



Lehi Judo Club

155 West Main Street Lehi, UT 84043
(801)592-7318
www.lehijudo.com
Jr. Syllabus



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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VOCABULARY/GENERAL INFO

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