



JUNIOR YELLOW/GOKYU BELT

GRADING

Nage waza (Throwing techniques)

Koshi-Waza (Hip Techniques)

O-Goshi (major hip throw)

Ashi-Waza (Foot/Leg Techniques)

De-Ashi-Harai (Advance/Forward Foot Sweep)

O-Soto-Gari (Major Outer Reaping)

Te-Waza (Hand Techniques)

Tai-Otoshi (Body Drop)

Ippon-Seoi-Nage

Osae-Komi Waza (Hold Down/Pinning Techniques)

Kesa-Gatame (Scarf Hold)

Turnover from Kesa-Gatame

Kata-Gatame (Shoulder Hold)

Terminology

Judo (Gentle Way)

Dojo (Place of Learning)

Sensei (Teacher)

Judoka (Someone who Studies Judo)

Judogi (Judo Suit/Uniform)

Hajime (Begin/Start)

Matte (Stop)

Kyotsuki (Attention)

SoreMade (That is All)

Kuzushi (Breaking the Opponents Balance)

Matte (Stop)

Rei (Bow)

Ukemi (Breakfall)

Ushiro (backwards/reverse)

Mae (forwards)

Yoko (Side)

Waza (Technique)

Kiai (power shout)

Count to Ten in Japanese

Ichi (One)

Ni (Two)

San (Three)

Shi (Four)

Go (Five)

Roku (Six)

Shichi (Seven)

Hachi (Eight)

Ku (Nine)

Ju (Ten)