



Nikyu Requirements

NAGE WAZA			NAGE NO KATA (uke and tori)	
	Techniques	English Translation		English Translation
Tachi waza (standing techniques)	Te waza (hand techniques)	Sukui nage Scooping throw	Uki otoshi Ippon seoi nage Kata guruma	Floating drop One arm shoulder throw Shoulder wheel
	Koshi waza (hip techniques)	Utsuri goshi Changing 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 guruma Major wheel Ko soto gake Minor outer hook	Okuri ashi barai Sasae tsurikomi ashi Uchi mata	Sliding foot sweep Propping lifting pulling foot Inner thigh throw
Sutemi waza (sacrifice techniques)	Yoko sutemi waza (side sacrifices)	Hane makikomi Soto makikomi Tani otoshi	Springing wrapping throw Side wrapping throw Valley drop	
NE WAZA			KATAME NO KATA (uke and tori)	
	Techniques	English Translation		English Translation
Katame waza (holding techniques)	Osaekomi waza (hold down techniques)	Kata requirement--First Set>>> Ura kesa gatame Rear/inside scarf hold	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)	Waki jime Nami juji jime Kata juji jime Okuri eri jime Sankaku jime	Armpit choke Normal cross choke Single cross choke Sliding lapel choke Triangle choke	
	Kansetsu waza (joint locking techniques)	Waki gatame Gatame (2) Ude garami (3)	Armpit hold Arm lock Arm coil	
ADDITIONAL				
Waki gatame must be performed standing and on the mat Demonstrate 3 combinations and 3 counters of any throws of your choice				