

# 4<sup>th</sup> Kyu – Green Belt



Junsui Ryu Ju Jitsu

## Ukemi Waza

Judo Rolls and Aiki Rolls

## Atemi Waza

Uraken - Backfist  
Ura - zuki - Uppercut  
Nukite - Spear Hand  
Haito - Ridge Hand  
Shuto - Knife Hand

## Kansetsu Waza

Ground Immobilisations

Yoko Hiza Gatame - Side Knee Armlock  
Yoko Kote Dori - Side Wrist Trap  
Yoko Ude Garami - Side Arm Entanglement  
Ura Kote Geashi - Rear Wrist Turn Out  
Ura Hiza Gatame - Rear Knee Armlock  
Ashi Sangaku Garami - Leg Triangle Entanglement

## Nage Waza

Ashi Garuma - Ankle wheel  
Ippon Seo Nage - One Arm Shoulder Throw  
Tai Otoshi - Body Drop  
Seoi Otoshi - Shoulder Drop  
Tane Otoshi - Valley Drop  
Ko Tomoe Seio Nage - Jacket Shoulder Throw

## Osaekomi Waza

Ushiro Yoko Shiho Gatame - Reverse Side Four Quarter Hold  
Ushiro Kesa Gatame - Reverse Scarf Hold  
Mune Gatame - Chest Hold

## Defences

Defence against Gyaku-zuki using throws or locks  
Defence against coshes  
Defence against knives  
Defence against kicks (on ground)  
Defence in V  
Defence in Circle