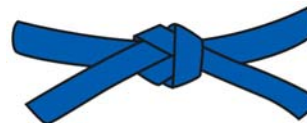




# Lehi Judo Club

155 West Main Street Lehi, UT 84043  
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www.lehijudo.com  
Sr. Syllabus



## YONKYŪ (4<sup>th</sup>) KYU – BLUE BELT REQUIREMENTS

### **NAGEWAZA (THROWING TECHNIQUES)**

Demonstrate 5 but know all 8

<i>Japanese Term</i>	<i>English Translation</i>	<i>Specific Type of Technique</i>
1. Ko soto gari	minor outer reaping	Ashiwaza (Foot)
2. Ko uchi gari	minor inner reaping	Ashiwaza (Foot)
3. Koshi guruma	hip wheel	Koshiwaza (Hip)
4. Tsurikomi goshi	lift pull hip throw	Koshiwaza (Hip)
5. Okuri ashi barai	pursuing foot sweep	Ashiwaza (Leg)
6. Tai otoshi	body drop	Tewaza (Hand)
7. Harai goshi	sweeping hip	Koshiwaza (Hip)
8. Uchi mata	inner thigh	Ashiwaza (Leg)
9. 2 Combination Throws		

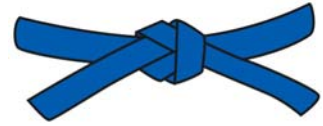
### **OSAEKOMIWAZA (HOLDING TECHNIQUES)**

1. Kami Shiho Gatame	upper four quarters hold	Demonstrate 2 escapes
2. Kuzure Kami Shiho	modified Four quarters hold	Demonstrate 2 escapes
3. Tate Shiho Gatame	longitudinal 4 quarters hold	Demonstrate 2 escapes
4. 4 Turnovers		



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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         |