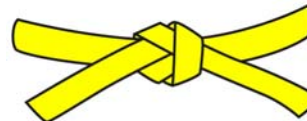




Lehi Judo Club

155 West Main Street Lehi, UT 84043
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Jr. Syllabus



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

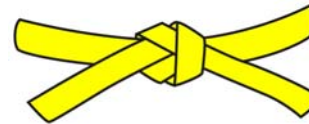
UKEMI (FALLING TECHNIQUES)

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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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 |