

Junior Grading Green-Orange



Terminology

Judo - Gentle way	Judogi - Judo uniform
Seiza - Ceremonial sitting, knees and heels	Rei - bowing
Kumi Kata - Method of grasping opponent; Grip	Tachi-Waza - Standing techniques
Kodokan - Judo Headquarters in Tokyo, Japan	Ne-Waza - Ground techniques
Hajime - Start; begin	Mate - Wait; stop
Sore made - Time had expired	Migi - Right
Idari - Left	Ippon - Full point
Ashi - Leg	Shido - Penalty
Kuzushi - Breaking opponent's balance	Uchi Komi - Practicing form by repeating technique many times with partner
Uke - Person who is being thrown	Tori - Person who does the throwing
Sonomama - As it is (stop as you are)	Yoshi - Resume Action
Shido - Penalty	Hansoku-make - disqualification

Founder: Prof. Jigoro Kano

When: 1882

Where: Kodokan, Tokyo, Japan

Techniques

Ukemi Waza - breakfalls

Ushiro Ukemi - backward breakfall

Yoko Ukemi - side breakfall

Zenpo Kaiten Ukemi - rolling forward breakfall

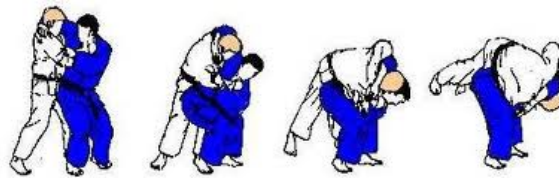
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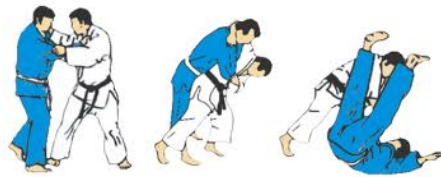
Tachi Waza

O-Soto-Gari	Ouchi-Gari	Deashi Barai	Tai-Otoshi	O-Goshi
Ippon Seoi-Nage	Kouchi Gari	Uki Goshi	Harai Goshi	Morote Seoi-Nage
Eri Seoi Nage	Ko-soto Gari	Tani Otoshi		

Koshi Guruma



Kubi Nage



Sasae Tsurikomi Ashi



Ne Waza

Kesa Gatame	Yoko Shiho Gatame	Kata Gatame	Tate Shiho Gatame	Kuzure Yoko Shiho Gatame
Kuzure Kesa Gatame	Kami Shiho Gatame	Kuzure Tata Shiho Gatame		

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Kuzure Kami Shiho Gatame



Ne Waza turnovers

Uke is on his hands and knees, tori turns Uke over by grabbing Uke's arms from underneath Uke, pushing Uke with the chest, and placing the arm closer to the head under Uke's head, the other hand between Uke's legs, and performs Yoko Shiho Gatame.

Removing a leg from between Uke's legs