

# TEACHING & GRADING SYLLABUS

## 4th KYU (ORANGE BELT)

- General:** Recommended minimum of 3 months as a registered 5th Kyu holder.  
Improved knowledge of Dojo and Judo customs including class formalities and terms of address.  
**Also please refer to separate Guidelines covering Boys, Girls & Cadets.**
- Terminology:** including Rei, Zarei, Seiza, Anza, Sempai ni rei, Sensei ni rei, Shomen ni rei, Otagai ni rei
- Ukemi:** Fully competent in all aspects of break-falling in Keiko, Randori and Shiai.
- Shintai:** Fast and supple movement with changing Kumi Kata on the move.
- Uchi komi:** Debana (Reflexive Feint), Oikomi (Lunge entry) and Mawari komi (Rotative entry) Tobikomi (jump in entry).
- Nage komi:** Throwing practice exercises without resistance against single and multiple partners in attack, counter-throws and Renraku waza (Combination of throwing techniques).
- Nage waza:** Select and ask candidate to demonstrate a minimum of five of the following techniques in Nage Komi (moving) form: Koshi guruma (Hip Wheel), O soto gari (Major Outer Reaping), O soto gaeshi (Major Outer Counter), Ippon seoi nage (One Arm Back-Carry Throw), Seoi otoshi (Back-Carry Drop, Ko uchi gari (Minor Inner Reaping). Ko soto gake (Minor Outer Hook), Hiza guruma (Knee Wheel), Sumi gaeshi (Corner Counter)
- Osae waza:** Tate shiho gatame (Lengthwise Four Quarter Holding), Kuzure yoko shiho gatame (Modified Side Four Quarter Holding) and Kuzure kami shiho gatame (Modified Upper Four Quarter Holding).  
3 "Turnovers" from kneeling position.
- Fusegi:** Defence against Osae waza.
- Revision:** On selected requirements for 6<sup>th</sup> & 5th Kyu Grades
- Randori:** Effective free practice with ability to evade and counter opponent's attacks.

**REFER TO JNZ WEBSITE ("DOCUMENTS" SECTION) FOR CURRENT REQUIREMENTS**

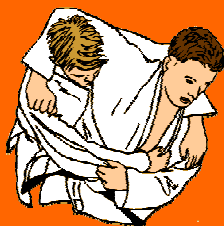


# JNZ GRADING SYLLABUS

## YON KYU (4th Grade) ORANGE BELT



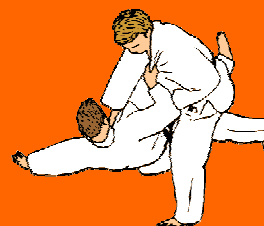
### NAGE WAZA (THROWING TECHNIQUES)



**Koshi Guruma**  
(Hip Wheel)



**O Soto Gari**  
(Major Outer Reaping)



**O Soto Gaeshi**  
(Major Outer Counter)



**Ippon Seoi Nage**  
(One arm Back- carry Throw)



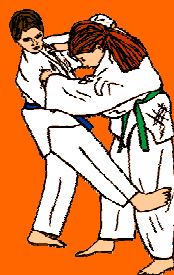
**Seoi Otoshi**  
(Back Carry Drop)



**Ko Uchi Gari**  
(Minor Inner Reaping)



**Ko Soto Gake**  
(Minor Outer Hook)



**Hiza Guruma**  
(Knee Wheel)



**Sumi Gaeshi**  
(Corner Counter)

### OSAE WAZA (HOLDING TECHNIQUES)



**Tate Shiho Gatame**  
(Lengthwise Four  
Quarter Holding)



**Kuzure Yoko Shiho Gatame**  
(Modified Side Four  
Quarter Holding)



**Kuzure Kami Shiho Gatame**  
(Modified Upper Four Quar-  
ter Holding)



# KOSHI GURUMA

## *HIP WHEEL*



### **KEY POINTS;**

- **Arm around neck**
- **Feet at 270° (hips deep)**
- **Knees bent**
- **Rotate partner across small of back & hips**



