



Lehi Judo Club

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



NIKYU (2nd) 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. Sumi gaeshi	corner throw	Ma Sutemiwaza (Rear Body)
2. Tani otoshi	valley drop	Yoko Sutemiwaza (Side Body)
3. Hane makikomi	outer winding spring hip	Yoko Sutemiwaza (Side Body)
4. Sukui nage	scooping throw	Tewaza (Hand)
5. Utsuri goshi	switching hip throw	Koshiwaza (Hip)
6. O guruma	major wheel	Ashiwaza (Leg)
7. Soto makikomi	outer winding throw	Yoko Sutemiwaza (Side Body)
8. Uki otoshi	floating drop	Tewaza (Hand)
9. 2 Combination Throws		

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. All Previous

SHIMEWAZA (CHOKING TECHNIQUES)

1. Okuri eri jime sliding collar choke
2. Kataha jime single wing choke
3. Hadaka jime naked choke

KANSETSUWAZA (ARM LOCKS)

1. Ude garami entangled arm lock
2. Ude gatame arm armlock
3. Hiza gatame Knee armlock

NAGE NO KATA

1. Set 2 uki goshi, harai goshi, tsurikomi goshi



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VOCABULARY/GENERAL INFO

- | | |
|-------------------|------------------------|
| 1. Kata | prearranged forms |
| 2. Mudansha | non black belt holder |
| 3. Kyu | grade (in mudansha) |
| 4. Yudansha | black belt holder |
| 5. Dan | degree (in yudansha) |
| 6. Tachi waza | standing (throwing) |
| 7. Te waza | hand technique |
| 8. Ashi waza | foot technique |
| 9. Koshi waza | hip technique |
| 10. Sutemi waza | sacrifice technique |
| 11. Ne waza | grappling (groundwork) |
| 12. Osaekomi waza | holding technique |
| 13. Shime waza | choking technique |
| 14. Kansetsu waza | armlock technique |