



Lehi Judo Club

155 West Main Street Lehi, UT 84043

Sr. Syllabus



GOKYU (5th) KYU – YELLOW 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. De ashi barai	Advancing foot sweep	Ashiwaza (Foot)
2. Hiza guruma	knee wheel	Ashiwaza (Leg)
3. Sasae tsurikomi ashi	propping drawing ankle	Ashiwaza (Foot)
4. Uki goshi	floating hip throw	Koshiwaza (Hip)
5. O soto gari	Major outer reaping	Ashiwaza (Foot)
6. O goshi	Major hip throw	Koshiwaza (Hip)
7. O uchi gari	Major inner reaping	Ashiwaza (Foot)
8. Seoi nage drop, ippon, morote	Two arm shoulder throw	Tewaza (Hand)

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. Kesa Gatame	Scarf Hold	Demonstrate 2 escapes
2. Kata Gatame	Shoulder Hold	Demonstrate 2 escapes
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