

# HUNTSVILLE JUDO CLUB

## HANDBOOK



# **JUDO TERMINOLOGY**

<b>Ashi</b>	Leg; foot
<b>Ashi-barai</b>	Sweep
<b>Ashi-harai</b>	Sweep away with leg; foot
<b>Ashi-waza</b>	Leg techniques
<b>Atama</b>	Head
<b>Awasete</b>	Unite
<b>Barai</b>	To sweep
<b>Dan</b>	Step, grade
<b>Ichi-Dan (sho-Dan)</b>	First Dan
<b>Ni-Dan</b>	Second Dan
<b>San-Dan</b>	Third Dan
<b>Shi-Dan</b>	Fourth Dan
<b>Go-Dan</b>	Fifth Dan
<b>Roku-Dan</b>	Sixth Dan
<b>Shichi-Dan</b>	Seventh Dan
<b>Hachi-Dan</b>	Eight Dan
<b>Ku-Dan</b>	Ninth Dan
<b>Ju-Dan</b>	Tenth Dan
<b>Dojo</b>	Training hall
<b>Dori</b>	To take
<b>Gaeshi (Kaeshi)</b>	Counterattack
<b>Gaeshi-waza</b>	Counterattack techniques
<b>Garami</b>	To roll up
<b>Gari</b>	To sweep away
<b>Gatame (Katame)</b>	To hold stabil
<b>Gatame-waza</b>	Pinning techniques
<b>Geri</b>	Kick movement
<b>Go</b>	Five
<b>Go-Dan</b>	Fifth Dan
<b>Go-no-sen</b>	Take over
<b>Goshi (Koshi)</b>	Hip
<b>Hajime</b>	To begin
<b>Harai</b>	To sweep
<b>Hasami</b>	To grip
<b>Ichi</b>	One
<b>Ippon</b>	One full point
<b>Ju</b>	Gentle
<b>Ju-Dan</b>	Tenth Dan

<b>Ju-Jutsu (jiu-jitsu)</b>	Gentle art
<b>Judo</b>	Gentle way
<b>Judogi</b>	Judo suit
<b>Judoka</b>	Judo practitioner
<b>Kaeshi</b>	Counterattack
<b>Kansetsu</b>	Joint
<b>Kansetsu-waza</b>	Joint techniques
<b>Kata</b>	Shoulder
<b>Kataha</b>	One sided
<b>Katame</b>	To grip tight
<b>Ko</b>	Little
<b>Kodokan</b>	Judo-institute in Tokyo
<b>Komi</b>	Inside, against
<b>Koshi (goshi)</b>	Hip
<b>Koshi-waza</b>	Hip techniques
<b>Koshiki-no-kata</b>	Ancient ways of self defense
<b>Kumi</b>	To grip
<b>Kumi-kata</b>	A grip
<b>Kyu</b>	Classification
<b>Roku-Kyu</b>	Sixth Kyu (white belt)
<b>Go-Kyu</b>	Fifth Kyu (yellow belt)
<b>Shi-Kyu</b>	Fourth Kyu (orange belt)
<b>San-Kyu</b>	Third Kyu (green belt)
<b>Ni-Kyu</b>	Second Kyu (blue belt)
<b>Ichi-Kyu</b>	First Kyu (brown belt)
<b>Mate</b>	Wait
<b>Morote</b>	Both hands
<b>Morote-seoi-nage</b>	Double handed shoulder throw
<b>Nage</b>	Throw
<b>Nage-no-kata</b>	Method of throwing
<b>Ne</b>	Mat
<b>Ne-waza</b>	Mat techniques
<b>O</b>	Big
<b>Obi</b>	Belt
<b>Siro-Obi</b>	White belt
<b>Kiuro-Obi</b>	Yellow belt
<b>Dai-daiiro-Obi</b>	Orange belt
<b>Midori-Obi</b>	Green belt
<b>Aoiro-obi</b>	Blue belt
<b>Kuriio-Obi</b>	Brown belt
<b>Kuro-Obi</b>	Black belt
<b>Shima-Obi</b>	Red white belt

<b>Aka-Obi</b>	Red belt
<b>Omote-waza</b>	Combination techniques
<b>Osae-komi</b>	A hold
<b>Otoshi</b>	Fall
<b>Randori</b>	Practice
<b>Rei</b>	Bow
<b>Sensei</b>	Teacher
<b>Shiai</b>	Match
<b>Shime (jime)</b>	Strangle
<b>Shime-waza</b>	Choking techniques
<b>Shinpan</b>	Referee
<b>Soto</b>	Outside
<b>Suri-age</b>	To lift, to slide
<b>Sutemi</b>	Sacrifice
<b>Sutemi-waza</b>	Sacrifice techniques
<b>Tachi-waza</b>	Standing technique
<b>Tai</b>	Body
<b>Tatami</b>	Mat
<b>Te</b>	Hand
<b>Te-waza</b>	Hand and shoulder techniques
<b>Tori</b>	Active judoka
<b>Tsuki</b>	To push
<b>Tsuki-waza</b>	Push techniques
<b>Tsurikomi</b>	Pull forwards
<b>Uchi</b>	From inside
<b>Uchi-komi</b>	Making a technique many times
<b>Uke</b>	Passive judoka
<b>Ukemi</b>	Break a fall
<b>Uke-waza</b>	Defense techniques
<b>Uki</b>	To float
<b>Waza</b>	Art, techniques
<b>Waza-ari</b>	Nearly a full point

