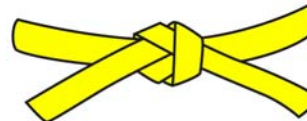




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GOKYU (5th) KYU – Jr. YELLOW BELT REQUIREMENTS

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

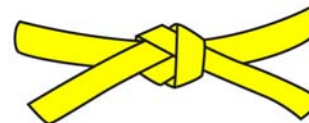
UKEMI (FALLING TECHNIQUES)

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

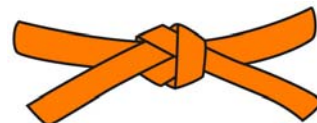
VOCABULARY/GENERAL INFO

- | | |
|-----------------------|------------------------|
| 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 |



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Yonkyu (4th) KYU – ORANGE BELT REQUIREMENTS

NAGEWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Koshi guruma	hip wheel	Koshiwaza (Hip)
2. De ashi barai	Advancing foot sweep	Ashiwaza (Foot)
3. Ko soto gari	minor outer reaping	Ashiwaza (Foot)
1st Stripe		
4. Uki Goshi	floating hip throw	Koshiwaza (Hip)
5. Okuri ashi barai	pursuing foot sweep	Ashiwaza (Leg)
2nd Stripe		
6. Harai goshi	sweeping hip	Koshiwaza (Hip)
7. Tani otoshi	valley drop	Yoko Sutemiwaza (Side Body Drop)
8. Any front to back combination		
9. Any back to front combination		

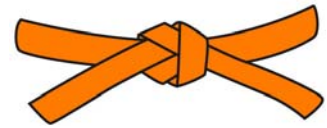
OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. Kami Shiho Gatame	upper four quarters hold	Demonstrate 2 escapes
2. Kuzure Kami Shiho	modified Four quarters hold	Demonstrate 2 escapes
1st Stripe		
3. Tate Shiho Gatame	longitudinal 4 quarters hold	Demonstrate 2 escapes
2nd Stripe		
4. 2 hands and knees		



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Yonkyu (4th) KYU – ORANGE BELT REQUIREMENTS

VOCABULARY/GENERAL INFO

- | | |
|----------------|----------------------------|
| 1. Judogi | judo uniform |
| 2. Arigato | thank you |
| 3. Sono mama | freeze |
| 4. Yoshi | continue (after sono mama) |
| 5. O | major |
| 6. Ko | minor |
| 7. Te | hand |
| 8. Koshi | hip or loin |
| 9. Kubi | neck |
| 10. Ashi | leg or foot |
| 11. Obi | belt |
| 12. Randori | free practice |
| 13. Toketa | broken (after osaekomi) |
| 14. Kiai | power shout |
| 15. Tokui Waza | favorite technique |



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SANKYU (3^d) KYU – JR. GREEN BELT REQUIREMENTS

NAGEWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Hane goshi	spring hip throw	Koshiwaza (Hip)
2. Kata guruma	shoulder wheel	Tewaza (Hand)
3. Tai otoshi	body drop	Tewaza (Hand)
4. Uchi mata	inner thigh	Ashiwaza (Leg)
5. 3 Combination Throws		

OSAEKOMIWAZA (HOLDING TECHNIQUES)

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

SHIMEWAZA (CHOKING TECHNIQUES 13 AND OLDER)

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

KANSETSUWAZA (ARM LOCKS 13 AND OLDER)

1. Juji gatame	cross arm lock
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SANKYU (3^d) KYU – JR. GREEN BELT REQUIREMENTS

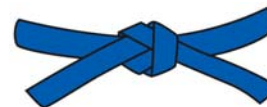
VOCABULARY/GENERAL INFO

- | | |
|------------------|-----------------------------|
| 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 |



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NIKYU (2nd) KYU – JR. BLUE BELT REQUIREMENTS

NAGEWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Sumi gaeshi	corner throw	Ma Sutemiwaza (Rear Body)
2. Tomoe nage	circle or stomach throw	Ma Sutemiwaza (Rear Body)
3. Sasae tsurikomi ashi	propping drawing ankle	Ashiwaza (Foot)
4. Hiza guruma	knee wheel	Ashiwaza (Foot)
5. 4 Combination Throws		

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. All Previous

SHIMEWAZA (CHOKING TECHNIQUES 13 AND OLDER)

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

KANSETSUWAZA (ARM LOCKS AND OLDER)

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



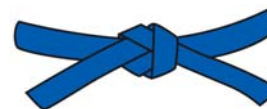
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NIKYU (2nd) KYU – JR. BLUE BELT REQUIREMENTS

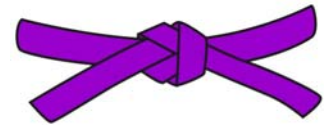
VOCABULARY/GENERAL INFO

- | | |
|-------------------|------------------------|
| 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 |



