



Lehi Judo Club

155 West Main Street Lehi, UT 84043

Sr. Syllabus



SANKYU (3^d) 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. Ko soto gake | minor outer hooking throw | Ashiwaza (Leg) |
| 2. Tsuru goshi | major lifting hip throw | Koshiwaza (Hip) |
| 3. Yoko otoshi | side drop | Yoko Sutemiwaza (Side Body Drop) |
| 4. Ashi guruma | leg wheel | Ashiwaza (Leg) |
| 5. Hane goshi | spring hip throw | Koshiwaza (Hip) |
| 6. Harai tsurikomi ashi | sweeping drawing ankle | Ashiwaza (Leg) |
| 7. Tomoe nage | circle or stomach throw | Ma Sutemiwaza (Rear Body) |
| 8. Kata guruma | shoulder wheel | Tewaza (Hand) |
| 9. 2 Combination Throws | | |

OSAEKOMIWAZA (HOLDING TECHNIQUES)

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

SHIMEWAZA (CHOKING TECHNIQUES)

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

KANSETSUWAZA (ARM LOCKS)

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|----------------|----------------|
| 1. Juji gatame | cross arm lock |
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NAGE NO KATA (1st set)

| | |
|-------|------------------------------------|
| Set 1 | uki otoshi, seoi nage, kata guruma |
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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 |