

HUNTSVILLE JUDO CLUB

HANDBOOK



JUDO TERMINOLOGY

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

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

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

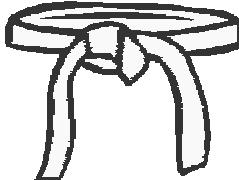
Women generally wear the same colored belts as men, with a white stripe the length of the belt. This distinction was initiated by the Kodokan so that women would be differentiated from the male competitors. But with the increasing number of women involved in national and international competition, the 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.

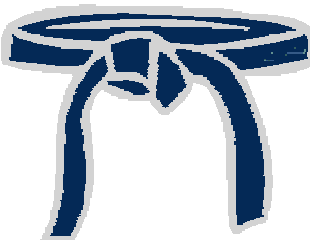
JUDO RANKING

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 th Grade	white belt	
Gokyu	5 th Grade	yellow belt	
Yonkyu	4 th Grade	orange belt	
Sankyu	3 rd Grade	green belt	
Nikyu	2 nd Grade	blue belt	
Ikkyu	1 st Grade	brown belt	

Dan Grades (Yudansha - Black Belt Holders)

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

Basic Words that are used in Competitions.

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

Scores that can be given by the Referee

<u>IPPON</u>	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.
<u>WAZA-ARI-AWASETTE-IPPON</u>	Two WAZ-ARI's which is an outright win. = The end of the contest.
<u>WAZA-ARI</u>	When a near perfect throw has been achieved. Or when OSAE-KOMI (Hold Down) has been announced for 20 seconds.
<u>YUKO</u>	When a throw is achieved but does not qualify for WAZA-ARI. Or OSAE-KOMI (hold down) has been announced for 15 seconds.
<u>KOKA</u>	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.

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

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⇔STAND UP



NOT VALID



HAJIME⇔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⇔JONAI



OUTSIDE⇔JOGAI



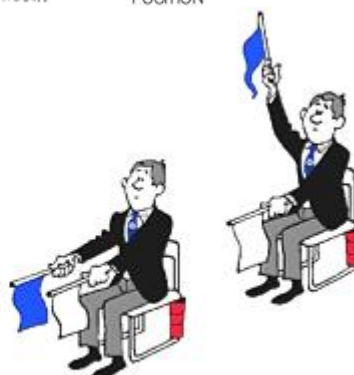
STAND UP MATE IN NEWAZA



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)
Seoi Nage Tai Otoshi Kata Guruma Sukui Nage Uki Otoshi Sumi Otoshi Obi Otoshi Seoi Otoshi Yama Arashi Morote Gari Kuchiki Taoshi Kibisu Gaeshi Uchi Mata Sukashi Kouchi gaeshi Ippon Seoinage	Uki Goshi O Goshi Koshi Guruma Tsurikomi Goshi Harai Goshi Tsuru Goshi Hane Goshi Utsuri Goshi Ushiro Goshi Daki Age* Sode Tsurikomi Goshi	Deashi Harai Hiza Guruma Sasae Tsurikomi Ashi Osoto Gari Ouchi Gari Kosoto Gari Kouchi Gari Okuriashi Harai Uchi Mata Kosoto Gake Ashi Guruma Harai Tsurikomi Ashi O Guruma Osoto Guruma Osoto Otoshi Tsubame Gaeshi Osoto Gaeshi Ouchi Gaeshi Hane Goshi Gaeshi Harai Goshi Gaeshi Uchi Mata Gaeshi	Tomoe Nage Sumi Gaeshi Ura Nage Hikikomi Gaeshi Tawara Gaeshi	Yoko Otoshi Tani Otoshi Hane Makikomi Soto Makikomi Uki Waza Yoko Wakare Yoko Guruma Yoko Gake Daki Wakare Uchi Makikomi Kani Basami * Osoto Makikomi Uchi Mata Makikomi Harai Makikomi Kawazu Gake *

Katame-waza (grappling techniques)

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

Atemi-waza (striking techniques)