## *Etiquette Guide for Students*

Proper observance of etiquette is as much a part of your training as is learning techniques. Judo training places as great an emphasis on the cultivation of proper conduct as it does the martial art. **PLEASE TAKE THE FOLLOWING GUIDELINES SERIOUSLY**

- 1. We bow to indicate our gratitude and mutual respect.** It is common for people to ask about the practice of bowing in Judo. In particular, many people are concerned that bowing may have some religious significance. It does not. In Western culture, it is considered proper to shake hands when greeting someone for the first time, to say “please” when making a request and to say “thank-you” to express gratitude. In Japanese culture, bowing fulfills all these functions. Bowing is appropriate on the following occasions:
  - (a) when entering and leaving the dojo
  - (b) when stepping on or off the mat
  - (c) at the beginning and end of class
  - (d) when asking or thanking a partner for practice
  - (e) after receiving special instructions from the sensei
- 2. The cleanliness of the mat and dojo are essential.** Remove shoes upon entering and leave them neatly in the entrance way. Do not walk on the exterior surface or outside in bare feet. Make sure your feet are clean before stepping on the mat.
- 3. Be on time for class.** If you are late, enter and go to the changeroom. Re-enter, sit on a corner of the mat until the instructor indicates you can join class. Bow to the instructor.
- 4. Remove all rings, earrings, watches, necklaces and bracelets before practice.**
- 5. Personal hygiene is extremely important.** Judo is a contact sport, students are expected to maintain good hygiene by:
  - (a) coming to class with clean hands and feet
  - (b) keeping finger and toe nails short and clean
  - (c) keeping your training uniform clean, in good shape and free of offensive odourOccasionally people scrape their hands and feet during practice. The rule is that a student must stop participating long enough to cover with a bandage or tape any scrape or cut that is bleeding.
- 6. If you or someone else is hurt, tell the sensei at once.** If you need to rest, request permission from the instructor. If you have a problem during practice, let your partner know. Do not leave the mat without the permission of your sensei.
- 7. Avoid leaning against the walls or sitting with your legs stretched out.** Either sit in seiza or cross legged. Also, avoid sitting on the mat with your back to the sensei or any randori.
- 8. Profanity and bad language will NOT be tolerated.** Please keep talking during class to a minimum and do not engage in roughhousing during class. What conversation there is should be restricted to one topic — JUDO. Excessive noise and rowdiness are distractions. Distractions can lead to injury and will not be tolerated..
- 9. Do not bring food, gum or beverages with you on to the mats.**
- 10. Judo is NOT a sport that should be practiced outside a dojo or a tournament.**  
A person not trained in the sport of Judo can be seriously injured and should not be considered a partner for ANY techniques.

## ***PHILOSOPHY***

The Constitution of the International Judo Federation states that the principles and philosophy of traditional Judo, as created by Dr. Jigaro Kano, shall be followed.

JUDO - “ju” literally means softness and gentleness. A classic description of the meaning is as follows:  
“Like the willow tree which bends the fury of the tempest, so that at the end, its flexible branches remain unbroken, whereas the rigid oak tree is broken or uprooted.”

Sometimes the principle is misunderstood as complete non-resistance. But it should be noted that the willow tree does use some strength, in that it keeps its roots firm — tai-sabaki. In Judo, force is not directly resisted, but there is an indirect resistance which is based on balance, skill and strategy — kaeshi-waza (countering techniques, etc...).

“do” is interpreted as system, way, method, style, or profound belief. The sport of Judo’s objective is spiritual development, physical fitness, and self defense, plus unselfish regard for others, which is necessary in our modern life. Eventually all societies and nations can benefit from the ideals of Judo’s mottos — “Jita-Kyoei” - Mutual Benefit and “Seiryoku-Zenyo” – Maximum Efficiency with Minimum Effort. The majority of nations of the world now practice Judo and consequently it is presently an Olympic sport.

## **PROMOTIONS**

In Judo, being a sport based on hierarchy, it is generally accepted that the various ranks be represented by belts of different colors. The Yudansha “dan” grades, Black Belts, are awarded according to the National rules (Grading Syllabus), adapted from the Rules of the International Judo Federation. The color grades are given by instructors. This task requires a certain ability to judge and evaluate to be performed properly.

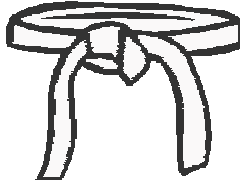
Women generally wear the same colored belts as men, with a white stripe the length of the belt. This distinction was initiated by the Kodokan so that women would be differentiated from the male competitors. But with the increasing number of women involved in national and international competition, the tradition of the white striped belt seems to be vanishing. The time requirements between promotions to different color belts is based on the following criteria:

*Physical fitness level, age, regular attendance at classes, frequency of classes per week, student-teacher ratio, facilities and equipment, and disposition of the student and well as knowledge of the basic belt requirements.*

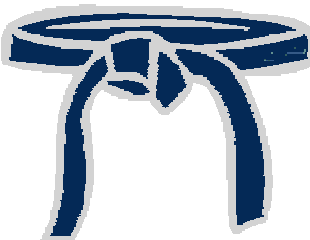
## **JUDO RANKING**

Here is the list of the various ranks, and the corresponding belt color as it applies in Canada.

