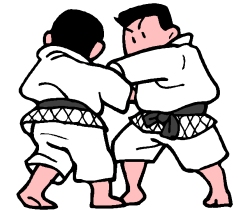


# YON KYU



## SEINAN – OVER 16

Points Needed: 20

### **NAGE-WAZA (Throws):**

16 throws as selected from the 1<sup>st</sup> and 2<sup>nd</sup> Go Kyo and up to 3 techniques from the 3<sup>rd</sup> Go Kyo.

### **OSAE-WAZA (Hold downs):**

4 hold downs as selected.

### **KANSETSU-WAZA (Arm locks):**

2 arm locks as selected.

### **SHIME-WAZA (Strangles):**

2 strangles as selected.

### **RENROKU WAZA (Combinations) & KAESHI WAZA (Counters):**

4 combinations and 4 counters as selected.

### **TURNOVERS:**

2 turnovers as selected.

### **MOVING PAST THE LEGS:**

2 movements past the legs as selected.

### **THEORY:**

#### **(a) Terminology:**

ashi ..... foot or leg  
 goshi ..... hip  
 hiza ..... knee  
 kata ..... shoulder  
 mata ..... thigh  
 te ..... hand  
 ude ..... arm  
 hidari ..... left  
 mae ..... front

migi ..... right  
 ushiro ..... backwards  
 hidari shizentai ... left natural posture  
 shizentai ..... natural posture  
 shizentai hon tai ..... natural posture  
 migi shizentai ... right natural posture  
 jigo hon tai ..... defence posture  
 jigo tai ..... defensive posture

#### **(b) Belts: Senior (Main) Colours:**

White  
 Yellow  
 Orange  
 Green  
 Blue  
 Brown

Black  
 Red /White  
 Red