Ashi-ate-waza (leg)	Ude-ate-waza (arm)
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)

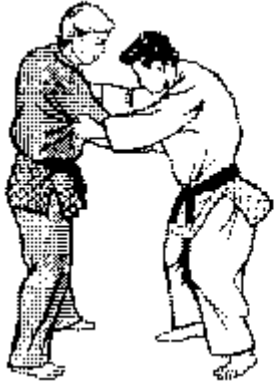
Judo Somersault

Nage Waza - Throwing Techniques

O Goshi

Major Hip Throw

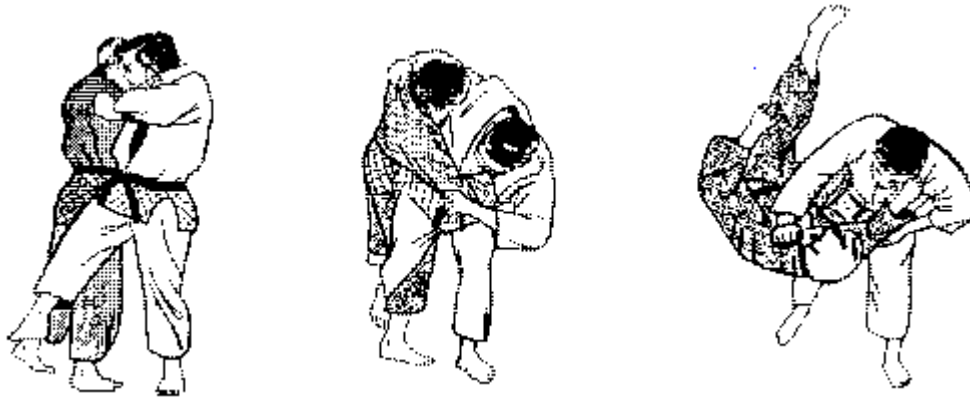
Tori breaks Uke's balance directly forward or to their right front corner and loads Uke onto his/her hip. Bend knees on entry, raise hips and twist to throw.



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

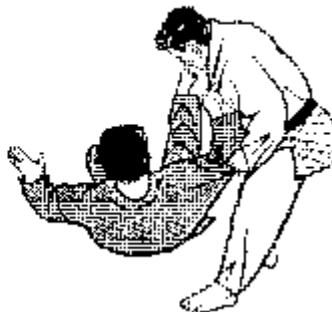
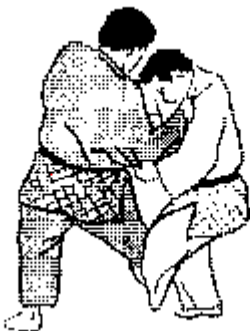
Tori breaks Uke's balance to their right front corner, loads Uke on his/her hip and throws using a twisting motion. Throw differs from O Goshi in that Tori does not bend knees and raise hips or bend forward.



De Ashi Harai

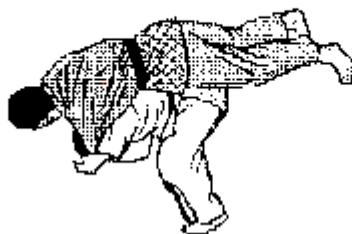
(Advancing Foot Sweep)

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.



