



Lehi Judo Club

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



SANKYU (3^d) 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. Ko soto gake	minor outer hooking throw	Ashiwaza (Leg)
2. Tsuru goshi	major lifting hip throw	Koshiwaza (Hip)
3. Yoko otoshi	side drop	Yoko Sutemiwaza (Side Body)
4. Ashi guruma	leg wheel	Ashiwaza (Leg)
5. Hane goshi	spring hip throw	Koshiwaza (Hip)
6. Harai tsurikomi ashi	sweeping drawing ankle	Ashiwaza (Leg)
7. Tomoe nage	circle or stomach throw	Ma Sutemiwaza (Rear Body)
8. Kata guruma	shoulder wheel	Tewaza (Hand)
9. 2 Combination Throws		

OSAEKOMIWAZA (HOLDING TECHNIQUES)

1. Mune Gatame	chest hold	Demonstrate 2 escapes
2. Makura Kesa Gatame	pillow scarf hold	Demonstrate 2 escapes
3. Ushiro Kesa Gatame	reverse scarf hold	Demonstrate 2 escapes

SHIMEWAZA (CHOKING TECHNIQUES)

1. Nami juji jime	normal cross choke
2. Gyaku juji jime	reverse cross choke
3. Kata juji jime	half cross choke

KANSETSUWAZA (ARM LOCKS)

1. Juji gatame	cross arm lock
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NAGE NO KATA (First)

1. Set 1	uki otoshi, seoi nage, kata guruma
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VOCABULARY/GENERAL INFO

- | | |
|------------------|-----------------------------|
| 1. Ashi kubi | ankle |
| 2. Te kubi | wrist |
| 3. Hiza | knee |
| 4. Do | stomach |
| 5. Mata | thigh |
| 6. Tai | body |
| 7. Jigotai | defensive posture |
| 8. Shizentai | natural posture |
| 9. Maitta | I submit |
| 10. Eri | collar |
| 11. Uchikomi | (fitting practice) practice |
| 12. Waza | technique |
| 13. Zarei | kneeling bow |
| 14. Ritsurei | standing bow |
| 15. Soremade | time up/that's all |
| 16. Kiotsuke | attention |
| 17. Koka | 1/8 point |
| 18. Yuko | 1/4 point |
| 19. Waza ari | 1/2 point |
| 20. Ippon | full point |
| 21. Shido | 1/8 point penalty |
| 22. Keikoku | 1/2 point penalty |
| 23. Hansoku Make | disqualification |