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IKKYU (1ST) KYU – Jr. PURPLE BELT REQUIREMENTS

NAGEWAZA (THROWING TECHNIQUES)

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Hane makikomi	outer winding spring hip	Yoko Sutemiwaza (Side Body)
2. Soto makikomi	outer winding throw	Yoko Sutemiwaza (Side Body)
3. Ushiro goshi	rear hip or loin throw	Koshiwaza (Hip)
4. Ura nage	rear throw	Ma Sutemiwaza (Rear Body)
5. Te Guruma	hand wheel	Tewaza (Hand)
6. 4 Combination Throws		

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. All Previous

SHIMEWAZA (CHOKING TECHNIQUES 13 AND OLDER)

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

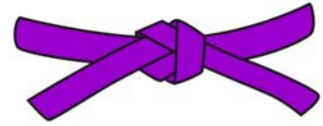
KANSETSUWAZA (ARM LOCKS 13 AND OLDER)

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



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IKKYU (1ST) KYU – Jr. PURPLE BELT REQUIREMENTS

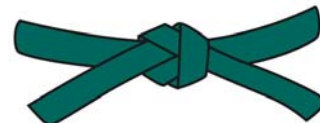
VOCABULARY/GENERAL INFO

- | | |
|--------------------|----------------------------|
| 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 |



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GOKYŪ (5th) KYU – GREEN 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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GOKYŪ (5th) KYU – GREEN BELT REQUIREMENTS

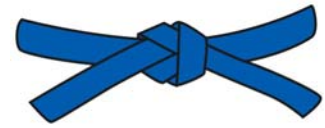
VOCABULARY/GENERAL INFO

- | | |
|-----------------------|------------------------|
| 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 |



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YONKYŪ (4th) KYU – BLUE 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 gari	minor outer reaping	Ashiwaza (Foot)
2. Ko uchi gari	minor inner reaping	Ashiwaza (Foot)
3. Koshi guruma	hip wheel	Koshiwaza (Hip)
4. Tsurikomi goshi	lift pull hip throw	Koshiwaza (Hip)
5. Okuri ashi barai	pursuing foot sweep	Ashiwaza (Leg)
6. Tai otoshi	body drop	Tewaza (Hand)
7. Harai goshi	sweeping hip	Koshiwaza (Hip)
8. Uchi mata	inner thigh	Ashiwaza (Leg)
9. 2 Combination Throws		

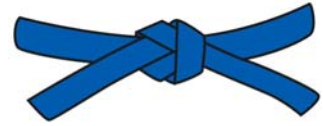
OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. Kami Shiho Gatame	upper four quarters hold	Demonstrate 2 escapes
2. Kuzure Kami Shiho	modified Four quarters hold	Demonstrate 2 escapes
3. Tate Shiho Gatame	longitudinal 4 quarters hold	Demonstrate 2 escapes
4. 4 Turnovers		



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YONKYŪ (4th) KYU – BLUE BELT REQUIREMENTS

VOCABULARY/GENERAL INFO

- | | |
|----------------|----------------------------|
| 1. Judogi | judo uniform |
| 2. Arigato | thank you |
| 3. Sono mama | freeze |
| 4. Yoshi | continue (after sono mama) |
| 5. O | major |
| 6. Ko | minor |
| 7. Te | hand |
| 8. Koshi | hip or loin |
| 9. Kubi | neck |
| 10. Ashi | leg or foot |
| 11. Obi | belt |
| 12. Randori | free practice |
| 13. Toketa | broken (after osaekomi) |
| 14. Kiai | power shout |
| 15. Tokui Waza | favorite technique |



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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)
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)

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

KANSETSUWAZA (ARM LOCKS)

1. Juji gatame	cross arm lock
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NAGE NO KATA (First)

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



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SANKYU (3^d) KYU – BROWN BELT REQUIREMENTS

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 |



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NIKYU (2nd) 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)
3. Hane makikomi	outer winding spring hip	Yoko Sutemiwaza (Side Body)
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)
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

1. Set 2 uki goshi, harai goshi, tsurikomi goshi



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NIKYU (2nd) KYU – BROWN BELT REQUIREMENTS

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 |



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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)
3. Yoko wakare	side separation	Yoko Sutemiwaza (Side)
4. Yoko guruma	side wheel	Yoko Sutemiwaza (Side)
5. Ushiro goshi	rear hip or loin throw	Koshiwaza (Hip)
6. Ura nage	rear throw	Ma Sutemiwaza (Rear Body)
7. Sumi otoshi	corner drop	Tewaza (Hand)
8. Yoko gake	side hooking	Yoko Sutemiwaza (Side)
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, sasai tsurikuri komi ashi, uchi mata



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Sr. Syllabus



IKKYU (1ST) KYU – BROWN BELT REQUIREMENTS

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 |