



Gokyu Requirements



NAGE WAZA		Techniques	English Translation	Japanese	English
Tachi waza (standing techniques)	Te waza (hand techniques)	Ippon seoi nage	One-arm shoulder throw	ichi	1
		Tai otoshi	Body Drop	ni	2
	Koshi waza (hip techniques)	O goshi	Major hip throw	san	3
		Uki goshi	Floating hip throw	shi (yon)	4
	Ashi waza (leg/foot techniques)	Ko uchi gari	Minor inner reap	go	5
		O soto gari	Major outer reap	roku	6
		Okuri ashi barai	Sliding foot sweep	shichi	7
Sutemi waza (sacrifice techniques)	Yoko sutemi waza (side sacrifice techniques)	Uki waza	Floating technique	hachi	8
				ku	9
				ju	10
				Sensei	Teacher
Katame Waza (holding techniques)	Osaekomi waza (hold down techniques)	Kesa gatame	Scarf hold	Judo	The gentle way
		Kata gatame	Shoulder hold	Judoka	Judo Player
		Kami shiho gatame	Upper four corner hold	Judogi	Judo Uniform
		Yoko shiho gatame	Side four corner hold	Matte	Stop
TURNOVERS		Quarter Nelson		Hajime	Begin
		Half Nelson		Seiza	Formal sitting position
		Belt Nelson		Anza	Informal sitting position
		Tsumura Turnover		Kiyotsuke	Attention
UKEMI WAZA (Falling techniques)		Koho ukemi	Back Fall	Rei	Bow
		Sokuho ukemi	Side Fall	Migi	Right
		Zempo ukemi	Front Fall	Hidari	Left
		Zempo kaiten ukemi	Forward Rolling Fall	Yoko	Side
ADDITIONAL (history, principles and terms)	History 1882 Jigoro Kano Kodokan Judo	Principles of Judo Maximum efficiency, minimum effort Mutual benefit and welfare		Shizentai	Natural Posture
				Jigotai	Defensive Posture
				Tori	Person Throwing
				Uke	Person Being Thrown
				Kuzushi	Off-balancing
				Tsukuri	Fitting in
				Kake	Completion of a throw
				Randori	Free Practice
				Shiai	Tournament
			There are additional Requirements! Talk to Sensei for more information.		