

Testing for: Yellow Belt, 1st Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Osoto-gari	Large Outer Reap
Throwing Techniques	Hiza-guruma	Knee Wheel
Throwing Techniques	O-goshi	Large Hip Throw
Holding Techniques	Kesa-gatame	Scarf Hold

Testing for: Yellow Belt, 2nd Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Deashi-harai	Forward Foot Sweep
Throwing Techniques	Sasae-tsurikomi-ashi	Supporting Foot Lift-Pull Throw (Foot Stop)
Throwing Technique Counter	Tsubame-gaeshi	Swallow Counter
Holding Techniques	Kesa-gatame (Bridge and Roll Escape)	Scarf Hold

Testing for: Yellow Belt, 3rd Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Uki-goshi	Floating Hip Throw
Throwing Techniques	Seoi-nage	Shoulder Throw
Throwing Technique Counter	Osoto-gaeshi	Large Outer Reaping Throw Counter
Holding Techniques	Kesa-gatame (Uphill Turn Escape)	Scarf Hold

Testing for: Yellow Belt, 4th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Ouchi-gari	Large Inner Reap
Throwing Techniques	Kouchi-gari	Small Inner Reap
Throwing Technique Counter	Kosoto-gake (Countering Sasae-tsurikomi-ashi)	Small Outer Hook
Holding Techniques	Yoko-shiho-gatame	Side Locking Four-corner Hold

Testing for: Orange Belt, 5th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Kosoto-gari	Small Outer Reap
Throwing Techniques	Koshi-guruma	Hip Wheel
Throwing Technique Counter	Tani-otoshi (Countering Seoi-nage)	Valley Drop
Holding Techniques	Yoko-shiho-gatame (Bridge and Roll Escape)	Side Locking Four-corner Hold

Testing for: Orange Belt, 6th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Tsurikomi-goshi	Lift-Pull Hip Throw
Throwing Techniques	Okuri-ashi-harai	Foot Sweep
Throwing Technique Counter	Tani-otoshi (Countering O-goshi)	Valley Drop
Holding Techniques	Yoko-shiho-gatame (Uphill Turn Escape)	Side Locking Four-corner Hold

Testing for: Orange Belt, 7th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Harai-goshi	Hip Sweep
Throwing Techniques	Tai-otoshi	Body Drop
Throwing Technique Counter	Kosoto-gake (Countering Hiza-Guruma)	Small Outer Hook
Holding Techniques	Kami-shiho-gatame	Top Four-corner Hold

Testing for: Orange Belt, 8th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Uchi-mata	Inner-thigh Reaping Throw
Throwing Techniques	Tsuri-goshi	Lifting Hip Throw
Throwing Technique Counter	Tani-otoshi (Countering Uki-goshi)	Valley Drop
Holding Techniques	Kami-shiho-gatame (Double Arm Escape)	Top Four-corner Hold

Testing for: Green Belt, 9th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Yoko-otoshi	Side Drop
Throwing Techniques	Ashi-guruma	Leg Wheel
Throwing Technique Counter	Ouchi-gaeshi	Large Inner Reaping Throw Counter
Holding Techniques	Kami-shiho-gatame (Press Out Escape)	Top Four-corner Hold

Testing for: Green Belt, 10th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Hane-goshi	Hip Spring
Throwing Techniques	Harai-tsurikomi-ashi	Lift-Pull Foot Sweep
Throwing Technique Counter	Harai-goshi (Countering Kosoto-gari)	Hip Sweep
Holding Techniques	Kuzure-kesa-gatame	Modified Scarf Hold

Testing for: Green Belt, 11th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Tomoe-nage	Circle Throw
Throwing Techniques	Kata-guruma	Shoulder Wheel
Throwing Technique Counter	Kouchi-gaeshi	Small Inner Reaping Throw Counter
Holding Techniques	Kuzure-kesa-gatame (Sit Up Escape)	Modified Scarf Hold

Testing for: Green Belt, 12th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Sumi-gaeshi	Corner Throw
Throwing Techniques	Hane-makikomi	Springing Wraparound Throw
Throwing Technique Counter	Utsuri-goshi (Countering Koshi-Guruma)	Hip Shift
Holding Techniques	Ushiro-kesa-gatame	Reverse Scarf Hold