### Kyu grades (Mudansha - non-Black Belt holders)

Rokkyu	6 <sup>th</sup> Grade	white belt	
Gokyu	5 <sup>th</sup> Grade	yellow belt	
Yonkyu	4 <sup>th</sup> Grade	orange belt	
Sankyu	3 <sup>rd</sup> Grade	green belt	
Nikyu	2 <sup>nd</sup> Grade	blue belt	
Ikkyu	1 <sup>st</sup> Grade	brown belt	

### Dan Grades (Yudansha - Black Belt Holders)

Shodan	1 <sup>st</sup> Grade	Black belt	
Nidan	2 <sup>nd</sup> Grade	Black belt	
Sandan	3 <sup>rd</sup> Grade	Black belt	
Yondan	4 <sup>th</sup> Grade	Black belt	
Godan	5 <sup>th</sup> Grade	Black belt	
Rokudan	6 <sup>th</sup> Grade	Black or red & white belt	
Schichidan	7 <sup>th</sup> Grade	Black or red & white belt	
Hachidan	8 <sup>th</sup> Grade	Black or red & white belt	
Kudan	9 <sup>th</sup> Grade	Red or black belt	
Judan	10 <sup>th</sup> Grade	Red or black belt	

## Basic Words that are used in Competitions.

<b>HAJIME</b>	Start.
<b>MATTE</b>	Stop (Wait).
<b>SORE-MADE</b> .....	End of contest
<b>OSAE-KOMI</b>	Hold down, player is holding the other down mainly on their back.
<b>TOKETA</b>	Hold down has been broken.
<b>HANTEI</b>	A decision is required to who is the winner.
<b>SONO-MAMA</b>	Freeze – stay still only used in groundwork.
<b>YOSHI</b>	Always following Sono-Mama – means unfreeze and carry on.
<b>HIKI-WAKE</b>	Draw – usually only used at grading or team contests.

## Scores that can be given by the Referee

<b><u>IPPON</u></b>	Outright win, when a perfect throw has been achieved and lands mainly on their back. Or held down in OSAE-KOMI for 25 seconds. Both = the end of the contest.
<b><u>WAZA-ARI-AWASETTE-IPPON</u></b>	Two WAZ-ARI's which is an outright win. = The end of the contest.
<b><u>WAZA-ARI</u></b>	When a near perfect throw has been achieved. Or when OSAE-KOMI (Hold Down) has been announced for 20 seconds.
<b><u>YUKO</u></b>	When a throw is achieved but does not qualify for WAZA-ARI. Or OSAE-KOMI (hold down) has been announced for 15 seconds.
<b><u>KOKA</u></b>	When a throw is achieved but does not qualify for YUKO. Such as the player lands On their bottom/shoulder. Or OSAE-KOMI (hold down) has been announced for 10 seconds.

Just to add to your problems of understanding scoring, please note the following.  
One WAZA-ARI beats any number of YUKO's.  
One YUKO beats any number of KOKA's

## Penalty Scores that are used in a contest.

There are a lot of rules in a contest. If you break them this will result in a penalty being given.

<b><u>SHIDO</u></b>	Slight infringement. This is equal to a KOKA score against them.
<b><u>SECOND SHIDO</u></b>	This is equal to a YOKO score against them.
<b><u>THIRD SHIDO</u></b>	This is equal to a WAZA-ARI against them.
<b><u>FOURTH SHIDO</u></b>	This is equal to a IPPON against them.
<b><u>HANSOKU-MAKE</u></b>	Very grave infringement. This is equal to an IPPON against them. If an outright Hansoku penalty is given... <b>THEN THE PLAYER IS OUT OF THE COMPETITION FOR THE DAY.</b>

The penalty score builds up by Shido.  
If a SHIDO infringement is given, this is equal to a score of 3 points.  
On the second SHIDO then the score is increased by 5 points against them.  
On the third SHIDO then the score is increased by 7 points against them.  
On the fourth SHIDO offense a HANSOKU-MAKE is given and they lose that contest.

It is VERY IMPORTANT to remember if a HANSOKU is given by the build of of Shido penalties that they are not out for the day, but just for that contest.



IPPON



WAZA-ARI



WAZA-ARI-AWASETE-IPPON



YUKO



KOKA



OSAEKOMI



SONO-MAMA-YOSHI



TOKETA



PENALTY



NON COMBATIVITY



5 SECONDS IN DANGER ZONE



FALSE ATTACK



TO CALL THE DOCTOR



ADJUSTMENT OF JUDOGI



TO CANCEL EXPRESSED OPINION



SIT DOWN to STAND UP



NOT VALID



HAJIME to SORE-MADE



MATE



KACHI (winner in a normal contest)



HIKWAKE



HANTEI (ending a "Golden Score" contest)



KACHI (winner by Hantei after a "Golden Score" contest).



