

Judo Link Club Rank Promotion Guide

4th Kyu - Blue Belt Requirement

Updated: March 2022, revision 5

Terminology:

Gaeshi (Kaeshi) waza – counter techniques

Ren-raku waza – Combination techniques of different throwing directions

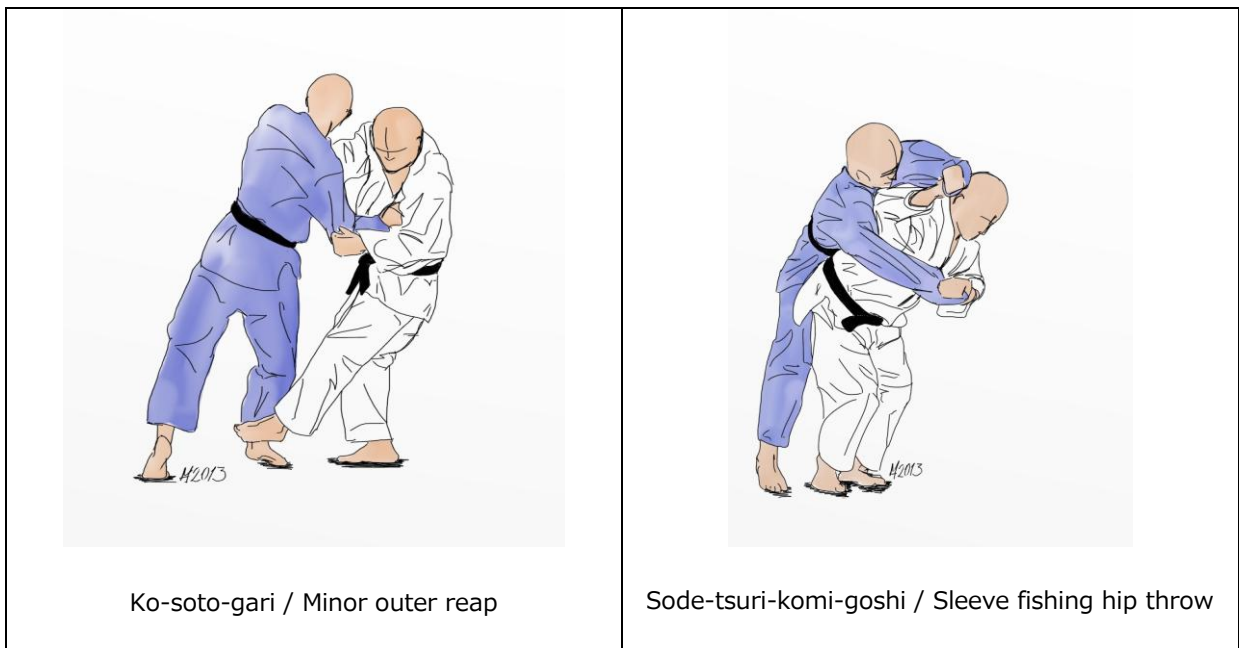
Mae Ukemi, forward fall.

Ushiro Ukemi, backward fall.

Yoko Ukemi, side fall (accompanied by hard slap of tatami mat).

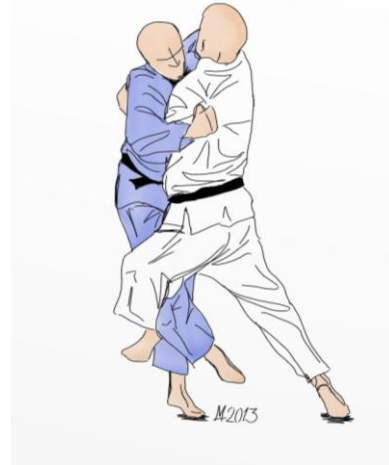
Zenpo Kaiten [Ukemi], forward Judo roll

Standing Techniques / Tachi-waza: must perform uchi-komi and nage-komi





Kata-guruma (shoulder wheel), one-knee and two-knee down version



Ko-soto-gake / Minor outer hook



Yoko-guruma / side wheel



Ushiro-goshi / rear hip throw

Standing / Tachi-waza Combinations:

Ko-soto-gari to O-soto-gari

Ko-soto-gari to tai-otoshi

Sode-tsuri-komi-goshi to o-soto-gari

Sode-tsuri-komi-goshi to ko-uchi-gari

Over-the-top belt grip to bend uke over, do a backward technique (o-uchi, ko-uchi) and move into hikikomi-gaeshi or harai-goshi

Defense in standing:

Te-guruma to a forward attack such as a maki-komi technique

Yoko-guruma against an opponent with a high grip

Hug from behind (under arms) solution 3: Trap uke's arm on one side, hook outside that side's leg, hop around for Soto-maki-komi or harai-maki-komi to throw forward

Ground Techniques / Ne-Waza:



Ude-garami / Entangled arm lock



Kataha-jime / Single wing strangle



Kata-gatame / Shoulder hold



Ude-hishigi-ude-gatame ("ude-gatame") /
[straight] arm lock

Transition on the ground:

From top and bottom position: Juji-jime (any variation) to juji-gatame transition.

From tate-shiho-gatame: allow your uke to bridge without escape fully, get up on one leg and immediately catch his collar for kataha-jime.

Combination: Juji-gatame from top position setup to kataha-jime on his side

Turn-over: (when opponent is in the "turtle" position)

Turtle turn over from using the leg hooks inside:

- 1) Use the double-lapel from under the arm pits to finish with tate-shiho-gatame.
- 2) Finish with okuri-eri-jime o kataha-jime.
- 3) Move to perpendicular position during turn over and finish with juji-gatame

Arm-pry series: Wrist-trap from same-side, move in front of uke, use your arm to lift up his arm while trapped, and finish with ude-garami

Bottom position:

Uke attempts to pass your legs from standing position: Juji-gatame from under when uke has a straight arm

Kata-gatame reversal

Defense:

When you attempt to pass uke's legs from a standing position and uke is on his back and uke tries the #1 technique from above to reverse you. Grab his both collars strongly, maintain a stable position without leaning much over the center line and defend your position.

Leg pass:

One-arm holding around legs pass

Cartwheel pass

Forbidden Technique 1 of 4:

Kani-basami (Scissor or crab sweep) (蟹挟)