Inspire, Excel, Together.™



**JUDO  
NEW ZEALAND**

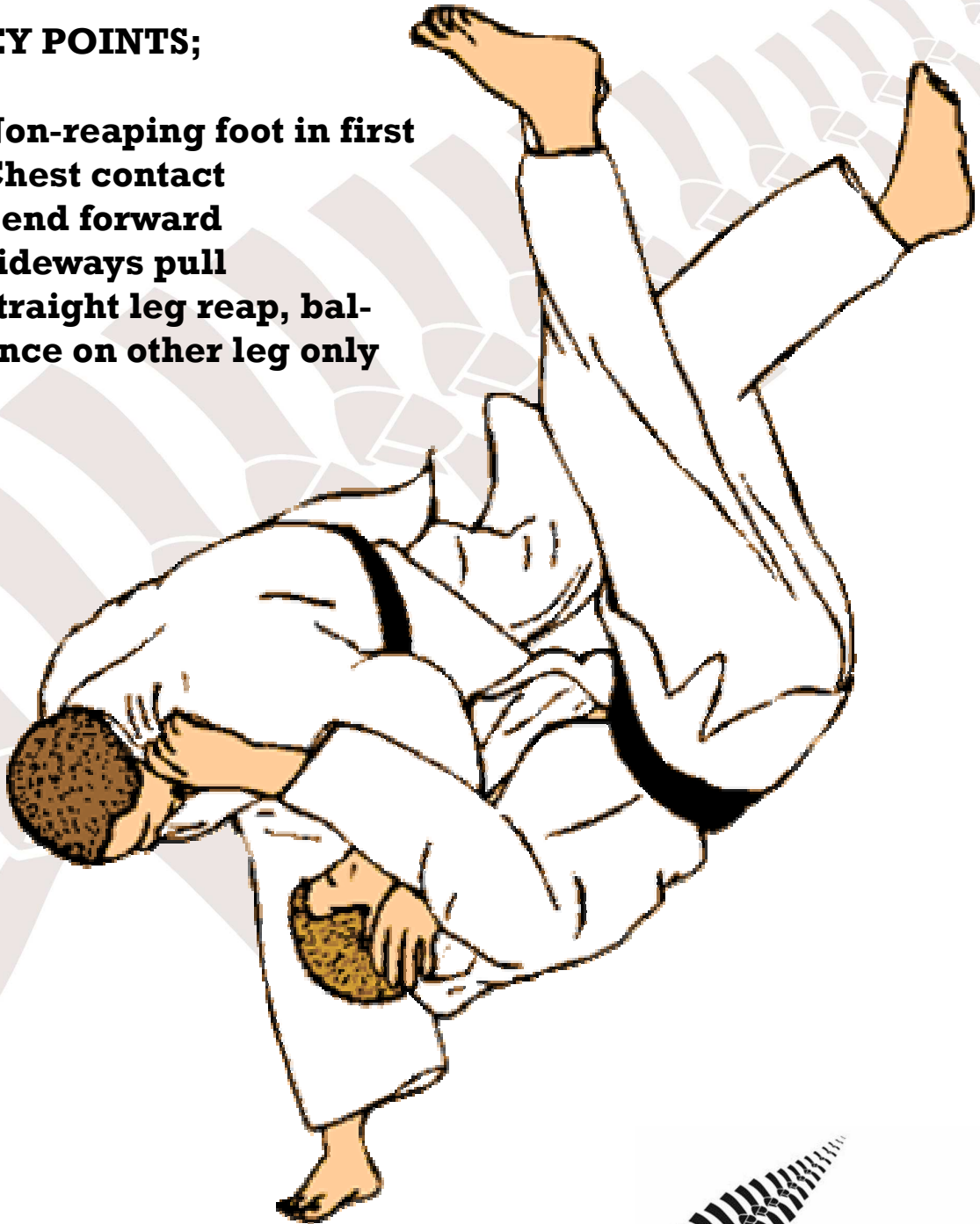
# O SOTO GARI

## *MAJOR OUTER REAPING*



### **KEY POINTS;**

- **Non-reaping foot in first**
- **Chest contact**
- **Bend forward**
- **Sideways pull**
- **Straight leg reap, balance on other leg only**



Inspire, Excel, Together.™



**JUDO  
NEW ZEALAND**

# O SOTO GAESHI

*MAJOR OUTER COUNTER*



## KEY POINTS;

- Counter partner's weak O Soto Gari
- Bend forward
- Sideways pull
- Straight leg reap, balance on other leg only



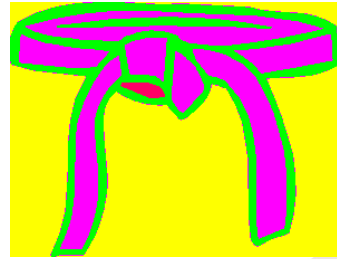
Inspire, Excel, Together.™



JUDO  
NEW ZEALAND

# IPPON SEOI NAGE

*ONE ARM BACK  
CARRY THROW*



## KEY POINTS;

- Knees bent, back straight
- Tight grip with inner elbow
- Partner's arm off shoulder
- Both feet inside partners
- Good head and shoulder rotation



