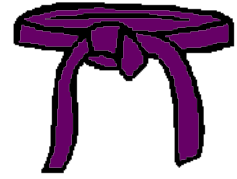


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IKKYU (1ST) KYU – Jr. PURPLE BELT REQUIREMENTS

NAGEWAZA (THROWING TECHNIQUES)

| <i>Japanese Term</i> | <i>English Translation</i> | <i>Specific Type of Technique</i> |
|-------------------------|----------------------------|-----------------------------------|
| 1. Hane makikomi | outer winding spring hip | Yoko Sutemiwaza (Side Body Drop) |
| 2. Soto makikomi | outer winding throw | Yoko Sutemiwaza (Side Body Drop) |
| 3. Ushiro goshi | rear hip or loin throw | Koshiwaza (Hip) |
| 4. Ura nage | rear throw | Ma Sutemiwaza (Rear Body Drop) |
| 5. Te Guruma | hand wheel | Tewaza (Hand) |
| 6. 4 Combination Throws | | |

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. All Previous

SHIMEWAZA (CHOKING TECHNIQUES 13 AND OLDER)

1. Sankaku jime Triangle choke
2. Tsukkomi jime Thrusting choke
- 3.

KANSETSUWAZA (ARM LOCKS 13 AND OLDER)

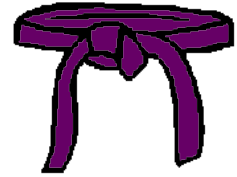
1. Waki gatame Armpit armlock
2. Hara gatame Stomach arm lock
3. Ashi gatame Leg arm lock

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VOCABULARY/GENERAL INFO

- | | |
|--------------------|----------------------------|
| 1. Kuzushi | breaking your opponent's |
| 2. Tsukuri | preparing the throw |
| 3. Kake | applying the throw |
| 4. Tai sabaki | proper standing body |
| 5. Nage no kata | forms of throwing |
| 6. Katame no kata | forms of grappling |
| 7. Seiryoku-zen-yo | maximum efficiency |
| 8. Jita-kyoei | mutual welfare and benefit |