JUDGE NORMAL POSITION



INSIDE to JONAI



OUTSIDE to JOGAI



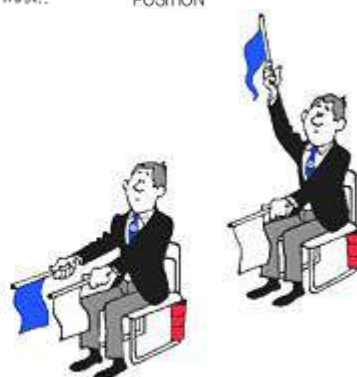
STAND UP MATE IN NEWAZA



JUDGE CANCELLING NOT VALID



JUDGE'S OPINION DIFFERS



HANTEI SITUATION (ending a "Golden Score" contest)



## Nage-waza (throwing techniques)

Te-waza (hand)	Koshi-waza (hip)	Ashi-waza (foot)	Sutemi-waza (sacrifice)	
			Ma-sutemi (front)	Yoko-sutemi (side)
<a href="#">Seoi Nage</a> <a href="#">Tai Otoshi</a> <a href="#">Kata Guruma</a> <a href="#">Sukui Nage</a> <a href="#">Uki Otoshi</a> <a href="#">Sumi Otoshi</a> <a href="#">Obi Otoshi</a> <a href="#">Seoi Otoshi</a> <a href="#">Yama Arashi</a> <a href="#">Morote Gari</a> <a href="#">Kuchiki Taoshi</a> <a href="#">Kibisu Gaeshi</a> <a href="#">Uchi Mata Sukashi</a> <a href="#">Kouchi gaeshi</a> <a href="#">Ippon Seoinage</a>	<a href="#">Uki Goshi</a> <a href="#">O Goshi</a> <a href="#">Koshi Guruma</a> <a href="#">Tsurikomi Goshi</a> <a href="#">Harai Goshi</a> <a href="#">Tsuru Goshi</a> <a href="#">Hane Goshi</a> <a href="#">Utsuri Goshi</a> <a href="#">Ushiro Goshi</a> <a href="#">Daki Age*</a> <a href="#">Sode Tsurikomi Goshi</a>	<a href="#">Deashi Harai</a> <a href="#">Hiza Guruma</a> <a href="#">Sasae Tsurikomi Ashi</a> <a href="#">Osoto Gari</a> <a href="#">Ouchi Gari</a> <a href="#">Kosoto Gari</a> <a href="#">Kouchi Gari</a> <a href="#">Okuriashi Harai</a> <a href="#">Uchi Mata</a> <a href="#">Kosoto Gake</a> <a href="#">Ashi Guruma</a> <a href="#">Harai Tsurikomi Ashi</a> <a href="#">O Guruma</a> <a href="#">Osoto Guruma</a> <a href="#">Osoto Otoshi</a> <a href="#">Tsubame Gaeshi</a> <a href="#">Osoto Gaeshi</a> <a href="#">Ouchi Gaeshi</a> <a href="#">Hane Goshi Gaeshi</a> <a href="#">Harai Goshi Gaeshi</a> <a href="#">Uchi Mata Gaeshi</a>	<a href="#">Tomoe Nage</a> <a href="#">Sumi Gaeshi</a> <a href="#">Ura Nage</a> <a href="#">Hikikomi Gaeshi</a> <a href="#">Tawara Gaeshi</a>	<a href="#">Yoko Otoshi</a> <a href="#">Tani Otoshi</a> <a href="#">Hane Makikomi</a> <a href="#">Soto Makikomi</a> <a href="#">Uki Waza</a> <a href="#">Yoko Wakare</a> <a href="#">Yoko Guruma</a> <a href="#">Yoko Gake</a> <a href="#">Daki Wakare</a> <a href="#">Uchi Makikomi</a> <a href="#">Kani Basami *</a> <a href="#">Osoto Makikomi</a> <a href="#">Uchi Mata</a> <a href="#">Makikomi</a> <a href="#">Harai Makikomi</a> <a href="#">Kawazu Gake *</a>

## Katame-waza (grappling techniques)

Osae-komi-waza (pinning)	Shime-waza (choking)	Kansetsu-waza (joint locking)
<a href="#">Kuzure Kesa Gatame</a> <a href="#">Kata Gatame (1)</a> <a href="#">Kami Shiho Gatame</a> <a href="#">Kuzure Kami Shiho Gatame</a> <a href="#">Yoko Shiho Gatame (1)</a> <a href="#">Tate Shiho Gatame (1)</a> <a href="#">Kesa Gatame (1)</a>	<a href="#">Nami Juji Jime (1)</a> <a href="#">Gyaku Juji Jime (1)</a> <a href="#">Kata Juji Jime (1, 2)</a> <a href="#">Hadaka Jime (1,2)</a> <a href="#">Okuri Eri Jime (1, 2, 3)</a> <a href="#">Kataha Jime (1, 2, 3)</a> <a href="#">Do Jime*</a> <a href="#">Sode Guruma Jime</a> <a href="#">Katate Jime</a> <a href="#">Ryote Jime (1)</a> <a href="#">Tsukkomi Jime</a> <a href="#">Sankaku Jime</a>	<a href="#">Ude Garami</a> <a href="#">Ude Hishigi Juji Gatame</a> <a href="#">Ude Hishigi Ude Gatame (1, 2, 3)</a> <a href="#">Hiza Gatame (1, 2)</a> <a href="#">Ude Hishigi Waki Gatame (1, 2, 3)</a> <a href="#">Ude Hishigi Hara Gatame (1, 2)</a> <a href="#">Ashi Garami *</a> <a href="#">Ude Hishigi Ashi Gatame</a> <a href="#">Ude Hishigi Te Gatame</a> <a href="#">Ude Hishigi Sankaku Gatame</a>

## Atemi-waza (striking techniques)

<b>Ashi-ate-waza (leg)</b>	<b>Ude-ate-waza (arm)</b>
Ushiro-geri *	Ushiro-ate *
Yoko-geri *	Kirioroshi *
Naname-geri *	Naname-uchi *
Mae-geri *	Naname-ate *
Taka-geri *	Yoko-ate *
Mae-ate *	Kami-ate *
	Tsukiage *
	Shimo-tsuki *
	Ushiro-tsuki *
	Ushiro-sumi-tsuki *
	Tsukkake *
	Yoko-uchi *
	Ushiro-uchi *
	Uchioroshi *
	Tsukidashi *
	Ryogan-tsuki *

**\* Techniques that are not permitted in Judo competition**

## Junior GoKyu (Yellow Belt)

Minimum age: 6 years old.

