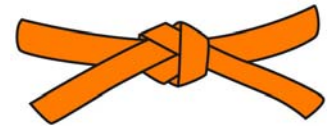




Lehi Judo Club

155 West Main Street Lehi, UT 84043
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Jr. Syllabus



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		

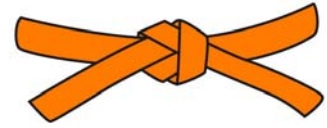
OSAEKOMIWAZA (HOLDING TECHNIQUES)

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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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 |