

Grading Test

Orange Belt – 4th Grade (Yonkyu)

Terminology:

• Tai Sabaki	Proper standing body movement
• Ritsu Rei	Standing bow
• Zarei	Kneeling bow
• Kiyotsuke	Attention
• Rei	Bow
• Migi	Right
• Hidari	Left
• Kyu	Grade (Mudansha)
• Dan	Degree (Yudansha)
• Shizentai	Natural posture
• Jigotai	Defensive posture
• Mudansha	Non black belt holder
• Yudansha	Black belt holder

The following throws, hold and strangle holds must be demonstrated in good form:

• 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
• Tsurigoshi	Lifting hip throw
• Kesa-Gatame	Scarf hold (four variations)
○ Hon-Kesa-Gatame	Regular scarf hold
○ Kuzure-Kesa-Gatame	Irregular scarf hold
○ Ushiro-Kesa-Gatame	Rear scarf hold
○ Makura-Kesa-Gatame	Pillow scarf hold
• Kata-Gatame	Shoulder hold (two variations)
• Hada-Ka-Jime	Naked choke
• Okuri-Eri-Jime	Sliding collar

Attendance: 30 classes from yellow to orange belt.