Judoka testing for the rank of Gokyu should know the following:

Who was the founder of Judo?	Dr. Jigoro Kano (28 Oct 18 1860 – 4 May 1938)
When was Judo Founded?	Judo was founded in February of 1882
What is the name of the school that is the Worldwide center of Judo?	The Kodokan (School for the study of "The Way")
In what country is this school?	The Kodokan is in Tokyo, Japan
What is the meaning of Hajime?	Begin (Start the contest)
What is the meaning of Osaekomi?	Hold down time begin
What is the meaning of Matte?	Stop all action
What is the meaning of Soremade?	Time has expired (End of contest)

Judoka testing for Gokyu should be able to demonstrate the following:

Ukemi	Judo Break-Falls (back & side)
	Judo Somersault

### Nage Waza - Throwing Techniques

#### O Goshi

#### Major Hip Throw

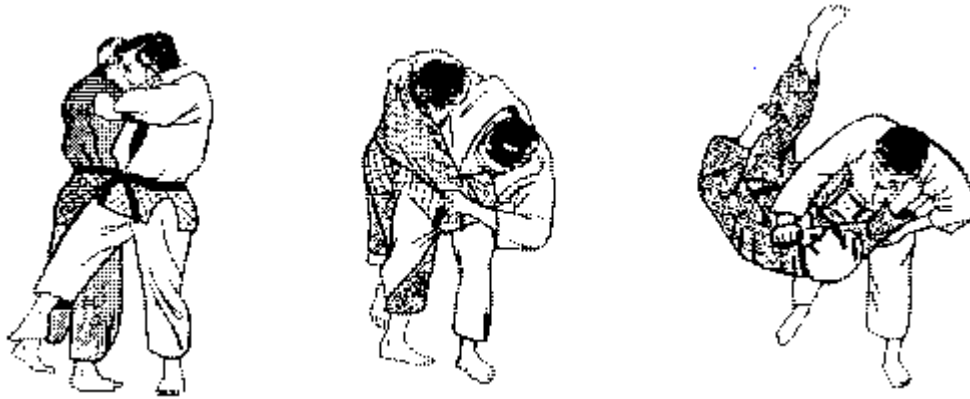
Tori breaks Uke's balance directly forward or to their right front corner and loads Uke onto his/her hip. Bend knees on entry, raise hips and twist to throw.



## O Soto Gari

### Major Outer Reaping Throw

Tori breaks Uke's balance to their right back corner, causing them to shift all their weight towards their right heel. Tori reaps Uke's right leg with his/her right leg throwing Uke to the right back corner (Tori's left front corner).



## Uki Goshi

### Floating Hip Throw

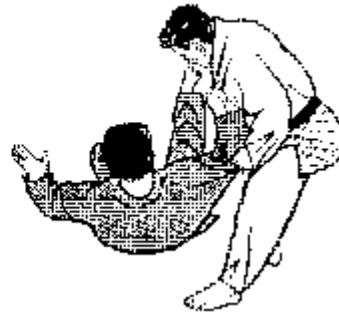
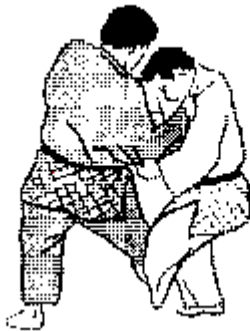
Tori breaks Uke's balance to their right front corner, loads Uke on his/her hip and throws using a twisting motion. Throw differs from O Goshi in that Tori does not bend knees and raise hips or bend forward.



## De Ashi Harai

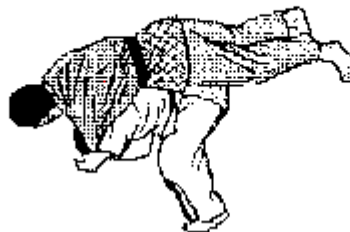
### (Advancing Foot Sweep)

Tori forces Uke to step forward, then sweeps the advancing foot out from under him/her. Timing is crucial. Uke must be on the verge of placing weight on the foot that is being swept.



