



Gokyo no Waza: Requirements for Senior Promotions

**Dai-ikkyo (Group 1)**

Deashi Harai	Forward Foot Sweep	<a href="#">▶ View Video</a>	Rokkyu
Hiza-guruma	Knee Wheel	<a href="#">▶ View Video</a>	
Osoto-gari	Large Outer Reap	<a href="#">▶ View Video</a>	
Ogoshi	Large Hip Throw	<a href="#">▶ View Video</a>	
Ouchi-gari	Large Inner Reap	<a href="#">▶ View Video</a>	
Seoi Nage	Shoulder Throw	<a href="#">▶ View Video</a>	
Sasae Tsurikomi Ashi	Supporting Foot Lift-Pull Throw	<a href="#">▶ View Video</a>	Gokyu ↓
Uki-goshi	Floating Hip Throw	<a href="#">▶ View Video</a>	

**Dai-nikyo (Group 2)**

Kosoto-gari	Small Outer Reap	<a href="#">▶ View Video</a>	Gokyu
Kouchi-gari	Small Inner Reap	<a href="#">▶ View Video</a>	
Koshi-guruma	Hip Wheel	<a href="#">▶ View Video</a>	
Tsurikomi-goshi	Lift-Pull Hip Throw	<a href="#">▶ View Video</a>	
Okuri Ashi Harai	Foot Sweep	<a href="#">▶ View Video</a>	Yonkyu ↓
Tai-otoshi	Body Drop	<a href="#">▶ View Video</a>	
Harai-goshi	Hip Sweep	<a href="#">▶ View Video</a>	
Uchi Mata	Inner-thigh Reaping Throw	<a href="#">▶ View Video</a>	

**Dai-sankyō (Group 3)**

Kosoto-gake	Small Outer Hook	<a href="#">▶ View Video</a>	Yonkyu
Tsuri-goshi	Lifting Hip Throw	<a href="#">▶ View Video</a>	
Yoko Otoshi	Side Drop	<a href="#">▶ View Video</a>	Sankyū
Ashi-guruma	Leg Wheel	<a href="#">▶ View Video</a>	
Hane-goshi	Hip Spring	<a href="#">▶ View Video</a>	
Harai Tsurikomi Ashi	Lift-Pull Foot Sweep	<a href="#">▶ View Video</a>	
Tomoe Nage	Circular Throw	<a href="#">▶ View Video</a>	
Kata-guruma	Shoulder Wheel	<a href="#">▶ View Video</a>	

**Dai-yonkyō (Group 4)**

Sumi-gaeshi	Corner Throw	<a href="#">▶ View Video</a>	Nikyu
Tani Otoshi	Valley Drop	<a href="#">▶ View Video</a>	
Hane Makikomi	Springing Wraparound Throw	<a href="#">▶ View Video</a>	
Sukuinage	Scooping Throw	<a href="#">▶ View Video</a>	
Utsuri-goshi	Hip Shift	<a href="#">▶ View Video</a>	
Oguruma	Large Wheel	<a href="#">▶ View Video</a>	
Soto Makikomi	Outer Wraparound Throw	<a href="#">▶ View Video</a>	Ikkyu ↓
Uki Otoshi	Floating Drop	<a href="#">▶ View Video</a>	

**Dai-gokyo (Group 5)**

Osoto-guruma	Large Outer Wheel	<a href="#">▶ View Video</a>	Ikkyu
Uki Waza	Floating Throw	<a href="#">▶ View Video</a>	
Yoko Wakare	Side Separation	<a href="#">▶ View Video</a>	
Yoko-guruma	Side Wheel	<a href="#">▶ View Video</a>	
Ushiro-goshi	Back Hip Throw	<a href="#">▶ View Video</a>	Shodan
Ura-Nage	Back Throw	<a href="#">▶ View Video</a>	
Sumi Otoshi	Corner Drop	<a href="#">▶ View Video</a>	
Yoko-gake	Side Body Drop	<a href="#">▶ View Video</a>	

Shodan: All Groups, Left and Right side