-loin throw
Harai-Goshi	Sweeping loin
Tsurikomi-Goshi	Lift-pull hip-loin throw
Hane-Goshi	Spring Hip Throw
Oh-Goshi	Major hip throw

3. Ashi-Waza (Foot and Leg techniques)

Hiza-Guruma	Knee wheel
Oh-Uchi-Gari	Major inner reaping
Oh-Soto-Gari	Major outer reaping
Sasae-Tsurikomi-Ashi	Propping drawing ankle throw
Harai-Tsurikomi-Ashi	Sweeping drawing ankle throw
De-Ashi-Harai	Advance foot sweep
Ko-Uchi-Gari	Minor inner reaping
Kosoto-Gari	Minor outer reaping
Kosoto-Gake	Minor outer hooking
Uchimata	Inner thigh

**Sutemi-Waza** – Consists of the following two techniques:

1. Ma-Sutemi-Waza (Rear sacrifice technique)

Tomoe-Nage	Circle throw (and others)
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2. Yoko-Sutemi-Waza (Side sacrifice techniques)

Tani-Otoshi	Valley drop (and others)
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**Katame-Waza** – Consists of the following three techniques:

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|------------------|-----------------------|
| 1. Osaekomi-Waza | Pinning techniques    |
| 2. Shime-Waza    | Strangling techniques |
| 3. Kansetsu-Waza | Joint techniques      |

Kodokan-Gokyu  
Seiryoku-Zen'yo  
Jita-Kyoei

40 Kodokan throwing techniques  
Maximum efficiency  
Mutual welfare and benefit

**The following throws must be performed with right or left techniques:**

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|------------------------|------------------------------|
| • Oh-Goshi             | Major hip throw              |
| • Tai-Otoshi           | Body drop                    |
| • Seoi-Nage            | Shoulder throw               |
| • De-Ashi-Harai        | Advance foot sweep           |
| • Uki-Goshi            | Floating hip-loin throw      |
|                        |                              |
| • Oh-Soto-Gari         | Major outer reaping          |
| • Kosoto-Gari          | Minor outer reaping          |
| • Koshi-Guruma         | Hip wheel                    |
| • Harai-Goshi          | Sweeping loin                |
| • Oh-Uchi-Gari         | Major inner reaping          |
| • Sasae-Tsurikomi-Ashi | Propping drawing ankle throw |
| • Tsuru-Goshi          | Lifting hip throw            |
|                        |                              |
| • Hiza-Guruma          | Knee wheel                   |
| • Ko-Uchi-Gari         | Minor inner reaping          |
| • Hane-Goshi           | Spring Hip Throw             |
| • Tomoe-Nage           | Circle or stomach throw      |
| • Kosoto-Gake          | Minor outer hooking          |
| • Ashi-Guruma          | Leg wheel                    |
| • Kata-Guruma          | Shoulder wheel               |
|                        |                              |
| • Harai-Tsurikomi-Ashi | Sweeping drawing ankle throw |
| • Tsurikomi-Goshi      | Lift-pull hip-loin throw     |
| • Oh-Guruma            | Major wheel                  |
| • Okuri-Ashi-Harai     | Sending foot sweep           |
| • Uchimata             | Inner thigh                  |
| • Tani-Otoshi          | Valley drop                  |
| • Oh-Soto-Guruma       | Major outside wheel          |
| • Soto-Makikomi        | Outer winding throw          |

**Katame-Waza**

**Osaekomi-Waza:**

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|---------------------|--------------------------------|
| • Kesa-Gatame       | Scarf hold (four variations)   |
| • Kata-Gatame       | Shoulder hold (two variations) |
| • Kami-Shiho-Gatame | Upper four direction hold      |
| • Tate-Shiho-Gatame | Vertical four direction hold   |
| • Yoko-Shiho-Gatame | Side four direction hold       |

Shime-Waza:

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|-------------------|-------------------------|
| • Hada-Ka-Jime    | Naked choke             |
| • Okuri-Eri-Jime  | Sliding collar          |
| • Kata-Ha-Jime    | Single wing choke       |
| • Nami-Juju-Jime  | Normal cross strangle   |
| • Kata-Juju-Jime  | Half cross strangle     |
| • Gyaku-Juju-Jime | Reversed cross strangle |

**Nage-No-Kata**

Te-Waza:

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|---------------|----------------|
| • Uki-Otoshi  | Floating drop  |
| • Seoi-Nage   | Shoulder throw |
| • Kata-Guruma | Shoulder wheel |

Koshi-Waza:

- |                   |                          |
|-------------------|--------------------------|
| • Uki-Goshi       | Floating hip-loin throw  |
| • Harai-Goshi     | Sweeping loin            |
| • Tsurikomi-Goshi | Lift-pull hip-loin throw |

**Attendance: 75 classes from green to blue belt.**