



Lehi Judo Club

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



IKKYU (1ST) KYU – BROWN 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. O soto guruma	major outer wheel	Ashiwaza (Leg)
2. Uki waza	floating throw	Yoko Sutemiwaza (Side)
3. Yoko wakare	side separation	Yoko Sutemiwaza (Side)
4. Yoko guruma	side wheel	Yoko Sutemiwaza (Side)
5. Ushiro goshi	rear hip or loin throw	Koshiwaza (Hip)
6. Ura nage	rear throw	Ma Sutemiwaza (Rear Body)
7. Sumi otoshi	corner drop	Tewaza (Hand)
8. Yoko gake	side hooking	Yoko Sutemiwaza (Side)
9. 2 Combination Throws		

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. All Previous

SHIMEWAZA (CHOKING TECHNIQUES)

1. Sankaku jime Triangle choke
2. Tsukkomi jime Thrusting choke
- 3.

KANSETSUWAZA (ARM LOCKS)

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

NAGE NO KATA (First 3 Sets)

- Set 3 okuri ashi harai, sasai tsurikuri komi ashi, uchi mata



Lehi Judo Club

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



IKKYU (1ST) KYU – BROWN BELT REQUIREMENTS

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 |