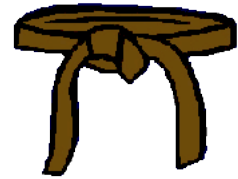




Lehi Judo Club

155 West Main Street Lehi, UT 84043
Sr. Syllabus



IKKYU (1ST) KYU – BROWN BELT REQUIREMENTS

NAGEWAZA (THROWING TECHNIQUES)

Demonstrate 5 but know all 8

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. O soto guruma	major outer wheel	Ashiwaza (Leg)
2. Uki waza	floating throw	Yoko Sutemiwaza (Side Body Drop)
3. Yoko wakare	side separation	Yoko Sutemiwaza (Side Body Drop)
4. Yoko guruma	side wheel	Yoko Sutemiwaza (Side Body Drop)
5. Ushiro goshi	rear hip or loin throw	Koshiwaza (Hip)
6. Ura nage	rear throw	Ma Sutemiwaza (Rear Body Drop)
7. Sumi otoshi	corner drop	Tewaza (Hand)
8. Yoko gake	side hooking	Yoko Sutemiwaza (Side Body Drop)
9. 2 Combination Throws		

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. All Previous

SHIMEWAZA (CHOKING TECHNIQUES)

1. Sankaku jime Triangle choke
2. Tsukkomi jime Thrusting choke
- 3.

KANSETSUWAZA (ARM LOCKS)

1. Waki gatame Armpit armlock
2. Hara gatame Stomach arm lock
3. Ashi gatame Leg arm lock

NAGE NO KATA (First 3 Sets)

- Set 3 okuri ashi harai, sasae tsurikuri komi ashi, uchi mata



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VOCABULARY/GENERAL INFO

- | | |
|--------------------|----------------------------|
| 1. Kuzushi | breaking your opponent's |
| 2. Tsukuri | preparing the throw |
| 3. Kake | applying the throw |
| 4. Tai sabaki | proper standing body |
| 5. Nage no kata | forms of throwing |
| 6. Katame no kata | forms of grappling |
| 7. Seiryoku-zen-yo | maximum efficiency |
| 8. Jita-kyoei | mutual welfare and benefit |