Testing for: Blue Belt, 13th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Sukui-nage	Scooping Throw
Throwing Techniques	O-guruma	Large Wheel
Throwing Technique Counter	Tani-otoshi (Countering Tsurikomi-goshi)	Valley Drop
Throwing Technique Combination	Hiza-guruma to Osoto-gari (or reverse)	Knee Wheel to Large Outer Reap
Holding Techniques	Ushiro-kesa-gatame (Uphill Turn Escape)	Reverse Scarf Hold
Chokes		Rear Choke Escape

Testing for: Blue Belt, 14th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Soto-makikomi	Outer Wraparound Throw
Throwing Techniques	Morote-gari	Two Handed Reap
Throwing Technique Counter	Tsubame-gaeshi (Countering Okuri-Ashi-Barai)	Swallow Counter
Throwing Technique Combination	Deashi-harai to Sasae-tsurikomi-ashi (or reverse)	Forward Foot Sweep to Supporting Foot Lift-Pull Throw
Holding Techniques	Kata-gatame	Shoulder Hold
Chokes	Nami-juji-jime	Normal Cross Lock
Chokes		Front Choke Escape

Testing for: Blue Belt, 15th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Uki-goshi	Floating Hip Throw
Throwing Techniques	Kuchiki-taoshi	One-Hand Drop
Throwing Technique Counter	Tani-otoshi (Countering Tsurigoshi)	Valley Drop
Throwing Technique Combination	Hiza-guruma to Sasae-tsurikomi-ashi (or reverse)	Knee Wheel to Supporting Foot Lift-Pull Throw

Holding Techniques	Kata-gatame (Arm In Escape)	Shoulder Hold
Chokes	Okuri-eri-jime	Sliding Collar Lock
Chokes		Rear Choke Escapes (Review)

Testing for: Blue Belt, 16th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Osoto-guruma	Large Outer Wheel
Throwing Techniques	Kibisu-gaeshi	Heel Trip
Throwing Technique Counter	Harai-goshi-gaeshi	Hip Sweep Counter
Throwing Technique Combination	Kouchi-gari to Seoi-nage	Small Inner Reap to Shoulder Throw
Holding Techniques	Kuzure-kami-shiho-gatame	Broken Top Four-corner Hold
Chokes	Kata-juji-jime	Half Cross Lock
Chokes		Front Choke Escapes (Review)

Testing for: Purple Belt, 17th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Uki-waza	Floating Throw
Throwing Techniques	Yoko-wakare	Side Separation
Throwing Technique Counter	Uchi-mata-sukashi (Avoiding Counter)	Inner Thigh Reaping Throw Slip
Throwing Technique Combination	Kouchi-gari to Ouchi-gari-makikomi	Small Inner Reap to Small Inner Wrapping Reap
Holding Techniques	Kuzure-kami-shiho-gatame (Bridge and Roll Escape)	Broken Top Four-corner Hold
Chokes	Kata-ha-jime	Single Wing Lock

Testing for: Purple Belt, 18th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Yoko-guruma	Side Wheel
Throwing Technique Counter	Hane-goshi-gaeshi	Hip Spring Counter
Throwing Technique Combination	Harai-goshi to Osoto-Gari (or the reverse)	Hip Sweep to Large Outer Reap
Holding Techniques	Kuzure-yoko-shiho-gatame	Broken Side Locking Four-corner Hold
Chokes	Gyaku-juji-jime	Reverse Cross Lock

Testing for: Purple Belt, 19th Degree

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Ura-nage	Back Throw
Throwing Techniques	Sumi-otoshi	Corner Drop
Throwing Technique Counter	Counter to Seoi-nage	Elbow Roll and Pin
Throwing Technique Combination	Ouchi-gari to Hane-goshi (or the reverse)	Large Inner Reap to Hip Spring
Holding Techniques	Kuzure-yoko-shiho-gatame (Uphill Turn Escape)	Broken Side Locking Four-corner Hold
Chokes		Reverse Half Cross Choke from Legs Around the Bottom

Category	Technique (Japanese)	Technique (English)
Throwing Techniques	Yoko-gake	Side Body Drop
Throwing Techniques	Osoto-makikomi	Large Outside Wraparound Throw
Throwing Technique Counter	Counter to Tomoe-nage	Round Off and Pin for Circle Throw
Throwing Technique Combination	Kouchi-gari to Yoko-otoshi	Small Inner Reap to Side Drop
Throwing Technique Combination	Kouchi-gari to Tomoe-nage	Small Inner Reap to Circle Throw
Holding Techniques	Tate-shiho-gatame	Straight Locking Four-corner Hold
Chokes		Reverse Half Cross Choke from Hands and Knees Top