Inspire, Excel, Together.™



**JUDO  
NEW ZEALAND**

# SEOI OTOSHI

## *BACK CARRY DROP*



### **KEY POINTS;**

- After loading onto back, drop downwards to create throw
- Strong pull with sleeve hand
- Collar hand as for Morote Seoi Nage



Inspire, Excel, Together.™



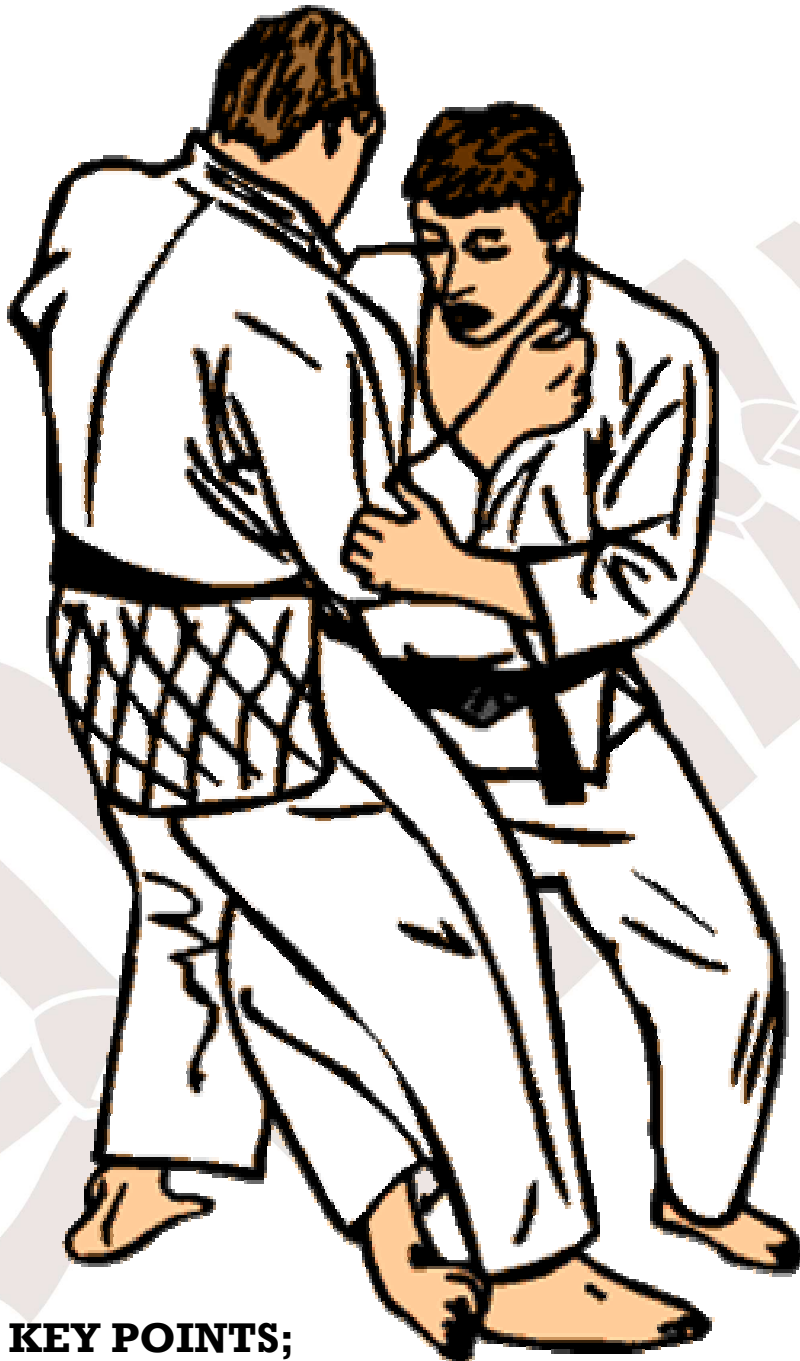
**JUDO  
NEW ZEALAND**

19/6/11



# KO UCHI GARI

## *MINOR INNER REAPING*



### **KEY POINTS;**

- Use sole of foot
- Pull down to focus weight on leg you are not reaping



Inspire, Excel, Together.™

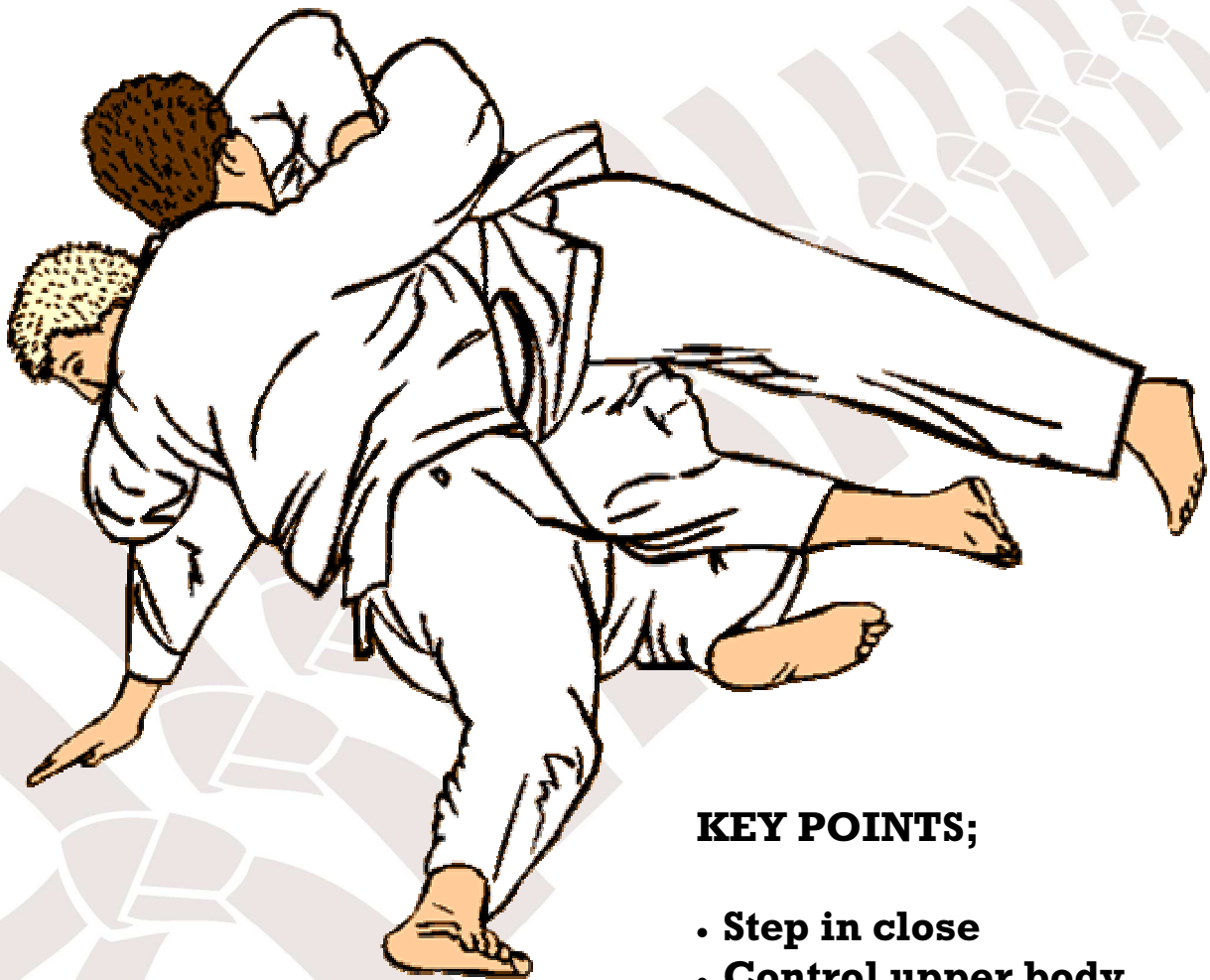


**JUDO  
NEW ZEALAND**



# KO SOTO GAKE

## *MINOR OUTER HOOK*



### **KEY POINTS;**

- Step in close
- Control upper body
- Weight over leg to be hooked
- Hook leg from outside



Inspire, Excel, Together.™



**JUDO  
NEW ZEALAND**

# HIZA GURUMA

## *KNEE WHEEL*



### **KEY POINTS;**

- **Prop below knee**
- **Use sole of foot**
- **Propping leg straight**
- **“Steering wheel” with hands**



Inspire, Excel, Together.™



**JUDO  
NEW ZEALAND**

# SUMI GAESHI

## *CORNER COUNTER*



### **KEY POINTS;**

- **Step in close**
- **Drop hips close to partner's feet**
- **Hook foot inside partner's knee**
- **Throw to side**



Inspire, Excel, Together.™



**JUDO  
NEW ZEALAND**

# TATE SHIHO GATAME

## *LENGTHWISE FOUR QUARTER HOLDING*



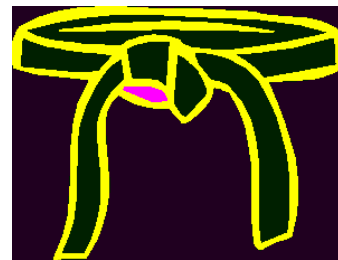
### **KEY POINTS;**

- **Astride partner, heels hooked in**
- **One arm over partners shoulder gripping on back/belt**
- **Partner's arm between heads**



