

# Lehi Judo Club

155 West Main Street Lehi, UT 84043

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Jr. Syllabus



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## SANKYU (3<sup>d</sup>) KYU – JR. GREEN BELT REQUIREMENTS

### NAGEWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Hane goshi	spring hip throw	Koshiwaza (Hip)
2. Kata guruma	shoulder wheel	Tewaza (Hand)
3. Tai otoshi	body drop	Tewaza (Hand)
4. Uchi mata	inner thigh	Ashiwaza (Leg)
5. 3 Combination Throws		

### OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. Makura Kesa Gatame	pillow scarf hold	Demonstrate 2 escapes
2. Mune Gatame	chest hold	Demonstrate 2 escapes
3. Ushiro Kesa Gatame	reverse scarf hold	Demonstrate 2 escapes

### SHIMEWAZA (CHOKING TECHNIQUES 13 AND OLDER)

1. Nami juji jime	normal cross choke
2. Gyaku juji jime	reverse cross choke
3. Kata juji jime	half cross choke

### KANSETSUWAZA (ARM LOCKS 13 AND OLDER)

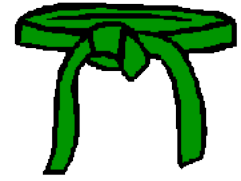
1. Juji gatame	cross arm lock
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## VOCABULARY/GENERAL INFO

1. Ashi kubi	ankle
2. Te kubi	wrist
3. Hiza	knee
4. Do	stomach
5. Mata	thigh
6. Tai	body
7. Jigotai	defensive posture
8. Shizentai	natural posture
9. Maitta	I submit
10. Eri	collar
11. Uchikomi	(fitting practice) practice
12. Waza	technique
13. Zarei	kneeling bow
14. Ritsurei	standing bow
15. Soremade	time up/that's all
16. Kiotsuke	attention
17. Koka	1/8 point
18. Yuko	1/4 point
19. Waza ari	1/2 point
20. Ippon	full point
21. Shido	1/8 point penalty
22. Keikoku	1/2 point penalty
23. Hansoku Make	disqualification