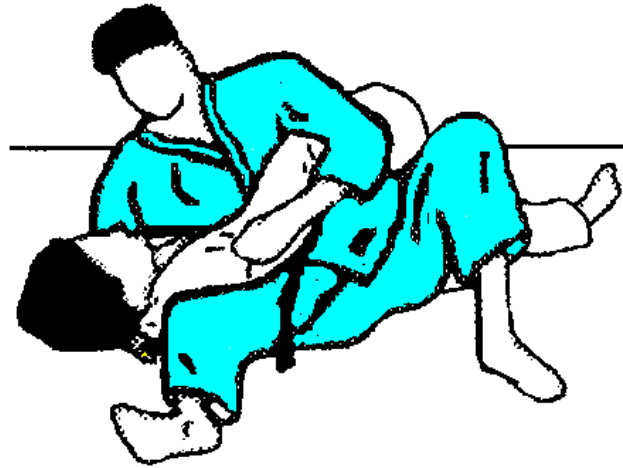
## Seoi Nage

### (One Arm Shoulder Throw )



## Osaekomi Waza – Holding Techniques

Kesa Gatame  
Scarf Hold



Kami Shiho Gatame  
Upper Four Quarters



# Junior ShiKyu (Orange Belt)

Minimum age: 8 years old

Judoka testing for the rank of Yonkyu should know the information contained in the Gokyu rank requirements plus the following:

## General definitions

Ukemi

Zempo Kaitan

Toketa

Sonomama

Yoshi

Ippon

Wazari

Yuko

Koka

Back & Side Breakfall

Judo somersault I

Hold-down broken

Freeze or do not move

Continue

A Whole point

Half a point

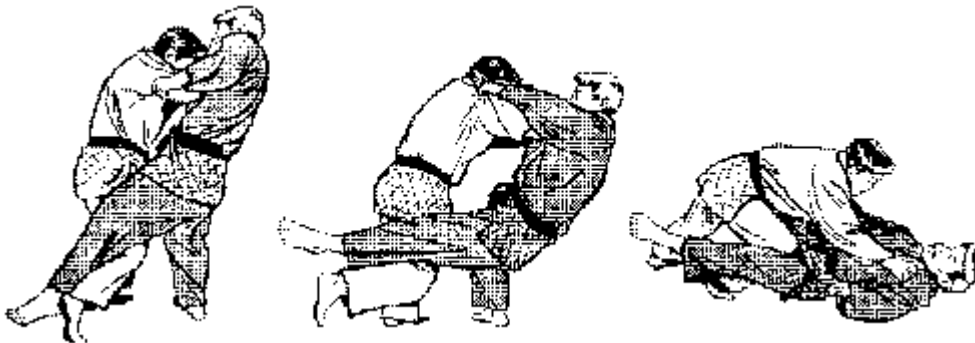
Almost waza-ari

Minor score

## Nage Waza – Throwing Techniques

### Uchi\_Gari

(Major Inner Reaping)



Koshi Garuma

(Hip Wheel)



