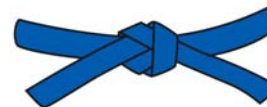




Lehi Judo Club

155 West Main Street Lehi, UT 84043
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Jr. Syllabus



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 |



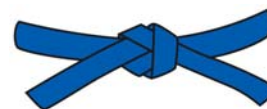
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VOCABULARY/GENERAL INFO

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