



THUNDER BAY JUDO DOJO YONKYU STUDY SHEET



TERMINOLOGY

Seiryoku Zen'yo	maximum efficiency, minimum effort	Tai sabaki	body movement	Jigo tai	defensive posture	Gari	reap
Shizen tai	natural posture	Zarei	Standing bow	Ritsue rei	kneeling bow	Gake	hook

NAGEWAZA

Tsurikomi goshi	lift-pull hip throw	Kouchigari	minor inner reap	Morote seoi nage	two-handed shoulder throw	Tai otoshi	body drop
Sasae tsurikomi ashi	propping drawing ankle throw	Kosotogari	minor outer reap	Okuriashi harai	foot sweep	Harai goshi	sweeping hip throw

KATAMEWAZA

Osaekomi Waza

Yoko shiho gatame	locking of the side four corners	Makura kesa gatame	pillow style scarf hold
Ushiro kesa gatame	reverse scarf hold	Kuzure kesa gatame	broken/variation scarf hold
Kami shiho gatame	locking of the upper four corners hold	Kuzure kami shiho gatame	broken/variation locking of the upper four corners