Harai Goshi

**Sweeping Hip**



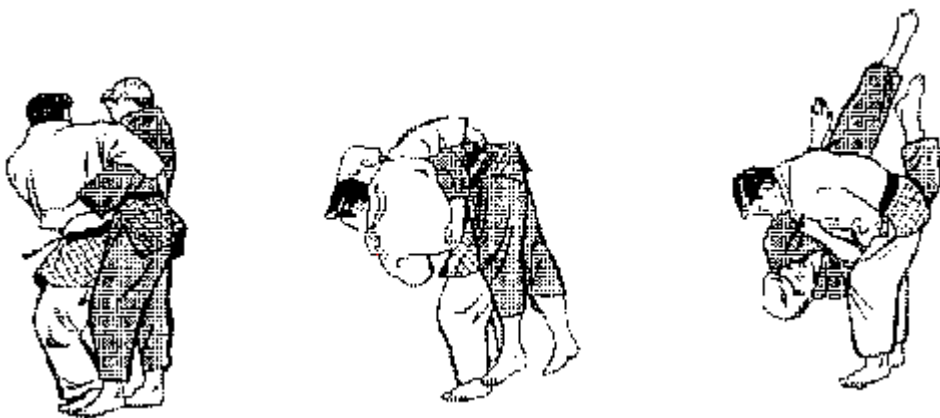
Sasae Tsurikomi

**Popping drawing ankle throw**



Tsuri Goshi

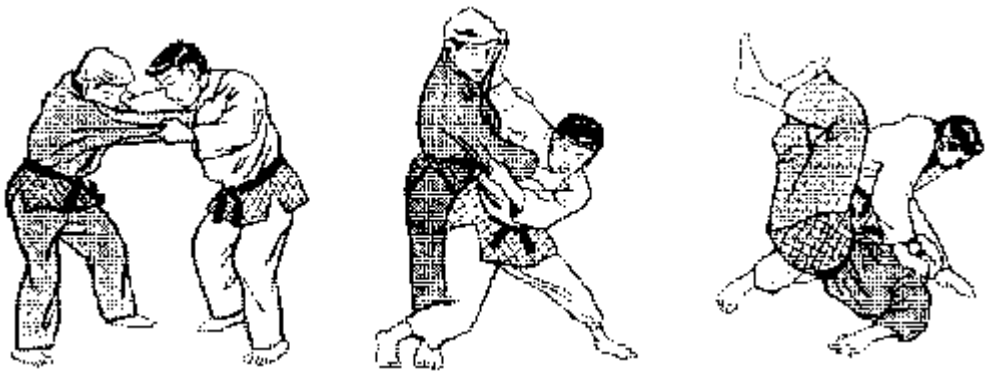
**Lifting Hip Throw**





Tai-Otoshi

**Body Drop**



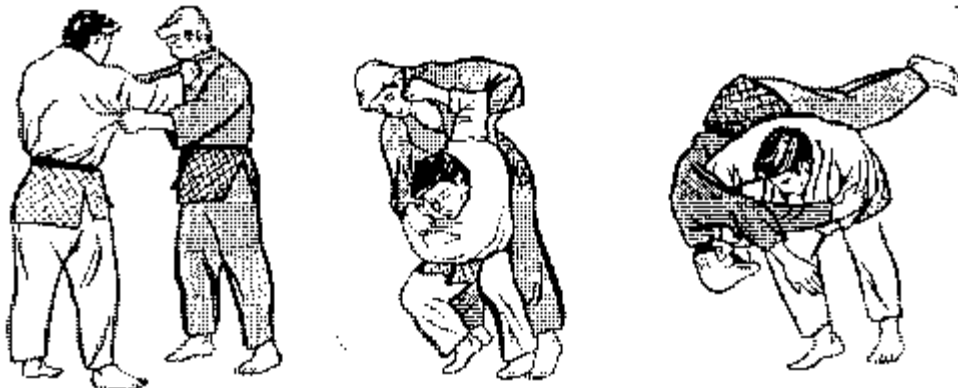
Ko Uchi Gari

**Minor Inner Reaping**



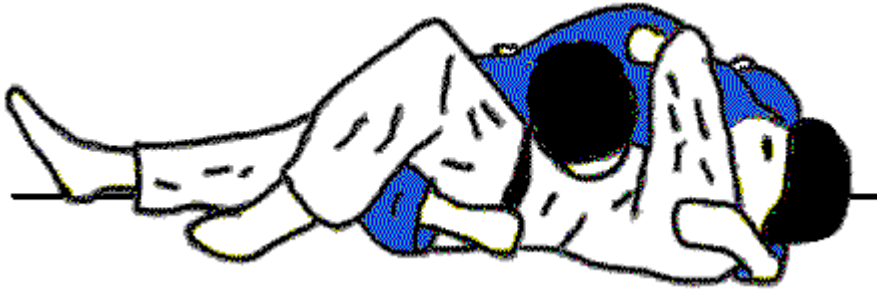
Tsurikomi Goshi

**Lift Pull Up Hip Throw**

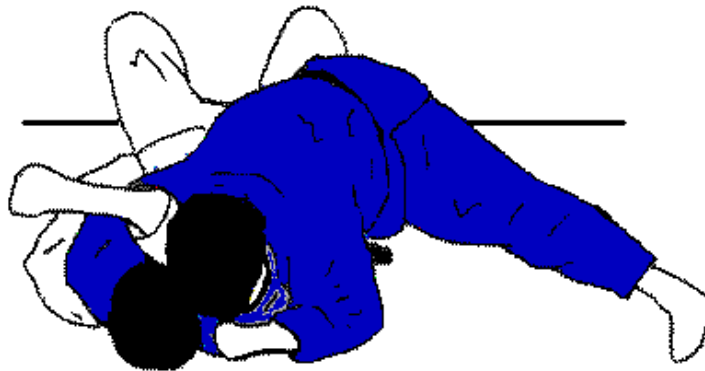


Osaekomi Waza - Holding Techniques

Yoko Shiho Gatame  
Side Four Quarters



Kata Getame  
(Shoulder Hold)

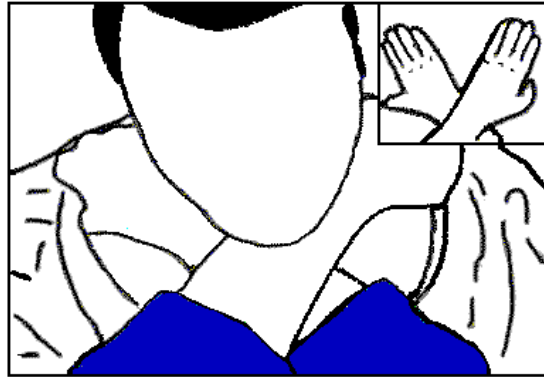


Tate Shiho Getame  
(Lengthwise Four Quarters)

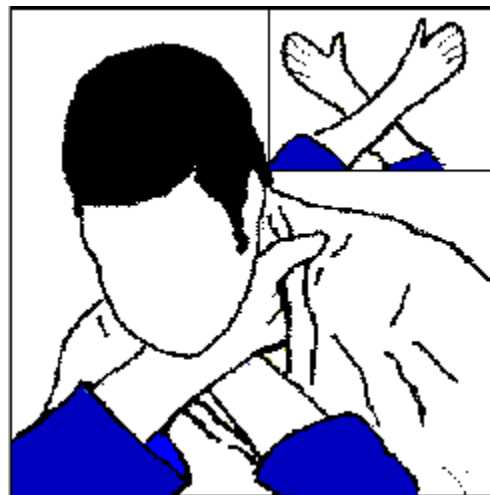


Shime Waza – Strangling Techniques

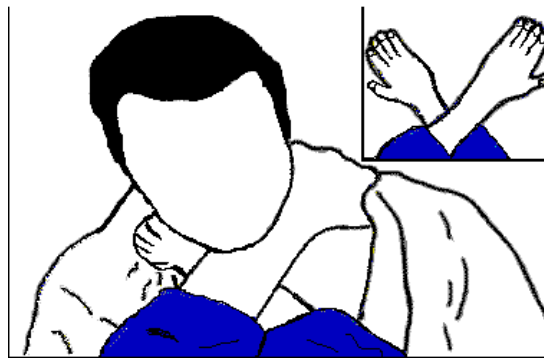
Name Juji Jime – Cross Arm



Gyaku Juji Jime – Reverse Cross Strangle



Kata Juji Jime – Half Cross Strangle



Kansetsu-Waza – Arm Locks

Ude Hshig Getame – Arm wrench cross lock

## Junior SanKyu (Green Belt)

Minimum age: 10 years old.

