

## Yondan Promotion Requirements

### Yondan: Black Belt 4<sup>th</sup> Degree

### 3 Mistakes Fails Test

1. Pass all the knowledge and demonstration requirements of all previous rank exams
2. List and demonstrate the throws in the 1<sup>st</sup> Kyo, 2<sup>nd</sup> Kyo, 3<sup>rd</sup> Kyo, 4<sup>th</sup> Kyo and 5<sup>th</sup> Kyo

<b>Go-Kyo-No-Waza</b>				
1 Kyo	2 Kyo	3 Kyo	4 Kyo	5 Kyo
<ul style="list-style-type: none"> <li>• Requires 6 combinations.</li> <li>• 4 Counter throws against 1<sup>st</sup> &amp; 2<sup>nd</sup> Kyo techniques</li> </ul>				
De-Ashi-Barai Hiza-Guruma Sasae Tsuru Komi Ashi Uki Goshi O Soto Gari O Goshi O Uchi Gari Seoiage:Ippon/Morote	Ko Soto Gari Ko Uchi Gari Koshi Guruma Tsuru Komi Goshi Okuri Ashi Harai Tai Otoshi Harai Goshi Uchi Mata	Ko Soto Gake Tsuru Goshi Yoko Otoshi Ashi Guruma Hane Goshi Harai Tsuru Komi Ashi Tomoe Nage Kata Guruma	Sumi Gaeshi Tani Otoshi Hane Maki Komi Sukui Nage Utsuri Goshi O Guruma Soto Maki Komi Uki Otoshi	O Soto Guruma Uki Waza Yoko Wakare Yoko Guruma Ushiro Goshi Ura Nage Sumi Otoshi Yoko Gake

<b>Osae Waza Techniques</b>	
Kesa Gatame Kami-Shiho Gatame Yoko Shiho Gatame Tate Shiho Gatame Kuzure-Kesa- Gatame Kata Gatame Kuzuri Kami Shiho Gatame	<ul style="list-style-type: none"> <li>• Demonstrate technique and escapes for each</li> </ul>

<b>Osae Waza Techniques</b>	
<ul style="list-style-type: none"> <li>• Entering through legs when opponent is on back</li> <li>• Turning techniques when opponent is on knees and elbows</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate 5 methods for each</li> </ul>

<b>Shime-waza</b>	
Hadaka Jime Okuri Eri Jime Kata Juji Jime	<ul style="list-style-type: none"> <li>• Demonstrate 2 applications</li> </ul>
Nami Juji Jime Kataha Jime Gyaku Juji Jime Sankaku Jime Sode Guruma Jime Tsukkomi Jime Jigoku Jime Yoko Jime	<ul style="list-style-type: none"> <li>• Demonstrate</li> </ul>

<b>Kansetsu-Waza</b>	
Ude Hishigi Hara Gatame	<ul style="list-style-type: none"> <li>• Demonstrate</li> </ul>

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Ude Garami Ude Hishigi Juji Gatame Ude Hishigi Waki Gatame	
Ude-Hishigi Ude Gatame	<ul style="list-style-type: none"><li>• Demonstrate 3 applications</li></ul>
Ude Hishigi Hiza Gatame	<ul style="list-style-type: none"><li>• Demonstrate 3 applications</li></ul>

Kata: Kime no Kata (complete set, tori and uke)

Kime no Kata Certificate: (Yondan)

Teach:     2 Tachiwaza techniques  
          1 Combination Techniques  
          1 Osae waza and escapes  
          1 Methods-entering into newaza  
          1 Shime-waza application  
          1 Kansetsu waza application