

Lehi Judo Club

155 West Main Street Lehi, UT 84043

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Jr. Syllabus



GOKYU (5th) KYU – Jr. YELLOW BELT REQUIREMENTS

NAGEWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. O soto gari	Major outer reaping	Ashiwaza (Foot)
2. Ippon Seoi nage	One arm shoulder throw	Tewaza (Hand)
3. O Goshi	Major hip throw	Koshiwaza (Hip)
1st Stripe		
5. O uchi gari	Major inner reaping	Ashiwaza (Foot)
6. Morote Seoi nage	Two arm shoulder throw	Tewaza (Hand)
2nd Stripe		
7. Ko uchi gari	minor inner reaping	Ashiwaza (Foot)

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. Kesa Gatame	Scarf Hold	Demonstrate 2 escapes
2. Kata Gatame	Shoulder Hold	Demonstrate 2 escapes
1st Stripe		
3. Yoko Shiho Gatame	Side 4 quarters Hold	Demonstrate 2 escapes

UKEMI (FALLING TECHNIQUES)

1. Koho Ukemi	Backwards Breakfall
2. Yoko Ukemi	Side Breakfall
3. Mae Ukemi	Forward Breakfall
4. Zempo Ukemi	Forward Rolling Breakfall
5. Zempo Kiten Ukemi	Forward Rolling Standing

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VOCABULARY/GENERAL INFO

1. Judo	gentle way
2. Sensei	teacher
3. Matte	wait (stop)
4. Hajime	begin
5. Tori	one who throws
6. Tatami	judo mat
7. Osaekomi	holding
8. Rei	bow
9. Hidari	left
10. Migi	right
11. Ukemi	breakfall
12. Uke	one who is thrown
13. Dojo	school, club or hall
14. Tachi waza	standing throwing
15. Ne waza	ground techniques
16. Judoka	judo player
17. 1882	year judo was invented
18. Jigaro Kano	invented judo
19. Ichi (eeche)	One
20. Ni (nee)	Two
21. San (sun)	Three
22. Shi (shee)	Four
23. Go (go)	Five
24. Roku (roke)	Six
25. Schichi (sheeche)	Seven
26. Hachi (hatche)	Eight
27. Ku (koo)	Nine
28. Ju (joo)	Ten
29. Hyaku (hee a koo)	Hundred
30. Sen (sen)	Thousand
31. Man (man)	Ten Thousand