

ORANGE BELT

4th Kyu

Nage Waza – Throwing Techniques

Ippon Seoi Nage (One Arm Back-Carry Throw)

<https://youtu.be/GyHA17-59yk>



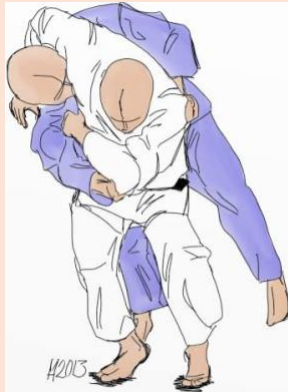
Seoi Otoshi (Back-Carry Drop)

https://youtu.be/cS_XrgEOhNE



Koshi Guruma (Hip Wheel)

<https://youtu.be/pJsQrgMhgk4>



Ko Uchi Gari (Minor Inner Reaping)

<https://youtu.be/cwlmv52ccVQ>



O soto Gari (Major Outer Reaping)

<https://youtu.be/Cik-jXhmsoE>



O soto Gaeshi (Major Outer Counter)

<https://youtu.be/DhkxsabEfY4>



Ko Soto Gake (Minor Outer Hook)

<https://youtu.be/2PPomHBUv-M>



Hiza Guruma (Knee Wheel)

<https://youtu.be/MbrtbT4ivoY>



Sumi Gaeshi (Corner Counter)

<https://youtu.be/kod5QHdmE7E>



Osae Waza – Holding Techniques

Kuzure Yoko Shiho Gatame (Modified Side Four Quarter Holding)

https://youtu.be/D8W_phOz_rs



Kuzure Kami Shiho Gatame (Modified Upper Four Quarter Holding)

https://youtu.be/E-WP_pxObg0



Tate Shiho Gatame (Lengthwise Four Quarter Holding)

<https://youtu.be/i9VUQhgxYJU>

