



Yellow 5th Kyu - Orange 4th Kyu
+11 years old
1 year minimum from Yellow

- 1) **Falling Ukemi from standing position**
Confidence building Mae-ukemi, Ushiro-ukemi, Yoko-ukemi
- 2) **Tai sabaki**
- 3) **9 Techniques Tachi-waza** in movement - **Tachi-waza Randori**
- 4) **Osaekomi improvement - Ne-waza Randori**
- 5) **Yakusoku Geiko**
- 6) **Participation to Domestic Competition**
- 7) **Knowledge**

Nage-waza	
Te-waza (Hand Technique)	Ashi-waza (Foot / Leg Technique)
Tai Otoshi	Hiza Guruma
Seoi Nage (F Morote Nage)	O Uchi Gari
Ippon Seoi Nage	Ko Uchi Gari
	O Soto Otoshi
Koshi-waza (Hip Technique)	De Ashi Harai
Uki Goshi	Okuri Ashi Harai
Koshi Guruma	O Soto Gari
O Goshi	Ko Soto Gari
	Ko Soto Gake
Katame-waza, Osaekomi	
Kuzure Kesa Gatame	
Yoko Shiho Gatame	
Kesa Gatame	
Kami Shiho Gatame	
Tate Shiho Gatame	

Judo Words

Dojo	Judo Hall
Judogi	Judo Suit
Obi	Belt
Tatami	Mat
Sensei	Teacher
Rei	Bow
Ki wo Tsuke	Standing Up with Attention
Ukemi	Breakfalls
Nage-waza	Standing Position Throw Technique
Katame-waza	Ground Technique, Ne-waza
Randori	Free Fight Practice
Hajime	Start
Mate	Wait, Stop
Soremade	Finish
Ippon	Full Count Win
Waza Ari	Half Count to Win, 2 Waza Ari Counts are Ippon
Yuko	Effective / Moderate advantages
Shido	Minor, Light Penalty, 3 Shido is Lose
Osaekomi	Hold Down with Ground Technique
Osaekomi Toketa	Osaekomi is Broken
Kumi Kata	The Way of Grasping with Both Hands
Tsuri-Te	The Lifting Hand Grasps the Opponent
Hiki-Te	The Pulling Hand Grasps the Opponent
Ai-Yotsu	Same Stance, Right vs Right or Left vs Left
Kenka-Yotsu	Opposite Stance, Right vs Left or Left vs Right
Kuzushi	Breaking Balance
Waza	Technique
Te (Te-waza)	Hand (Hand Techniques)
Koshi or Goshi (Koshi-waza)	Waist or Hip (Waist or Hip Techniques)
O (pronouce like Oh)	Big
Ko	Small

Soto	Outside
Uchi	Inside
Ashi-waza, Ko Uchi Gari	Leg Technique, Small Inner Reap
Koshi-waza, O Goshi	Hip Technique, Large Hip Throw
Mae	Front
Ushiro	Behind
Yoko	Side
Kami	Upper
Shiho	Four Corners
Yoko Shiho Gatame	Side-Locking Four Corners Hold
Kesa Gatame	Scarf Hold
Kata	Shoulder / Type, Kind, Way