

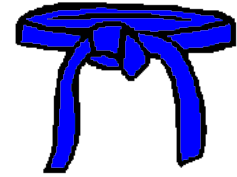


Lehi Judo Club

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Jr. Syllabus



NIKYU (2nd) KYU – JR. BLUE BELT REQUIREMENTS

NAGEWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Sumi gaeshi	corner throw	Ma Sutemiwaza (Rear Body)
2. Tomoe nage	circle or stomach throw	Ma Sutemiwaza (Rear Body)
3. Sasae tsurikomi ashi	propping drawing ankle	Ashiwaza (Foot)
4. Hiza guruma	knee wheel	Ashiwaza (Foot)
5. 4 Combination Throws		

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. All Previous

SHIMEWAZA (CHOKING TECHNIQUES 13 AND OLDER)

- | | |
|-------------------|----------------------|
| 1. Okuri eri jime | sliding collar choke |
| 2. Kataha jime | single wing choke |
| 3. Hadaka jime | naked choke |

KANSETSUWAZA (ARM LOCKS AND OLDER)

- | | |
|----------------|--------------------|
| 1. Ude garami | entangled arm lock |
| 2. Ude gatame | arm armlock |
| 3. Hiza gatame | Knee armlock |

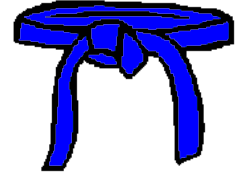


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VOCABULARY/GENERAL INFO

- | | |
|-------------------|------------------------|
| 1. Kata | prearranged forms |
| 2. Mudansha | non black belt holder |
| 3. Kyu | grade (in mudansha) |
| 4. Yudansha | black belt holder |
| 5. Dan | degree (in yudansha) |
| 6. Tachi waza | standing (throwing) |
| 7. Te waza | hand technique |
| 8. Ashi waza | foot technique |
| 9. Koshi waza | hip technique |
| 10. Sutemi waza | sacrifice technique |
| 11. Ne waza | grappling (groundwork) |
| 12. Osaekomi waza | holding technique |
| 13. Shime waza | choking technique |
| 14. Kansetsu waza | armlock technique |