

GOSHIN JUDO- GREEN BELT STANDARDS

THROWS

Harai Goshi
Tsuru Komi Goshi
Sode Tsuru Komi Goshi
Sasae Tsuru Komi Ashi
Koshi Garuma

HOLD DOWNS

Kesure Yoko Shiho Gatame

TURNOVERS

Single Wing Turnover

GRIPS

Standard Sleeve/Lapel Grip
Double Sleeve Grip
Double Armpit Grip
Sleeve/Neck Grip

ESCAPES

Top Seated Escape
Between Locked Legs Escape #1
(Over the Knee)
Between Locked Legs Escape #2
(Under the Leg, grabbing the Gi)

GENERAL INFORMATION

1. What is the ultimate goal of Judo as defined by Dr. Kano? **(The harmonious development and eventual perfection of human character.)**
2. Name the three divisions of mat techniques in English and Japanese: **(Holding Techniques- Osaekomi Waza; Choking Techniques-Shime Waza; Joint Locking Techniques- Kansetsu Waza.)**
3. Name the three divisions of standing throwing techniques techniques in English and Japanese: **(Hand techniques-Te Waza; Hip techniques-Koshi Waza; Foot techniques-Ashi Waza)**
4. Name the two divisions of sacrifice techniques in English and Japanese: **(Back falling sacrifice techniques-Ma sutemi waza; Side falling sacrifice techniques-Yoko sutemi waza)**
5. What are the two main principles of Kodokan Judo as defined by Dr. Kano? **(1. Mutual benefit and welfare; 2. Maximum efficiency with minimum effort).**

VOCABULARY

Little or Minor - Ko

Continue - Yoshi!

Little inside reaping throw - Ko Uchi Gari

Forms of Off-Balance - Happo No Kuzushi

Forms of Gripping one's Opponent - Kumi Kata

Basic Natural Posture - Shizen Hontai

Basic defensive posture - Jigo Hontai

Falling Methods - Ukemi

Hold-down broken - Toketa!

Side - Yoko

Time is up - Sore Made!

Side Hold - Yoko Shiho Gatame

Counter technique - Kaeshi Waza

Practice hall - dojo

modified side corner hold down - Kesure yoko shiho getame

Modified - kesure

Attention! - Kiotsuke!

Stop! - Matte

Floating hip throw - Uki Goshi

Hold down - Osae komi

Big inside reaping throw - O Uchi Gari

Sleeve - Sode

Belt - obi

Floating - uki

Don't Move - Sono Mama!

Corners - Shiho

Inside - Uchi

Technique - Waza

Judo Player - Judoka

Judo Uniform - Judogi

MINIMUM TIME: 132 HOURS

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