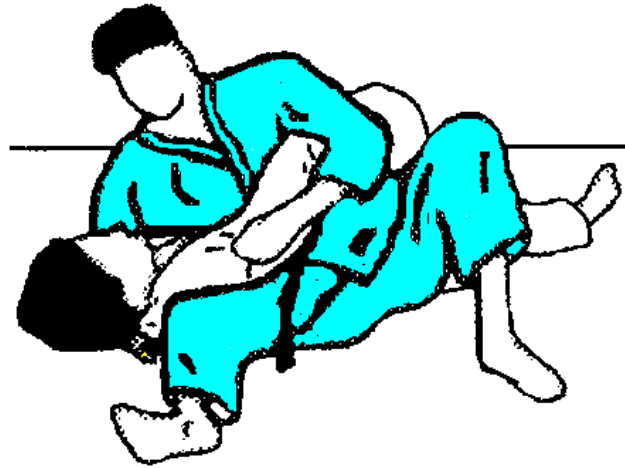
Seoi Nage

(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

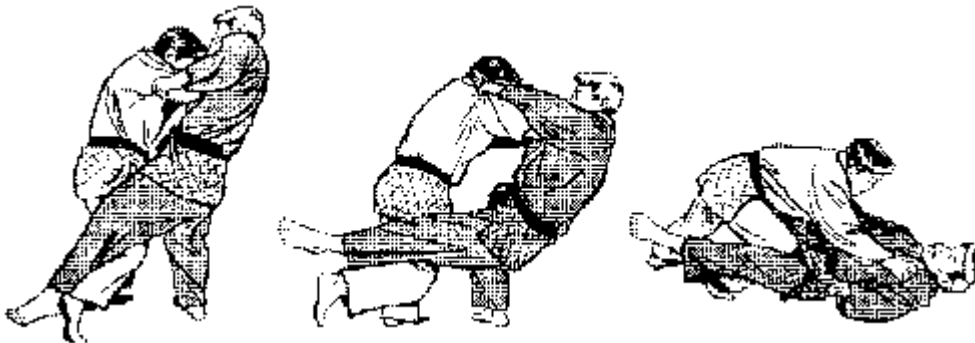
Almost waza-ari

Minor score

Nage Waza – Throwing Techniques

Uchi_Gari

(Major Inner Reaping)



Koshi Garuma

(Hip Wheel)



