

# YELLOW BELT

5<sup>th</sup> Kyu

## Nage Waza – Throwing Techniques

**O Goshi** (Major Hip)

<https://youtu.be/PFbILGwd5L4>



**Tsuri Goshi** (Lifting Hip) – Same as O Goshi but grab belt

<https://youtu.be/2meKovMhZb8>



**Morote Seoi Nage** (Both Hands Back-Carry Throw)

[https://youtu.be/CX8I3\\_AQvzM](https://youtu.be/CX8I3_AQvzM)



**O Uchi Gari** (Major Inner Reaping)

<https://youtu.be/MuLDvLFQTHs>



**Sasae Tsuru Komi Ashi** (Propping Lifting Drawing Ankle)

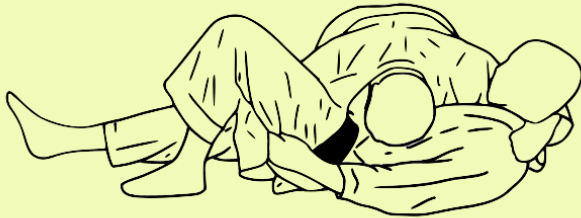
<https://youtu.be/QaSuu4Q7Xms>



## Osae Waza – Holding Techniques

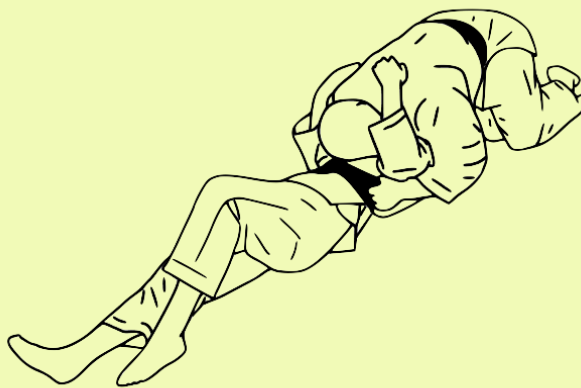
**Yoko Shiho Gatame** (Side Four Quarter Holding)

<https://youtu.be/0ygG-iKLDmQ>



**Kami Shiho Gatame** (Upper Four Quarter Holding)

<https://youtu.be/RYO0zejYhb0>



**Kata Gatame** (Shoulder Holding)

<https://youtu.be/Vr5Mv9K36IE>

