



# Lehi Judo Club

155 West Main Street Lehi, UT 84043  
Sr. Syllabus



## NIKYU (2<sup>nd</sup>) 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. Sumi gaeshi	corner throw	Ma Sutemiwaza (Rear Body)
2. Tani otoshi	valley drop	Yoko Sutemiwaza (Side Body Drop)
3. Hane makikomi	outer winding spring hip	Yoko Sutemiwaza (Side Body Drop)
4. Sukui nage	scooping throw	Tewaza (Hand)
5. Utsuri goshi	switching hip throw	Koshiwaza (Hip)
6. O guruma	major wheel	Ashiwaza (Leg)
7. Soto makikomi	outer winding throw	Yoko Sutemiwaza (Side Body Drop)
8. Uki otoshi	floating drop	Tewaza (Hand)
9. 2 Combination Throws		

### OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. All Previous

### SHIMEWAZA (CHOKING TECHNIQUES)

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

### KANSETSUWAZA (ARM LOCKS)

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

### NAGE NO KATA (2<sup>nd</sup> set)

Set 2

uki goshi, harai goshi, tsurikomi goshi



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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