

Yellow Belt Syllabus

Basic terminology / etiquette

Numbers: Ichi, Ni, San, Chi, Go, Roku, Sichi, Hachi, Ku, Ju

People

Sensei:	Teacher (lit. born earlier)
Sempai:	Senior
Kyu:	Grade
Shoshinza:	Novice
Tori:	Demonstrator
Uki:	Person being demonstrated on

Objects

Gi:	Outfit
Obi:	Belt
Dojo:	Training Hall
Tatami:	Training Mats

Actions

Rei:	Bow
Ritsurei:	Standing bow
Otagai rei:	Bow to each other
Yoi:	Make Ready
Hajime:	Start
Yamme:	Stop
Matte:	Freeze
Yoshi:	Resume
Ki-Ai:	Shout
Ki Masu	Gather round

Questions

So Deska	Do you understand?
Hai (sensei):	Yes (teacher)
Iee (sensei):	No (teacher)
Domo arigato:	Thank you (often just domo arigato)

Greeting routine

Shugo:	Line up
Ki O Tsuke:	Attention
Suwaru:	Kneel down
Mokuso:	Prepare yourself mentally (lit. close eyes)
Mokuso yame:	End mokuso
Sensei ni rei:	Bow to sensei
SoTachi :	Rise

Yellow Belt Syllabus

Ukemi: Falling

Seiza No Kamae:	Kneeling falling
Zenpo Kaiten:	Rolling Forwards
Koho Kaiten:	Rolling Backwards
Sokuho Kaiten:	Rolling Sideways
Migi and Hidari:	Right and Left
Shinzentai Ukemi:	Standing falling
Zenpo Kaiten:	Rolling Forwards
Koho Kaiten:	Rolling Backwards
Sokuho Kaiten:	Rolling Sideways
Migi and Hidari:	Right and Left
Zenpo Ukemi:	Front drop
Yoko Ukemi:	Side drop

Defences

Defence against two handed strangle, front and rear
 Defence against bar arm strangle from the rear
 Defence against hair grab, front and rear
 Defence against wrist grabs
 Defence against a kick
 Defence against a punch using a kick, throw or lock
 Defence against a jacket grab
 Defence against a head-butt

Nagewaza: Throws

O Soto Gare:	Major Outer Reap
Ko Soto Gare:	Minor Outer Reap
O Uchi Gare:	Major Inner Reap (from kick)
Ko Uchi Gare:	Minor Inner Reap (from kick)
Koshi Guruma:	Hip wheel
Ko Soto Gake:	Minor outer prop

Waza: Techniques

Ichiban Geri Kata: First Kick Sequence

Mae Geri:	Front Kick
Yoko Geri:	Side Kick
Miwashi Geri:	Roundhouse kick

Ichiban Kyusho Kata: First Pressure Point Sequence

Mastoids, Base of the Nose, Bridge of the Nose, Eyes, Caroteds
 Clavicle, Supra Sternal Notch, Solar plexus, Groin, Shin

Yellow Belt Syllabus

<u>Kansetsu:</u>	Locks
Ude Kansetsu Waza	Arm locks
Kannuki Gatame:	Bolt Lock
Katsugi Gatame:	Shoulder Carry Lock
Ude Kujuki:	Arm break
Hara Gatame:	Stomach hold
Ude Gaeshi:	Arm twist
Ude Gatame:	Arm hold
Hiji Makikomi:	Elbow winding
Ude Osae:	Arm bar
Hiji Tori:	Elbow grab
Kote Kansetsu Waza	Wrist locks
Kote Gaeshi:	Wrist Twist
Ura Kote:	Rear twist
Kote Gatami:	Wrist lock
Yoko Kote Gaeshi:	Side Wrist Twist
Kote Dori:	Wrist Trap
<u>Middle Work:</u>	
Grabs Grinder	
Punch and Kick V	