

Vocabulary Requirements

English	Japanese	English	Japanese
1. Knee	Hiza	19. Shoulder	Kata (Seoi)
2. Hip or waist	Goshi or Koshi	20. Side	Yoko
3. Hand	Te	21. Throw	Nage
4. Foot	Ashi	22. Reap	Gari
5. Big or major	O	23. Corners (as in hold-downs)	Shiho
6. Little or minor	Ko	24. Inside	Uchi
7. Lock or hold	Gatame	25. Outside	Soto
8. Falling methods or ways	Ukemi Waza	26. Fundamental or basic	Hon
9. Wheel	Guruma	27. Natural	Shizen
10. Begin!	Hajime	28. Defensive	Jigo
11. Stop!	Matte	29. Time is up! (ref.'s call) .	Sore Made
12. Hold-down! (Referee's call)	Osae Komi	30. I surrender!	Maitta
13. Hold-down broken! (Referee's call)	Toketa	31. Fundamental natural posture	Shizen Hontai
14. Don't move! (Referee's call)	Sono Mama	32. Fundamental defensive posture	Jigo Hontai
15. Continue! (Referee's call)	Yoshi	33. Shoulder throw	Seoi Nage
16. Knee Wheel throw	Hiza Guruma	34. Major Outside Reaping throw	O Soto Gari
17. Major Hip throw	O Goshi	35. Side Hold	Yoko Shiho Gatame
18. Scarf Hold	Kesa Gatame	36. Sixth class (kyu) Judo rank	Rokkyu

Time-In-Grade/Points/Age Requirements

Rank	Belt Color	Normal Time-in-Grade*	Points	Minimum Age (Years)
JR01	Yellow Belt	3 Months	4	4
JR02	Yellow Belt (with strip)	3 Months	5	5
6K	Yellow Belt	4 Months	7	13

* Each Extra 8 Points reduces Time-in-Grade by 1 month

Nage Waza (Throws)

1. Ogoshi (Major Hip Throw)



Off Balancing



Entry



Entry (Rear View)



Execution

Nage Waza (Throws)(Continued)

2. Osoto Gari (Major Outer Reap)



Off Balancing



Entry



Entry (Rear View)



Execution

3. Hiza Guruma (Knee Wheel Throw)



Off Balancing



Entry



Execution

4. Ippon Seionage (One Shoulder Throw)



Off Balancing



Entry



Execution

Kaeshi Waza (Counter Techniques)

1. Ogoshi Gaeshi (Major Hip Throw Counters)

There are several effective counter options to Ogoshi. Each must be practiced to become familiar with the moment for application. Tani Otoshi (Valley Drop Throw), Kosoto Gari (Minor Outer Reap) and Ushiro Goshi (Rear Hip Throw) are just some of the counters to consider.



Tani Otoshi (Valley Drop Throw)



Kosoto Gari (Minor Outer Reap)



Ushiro Goshi (Rear Hip Throw)

Katame Waza (Mat Techniques)

1. Kesa Gatame (Scarf Hold/Pin)



Elements for a good (Classical) kesa gatame is control of the trapped shoulder and arm of the uki, as follows: 1. Tori's hip should be against the uki's side, 2. Tori's right arm is around and under uki's neck, gripping the collar, 3. Tori has control of uki's right arm by trapping it with tori's elbow, reinforced with a grip on the upper gi sleeve near the shoulder, 4. Tori has his right knee under uki's right shoulder (to reduce the effectiveness of bridging escapes), 5. Tori has a wide stance with his legs to maintain a stable base, and 6. Tori lowers his/her head towards the knee to lower the center of balance.

Fusegi Waza for Kesa Gatame

1. (Escapes for Scarf Hold/Pin)

Method #1 (Bridge & Roll)



Bridge



Roll



Finish

Method #2 (Up-Hill Turn)



Bridge



Kick leg over



Climb on top

Shime Waza (Choking Techniques) (13+ Years of Age)

1. Hadaka Jime (Naked Choke)