Harai Goshi

Sweeping Hip



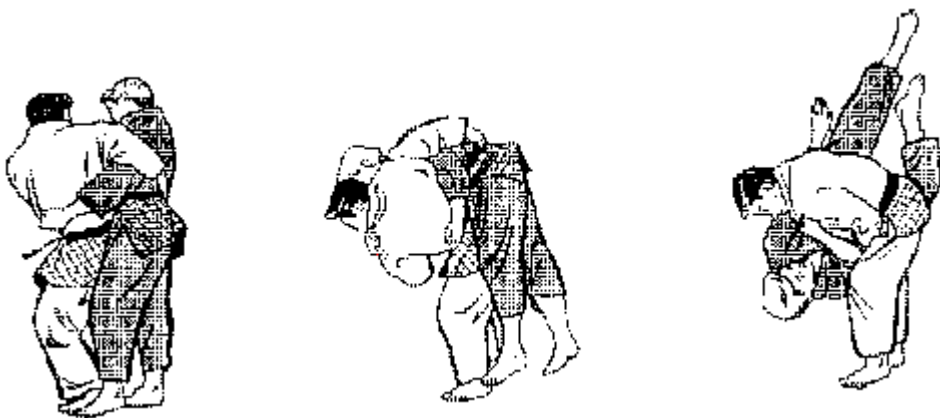
Sasae Tsurikomi

Popping drawing ankle throw



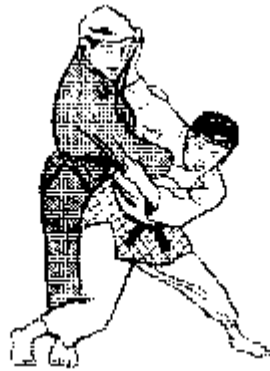
Tsuri Goshi

Lifting Hip Throw



Tai-Otoshi

Body Drop



Ko Uchi Gari

Minor Inner Reaping



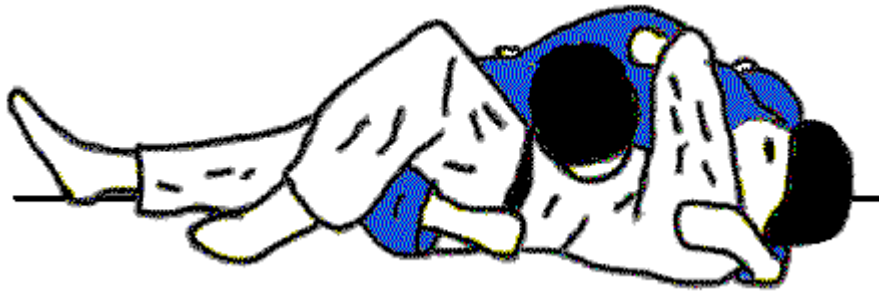
Tsurikomi Goshi

Lift Pull Up Hip Throw

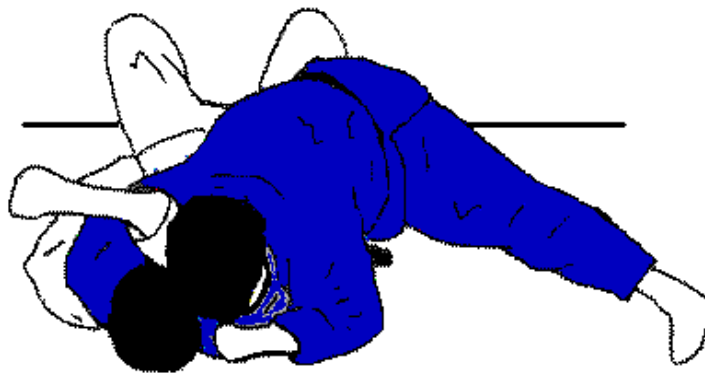


Osaekomi Waza - Holding Techniques

Yoko Shiho Gatame
Side Four Quarters



Kata Getame
(Shoulder Hold)

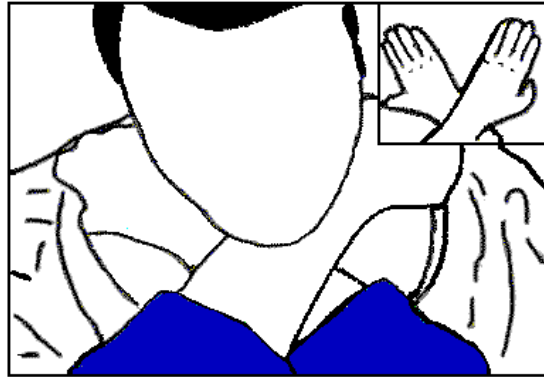


Tate Shiho Getame
(Lengthwise Four Quarters)

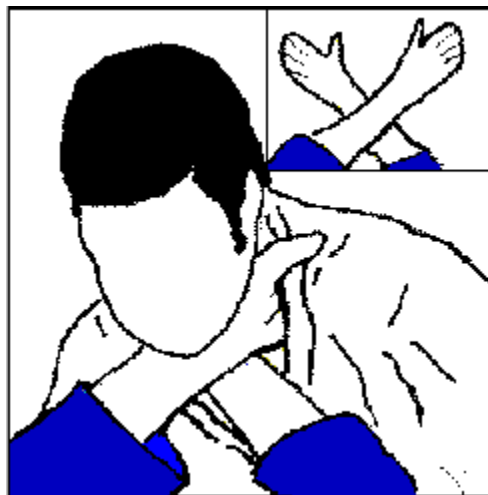


Shime Waza – Strangling Techniques

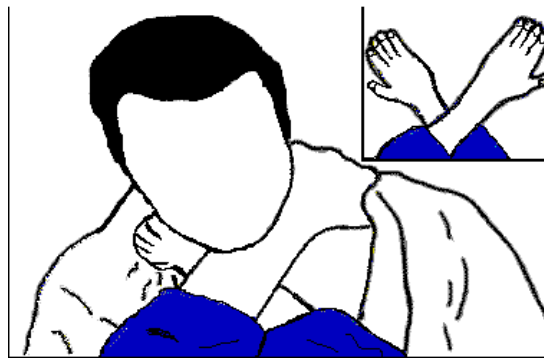
Name Juji Jime – Cross Arm



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