

Techniques Required for Testing

Rank	Throws	Holds	Chokes	Armbars	Other
White	Ippon seio nage	Kesa gatame	Kata juji jime		
Rokkyu (yellow)	Morote seio nage O goshi Koshi guruma O soto gari	Kami shiho gatame Yoko shiho gatame	Okuri eri jime		Ukemi
Gokkyu (orange)	De ashi barai Tai otoshi	Kata gatame	Kataha jime	Ude hishige- juji gatame	
Yonkyu (green)	Ko uchi gari O uchi gari Sasae tsurikomi ashi				
Sankyū (3rd brown)	Harai goshi Okuri ashi harai Ko soto gari Tomoe nage	Tate shiho gatame	Hadaka jime	Ude garami	3 combos
Nikyu (2nd brown)	Hane goshi Tsurikomi goshi Uchi mata	Kuzure kami- shiho gatame	Nami juji jime Gyaku juji jime	Ude hishige- ude gatame	3 counters
Ikkyū (1st brown)	Sode tsurikomi goshi Kata guruma				5 combos
Shodan (1st black)	Uki otoshi Harai tsurikomi ashi				5 throws 5 counters