

KYU GRADE THEORY

BEGINNER TO 9 TH KYU		
O-goshi	Major hip throw	
Kuzure-kesa-gatame	Broken scarf hold	
Ude-garami	Arm entanglement	
Matte	Wait/ break	
Hajime	Start	
Osaekomi	Holding	
Toketa	Hold broken	
9 TH KYU TO 8 TH		
Tsuri-komi-goshi	Lift pull hip throw	Ogoshi with lapel/sleeve grip
Ouchi-gari	Major inner reap	
Sono-mama	Freeze	
Yoshi	Continue	
Ippon	Win/ 10 point score	>25 second hold-down
Waza-ari	Nearly ippon/ 7 point score	>20 second hold-down
8 TH KYU TO 7 TH		
Ippon-seoi-nage	One arm shoulder throw	
Ko-uchi-gari	Minor inner reap	
Kazure-kami-shiho-gatame	Broken upper 4/4 hold	
Hadaka-jime	Naked strangle	
Sore-made	Finish	
Yuko	Nearly waza-ari/ 5 point score	>15 second hold-down
Koka	Nearly yuko/ 3 point score	>10 second hold-down
Waza-ari-awasete-ippou	Ippon by 2 x waza-ari	
7 TH KYU TO 6 TH		
Osotogari	Major outer reap	
Harai-goshi	Sweeping loin throw	
Hon-kesa-gatame	True scarf hold	
Okuri-eri-jime	Sliding lapel strangle	
Juji-gatame	Cross straight armlock	
Hiki-wake	Drawn match	
Shido	3 point penalty	
Chui	5 point penalty	
6 TH KYU TO 5 TH		
Tai-otoshi	Body drop throw	
Uchimata	Inner thigh throw	
Hon-yoko-shiho-gatame	True side hold	
Kata-gatame	Shoulder hold	
Koshi-jime	Hip strangle	
Waki-gatame	Armpit lock	
Keikoku	7 point penalty	
Hansoku-make	Disqualification	

5 TH KYU TO 4 TH		
Morote-seoi-nage	Two arm shoulder throw	
Ko-soto-gari	Minor outside reap	
Hiza-garuma	Knee wheel throw	
Ushiro-kesa-gatame	Reverse scarf hold	
Juji-gatame	Cross straight armlock	
Rei	Bow	
Dojo	Gym	
Judogi	Judo kit	
Judoka	Judo player	
4 TH KYU TO 3 RD		
Tomoe-nage	Stomach throw	Sacrifice throw
Sumi-gaeshi	Corner throw	Sacrifice throw
Kata-garuma	Shoulder wheel throw	
Sangaku-jime	Triangular strangle	
Hon-tate-shiho-gatame	True straddle hold	
Ude-gatami	Arm lock	Can be used standing
Tachi-waza	Standing techniques	
Ne-waza	Groundwork techniques	
Randori	Free practice	
Shaia	Contest	
Kata	Form	
3 RD KYU TO 2 ND		
O-guruma	Major wheel throw	
Te-guruma	Hand wheel throw	Counter throw
Tani-otoshi	Valley drop throw	
Kata-ha-jime	Single wing strangle	
Makura-kesa-gatame	Pillow scarf hold	
Shime-waza	Strangle techniques	
Kansetsu-waza	Armlock techniques	
Tori	Attacking player	
Uke	Defending player	
2 ND KYU TO 1 ST		
Sasae-tsuru-komi-ashi	Propping drawing ankle throw	
Harai-tsuru-komi-ashi	Sweeping drawing ankle throw	
Okuri-ashi-barai	Side sweeping ankle throw	
Yoko-garuma	Side wheel throw	
Hon-tate-shiho-gatame	Straddle hold	
Kazure-tate-shiho-gatame	Broken straddle hold	

EXAMPLES OF ILLEGAL TECHNIQUES

Suso-jime	Jacket bottom strangle	
Obi-jime	Belt strangle	
Hiza-jime	Knee strangle	
Do-jime	Body squeeze	Scissor crush
Kote-waza	Wrist locks	
Kubi-kansetsu-waza	Spine locks	
Ashi-kansetsu-waza	Leg locks	
Kani-basami	Crab scissors	
Daki-agi	Hug lift	
Kawazu-gake	Frog hook or grapevine	
Kubi-nage	Neck throw	
Seoi-age	Shoulder lift	Piggy back drop
Gripping inside Uki's sleeve or trouser leg		
Gripping on the same side of the jacket for more than 5 seconds		
Holding Uki's trouser leg for more than 5 seconds		