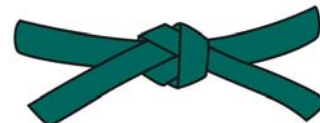




# Lehi Judo Club

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



## GOKYŪ (5<sup>th</sup>) KYU – GREEN 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. De ashi barai	Advancing foot sweep	Ashiwaza (Foot)
2. Hiza guruma	knee wheel	Ashiwaza (Leg)
3. Sasae tsurikomi ashi	propping drawing ankle	Ashiwaza (Foot)
4. Uki goshi	floating hip throw	Koshiwaza (Hip)
5. O soto gari	Major outer reaping	Ashiwaza (Foot)
6. O goshi	Major hip throw	Koshiwaza (Hip)
7. O uchi gari	Major inner reaping	Ashiwaza (Foot)
8. Seoi nage drop, ippon, morote	Two arm shoulder throw	Tewaza (Hand)

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

1. Kesa Gatame	Scarf Hold	Demonstrate 2 escapes
2. Kata Gatame	Shoulder Hold	Demonstrate 2 escapes
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           |