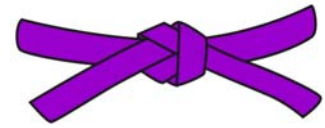




Lehi Judo Club

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



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.

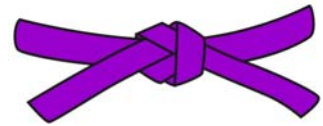
KANSETSUWAZA (ARM LOCKS 13 AND OLDER)

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



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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 |