

Kodokan Gokyo/VJC Junior Grading Requirements by Level						
Level	#	Japanese Name	English Name	Ltr	Japanese Name	English Name
Yellow 9th Kyu	1	Deashi-harai	Advanced foot sweep	A	Kesa-gatame, makura-kesa	Scarf hold, pillow kesa
	2	Hiza-guruma	Knee wheel	B	Yokoshiho-gatame	Side four quarters hold
	3	Sasae-tsurikomi-ashi	Propping drawing ankle	C	Kata-gatame	Shoulder hold
	4	Uki-goshi	Floating hip	D	Kamishiho-gatame	Upper four quarters hold
	5	O-soto-gari	Major outer reap	E	Kuzure-kesa-gatame	Modified kesa
	6	O-goshi	Major hip	F	Kuzure-yokoshiho-gatame	Modified yokoshiho
	7	O-uchi-gari	Major inner reap	G	Kuzure-kamishiho-gatame	Modified kamishiho
	8	Seoi-nage (ippon or morote)	Shoulder throw (one or two armed)	H	Mune-gatame	Chest hold
Orange 7th Kyu	9	Kosoto-gari	Minor outer reap	I	Ushiro-gatame	Backwards scarf hold
	10	Kouchi-gari	Minor inner reap	J	Tateshiho-gatame	"Standing" Longitudinal locking four quarters hold
	11	Koshi-guruma	Hip wheel	K	Okuri-eri-jime	Sliding lapel choke
	12	Tsurikomi-goshi	Lifting/pulling hip	L	Ude-hishigi-juji-gatame	Cross arm bar
	13	Okuri-ashi-harai	Sweeping ankle	M	Kata-ha-jime	Single wing lock
	14	Tai-otoshi	Body drop	N	Ude-garame	Arm entanglement
	15	Harai-goshi	Hip sweep	O	Kata-juji-jime	Half cross lock
	16	Uchi-mata	Inner thigh reap	P	Ude-hishigi-ude-gatame	Straight arm lock
Green 5th Kyu	17	Kosoto-gake	Minor outer hook	Q	Gyaku-juji-jime	Reverse cross lock
	18	Tsuri-goshi	Lifting hip	R	Ude-hishigi-hiza-gatame	Knee arm lock
	19	Yoko-otoshi	Side drop	S	Nami-juji-gatame	Normal cross lock
	20	Ashi-guruma	Leg wheel	T	Ashi-garami	Entangled leg lock
	21	Hane-goshi	Springing hip	U	Hadaka-jime	Naked choke
	22	Harai-tsurikomi-ashi	Sweeping drawing ankle	V	Waki-gatame	Armpit arm lock
	23	Tomoe-nage	Circular throw	W	Sankaku-jime	Triangular lock
	24	Kata-guruma	Shoulder wheel	X	Jigoku-jime	Hell strangle
Blue 3rd Kyu	25	Sumi-gaeshi	Corner throw			
	26	Tani-otoshi	Valley drop			
	27	Hane-makikomi	Springing wraparound		Additional requirements:	
	28	Sukui-nage	Scooping throw		Green:	Te waza (nage no kata)
	29	Utsuri-goshi	Hip shift		Blue	Koshi waza
	30	O-guruma	Big wheel		Brown	Ashi waza
	31	Soto-makikomi	Outer wraparound			
	32	Uki-otoshi	Floating drop			
Brown 1st Kyu	33	O-soto-guruma	Major outer wheel			
	34	Uki-waza	Floating throw			
	35	Yoko-wakare	Side separation			
	36	Yoko-guruma	Side wheel			
	37	Ushiro-goshi	Backwards hip			
	38	Ura-nage	Back throw			
	39	Sumi-otoshi	Corner drop			
	40	Yoko-gake	Side body drop			
See club handbook for throw illustrations. See next page for lesson plans.						

The junior class schedule for Jan-Apr 2008 can be summarized as (with throws 1-8 being used in combination with the following):					
Jan 14-17	9-10-A		Mar-3-6	23-24-J	
Jan 21-24	11-12-B-F		Mar 10-13	25-26	
Jan 28-31	13-14-C		Mar 17-20	27-28	
Feb 4-7	15-16-D-G		Mar 25-27	29-30	
Feb 11-14	17-18-E		Mar 31/Apr 3	31-32	
Feb 18-21	19-20-H		Apr 7-10	Review	
Feb 25-28	21-22-I		Examinations	April 14-24	