



Ikkyu Requirements

NAGE WAZA		Techniques	English Translation	NAGE NO KATA (uke and tori)	English Translation
Tachi waza (standing techniques)	Te waza (hand techniques)	Sumi otoshi	Corner drop	Uki otoshi Ippon seoi nage Kata guruma	Floating drop One arm shoulder throw Shoulder wheel
	Koshi waza (hip techniques)	Ushiro goshi	Rear hip throw	Uki goshi Harai goshi Tsuru komi goshi	Floating hip throw Sweeping hip throw Lifting pulling hip throw
	Ashi waza (leg/foot techniques)	O soto guruma Hiza guruma	Major outer wheel Knee wheel throw	Okuri ashi barai Sasae tsurikomi ashi Uchi mata	Sliding foot sweep Propping lifting pulling foot Inner thigh throw
Sutemi waza (sacrifice techniques)	Ma sutemi waza (back sacrifices)	See Kata Requirement--Fourth set>>>>		Tomoe nage Ura nage Sumi gaeshi	Circle throw Rear throw Corner counter
	Yoko sutemi waza (side sacrifices)	Yoko wakare Yoko guruma	Side separation throw Side wheel throw		
NE WAZA		Techniques	English Translation	KATAME NO KATA (uke and tori)	English Translation
Katame waza (holding techniques)	Osaekomi waza (hold down techniques)	See Kata Requirements		Kuzure kesa gatame Kata gatame Kami shiho gatame Yoko shiho gatame Kuzure kami shiho gatame	Variation of scarf hold Shoulder hold Upper four corner hold Side four corner hold Variation of upper four corner hold
	Shime waza (choking techniques)	Jigoku jime Sode guruma jime Tsukome jime Second set katame no kata>>>	Hell choke Sleeve wheel choke Poking choke	Kata juji jime Hadaka jime Okuri eri jime Kataha jime Gyaku juji jime	Single cross choke Naked Choke Sliding lapel choke Single wing choke Reverse cross choke
	Kansetsu waza (joint locking techniques)	Hiza gatame Garami (4)	Knee lock Coiled arm locks		
ADDITIONAL					
Demonstrate 3 combinations and 3 counters of any throws of your choice Experience in Shiai: as competitor, official, all rules					