



YELLOW/GOKYU BELT GRADING

Nage waza (Throwing techniques)

Koshi-Waza (Hip Techniques)

O-Goshi (major hip throw)

Uki-Goshi (Floating Hip Throw)

Ashi-Waza (Foot/Leg Techniques)

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

O-Soto-Gari (Major Outer Reaping)

O-Uchi-Gari (Major Inner Reaping)

Sasae-Tsurikomi-Ashi (Supporting Foot Lift Pull Throw)

Hiza-Guruma (Knee Wheel)

Te-Waza (Hand Techniques)

Ippon-Seoi-Nage (One Arm Shoulder Throw)

Osae-Komi Waza (Hold Down/Pinning Techniques)

Kesa-Gatame (Scarf Hold)

Kuzure-Kesa-Gatame (Modified/Broken Scarf Hold)

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)

Tsukuri (Moving into a Technique)

Kake (Finishing a Technique)

Rei (Bow)

Ukemi (Breakfall)

Ushiro (backwards/reverse)

Mae (forwards)

Yoko (Side)

Waza (Technique)

Ne (Ground/Floor)

Tachi (Standing)

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)