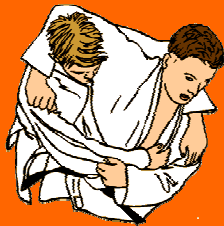


## YON KYU (4th Grade) ORANGE BELT

### 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**  
(Collapsed Side Four  
Quarter Holding)



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