# KUZURE YOKO SHIHO GATAME

*MODIFIED SIDE FOUR  
QUARTER HOLDING*



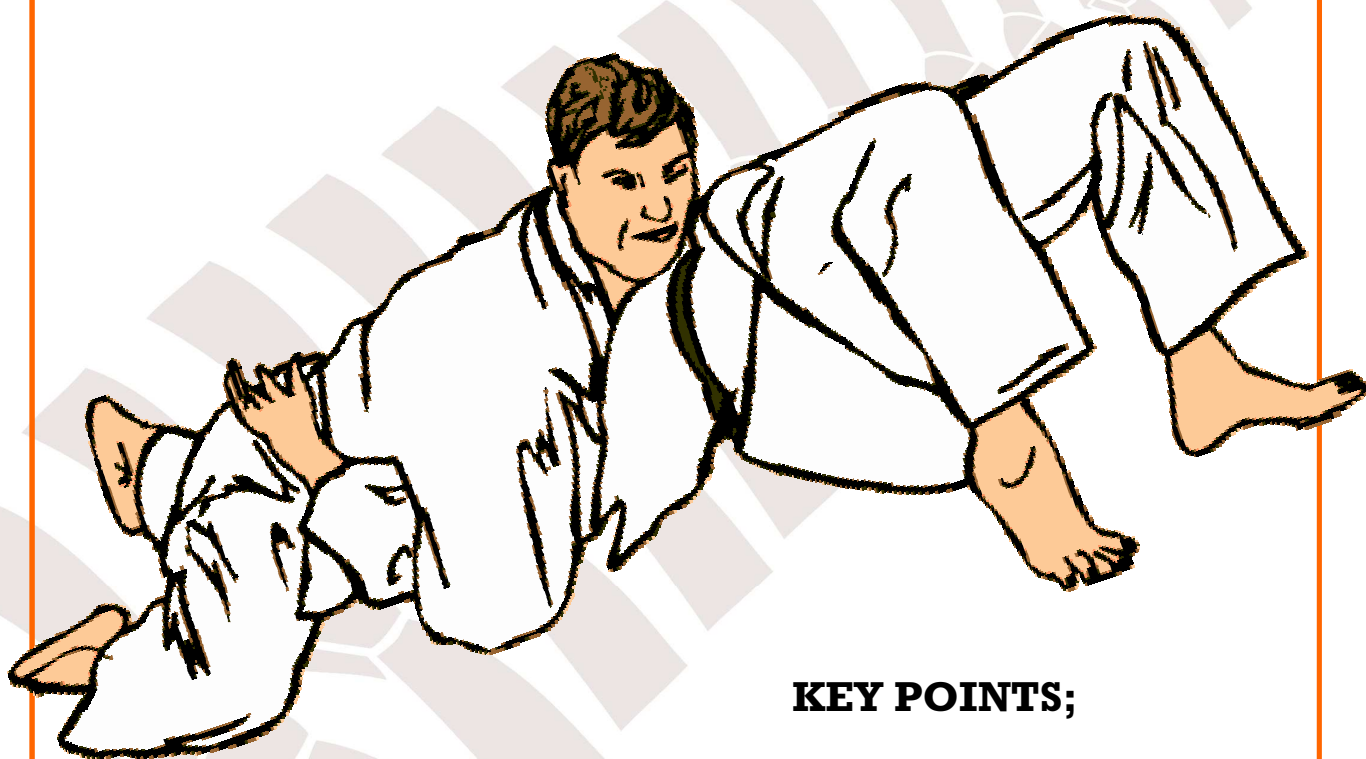
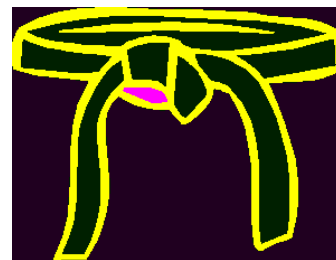
## KEY POINTS;

- Variations of Yoko Shiho Gatame, including leg but not head, arm only ("Mune Gatame"), or no arm
- Chest contacting chest
- Legs apart, belt to ground, or knees into side



# KUZURE KAMI SHIHO GATAME

## *MODIFIED UPPER FOUR QUARTER HOLDING*



### **KEY POINTS;**

- **One arm under partners shoulder**
- **Other arm over partners shoulder**
- **Legs apart**
- **Chest & hips down**