Judoka testing for the rank of SanKyu should know the information contained in the Gokyu and Yonkyu rank requirements plus the following:

### General definitions

**Kuzushi**

**Tsukuri**

**Kake**

**Osaekomi Waza**

**Toketa**

**Shido**

**Chui**

**Keikoku**

**Hansoku Make**

**Hiki Wake**

Breaking an opponent's balance

Fitting into the throw

Completing the throw

Holding or immobilizing techniques

Hold Down broken

Note

Caution

Warning

Disqualification

Draw

Judoka testing for SanKyu should be able to demonstrate all the requirements for Gokyu and Yonkyu plus the following:

### Nage Waza

One technique each from Gokyu and Yonkyu rank requirements plus:



Hiza-guruma  
Knee Wheel



Hane Goshi  
Spring Hip



Tomoe Nage  
Stomach  
Throw



Kosoto-gake  
Minor Outer  
Reaping



Kata-Garuma  
Shoulder  
Wheel



Uchi-Mata  
Thigh Throw



Ushiro Goshi  
Back Drop



Okuri-Ashi-Barai  
Double Foot Sweep



Uki-Otoshi  
Floating Drop

### Osaekomi Waza

Kazure Kami Shiho  
Gatame  
(Irregular Upper Four  
Quarters)

### Kansetsu Waza – Arm Locks

Ude Garame

### Shime Waza – Strangling Techniques

Okuri Eri Jime-Sliding collar  
choke  
Kataha Jime – Single Wing Choke

### Nage No Kata (Hand Tech.)

First Three (3)

### Renraku Waza (Combinations)

Seoi Nage to Ochi Gari  
(Shoulder Throw to Major Inner  
Reaping)  
O Soto Gari to Kesa Getame  
(Major Outer Reaping to Scarf Hold)

### Kaeshi Waza (Counter Techn)

Tsurikomi Goshi  
Harai Goshi (counter O-Sotto-  
Gari)

## Junior NiKyu (Blue Belt)

### Nage Waza – Throwing Techniques



Kosoto-gari  
Miinor Outer  
Reaping



Harai-tsurikomi-ashi  
Sweeping Foot  
lifting pull



Sumi-gaeshi  
Corner Drop



Hane-makikomi  
Outer winding  
spring hip



Sukui-nage  
Scooping  
throw



Osoto-guruma  
Major Outer  
wheel



Uki-waza  
Floating  
Throw



Ura-nage  
Rear  
Throw



Ashi-guruma  
Foot Wheel

### Osaekomi Waza – Holding Techniques

Makura Kesa Gatame – pillow scarf hold

Ushiro Kesa Getame – rear scarf hold

Kuzure Yoko Shiho – irregular side four quarters

### Shime Waza – Strangling Techniques

Hadaka Jime – Naked strangle

Sankaku Jime – Triangular strangle

### Kansetsu Waza – Arm Locks

Ude Getame – arm lock

Hiza Getame – knee wheel

### Nage No Kata – Hand Techniques

Second Set

### Renraku Waza –Combination Techniques

Give Example for each of Nage Waza

### Kaeshi Waza – Counter Techniques

Give Example for each of Nage Waza

# Junior IchiKyu (Brown Belt)

## Nage Waza – Throwing Techniques

Yoko Gake – side hook  
Yoko Otoshi – side drop  
Tani Otoshi – Valley drop  
Utsuri-Goshi – switching hip  
O Guruma – major wheel  
Soto Makika – outer wrap around throw  
Yoko Garuma – side wheel  
Yoko Wakare – side suicide  
Sumi Otoshi – corner drop  
Obi Otoshi – belt drop  
Uki Waza – floating drop  
I-omoe Nage – stomach throw  
Ura-nage – back throw  
Yoko Tomoe Nage – side stomach throw  
Uchi-Mata-Sukashi – Uchi counter  
Osoto-Makikomi – major outer reap roll down  
Uchi Mata Makikomi – inner thigh rolling down  
Hairai Makikomi – sweeping hip rolling down  
Kuchiki Daoshi – decayed tree throwing down  
Sodo-Tsuri-Komi\_Goshi – sleeve lip pull up hip throw  
Uchi Makikomi – inside rolling down  
Kani Basami – flying scissors  
Hon Kesa Getame – scarf hold  
Kazure Kesa Getame – irregular scarf hold  
Tate Shiho Getame – lengthwise four quarters  
Ura Getame – rear hold  
Katate Jime – single hand strangle  
Sodo Garuma – sleeve strangle

## Osaekomi Waza – Holding Techniques

Kata Osae  
Kata-Kesa\_gatame  
Waki Osae  
Mune Getame

## Kansetsu Waza – Arm Locks

Waki Gatame  
Hara Getame

## Nage No Kata – Hand Techniques

Third Set

## Renraku Waza –Combination Techniques

Give example for each Nage Waza

## Kaeshi Waza – Counter Techniques

Give example for each Nage Waza