



BALWYN JUDO CLUB

[judobalwyn.org.au](http://judobalwyn.org.au)

**SHONEN**  
*JUNIOR (u 17)*  
**CURRICULUM**  
**&**  
**NOTES**

# CONTENTS

	Page
<b>Introduction .....</b>	<b>1</b>
<b>Recommended reading.....</b>	<b>5</b>
<b>Summary Tables.....</b>	<b>7</b>
<b>General Knowledge Explanation .....</b>	<b>9</b>
<b>Practical Knowledge Explanation.....</b>	<b>10</b>

## The Curriculum:

	Page		Page
<b>1<sup>st</sup> Belt.....</b>	<b>13</b>	<b>11<sup>th</sup> Belt.....</b>	<b>33</b>
<b>2<sup>nd</sup> Belt.....</b>	<b>14</b>	<b>12<sup>th</sup> Belt.....</b>	<b>35</b>
<b>3<sup>rd</sup> Belt .....</b>	<b>15</b>	<b>13<sup>th</sup> Belt.....</b>	<b>37</b>
<b>4<sup>th</sup> Belt .....</b>	<b>17</b>	<b>14<sup>th</sup> Belt.....</b>	<b>40</b>
<b>5<sup>th</sup> Belt .....</b>	<b>18</b>	<b>15<sup>th</sup> Belt.....</b>	<b>42</b>
<b>6<sup>th</sup> Belt .....</b>	<b>21</b>	<b>16<sup>th</sup> Belt.....</b>	<b>45</b>
<b>7<sup>th</sup> Belt .....</b>	<b>23</b>	<b>17<sup>th</sup> Belt.....</b>	<b>47</b>
<b>8<sup>th</sup> Belt .....</b>	<b>26</b>	<b>18<sup>th</sup> Belt.....</b>	<b>49</b>
<b>9<sup>th</sup> Belt .....</b>	<b>28</b>	<b>19<sup>th</sup> Belt.....</b>	<b>52</b>
<b>10<sup>th</sup> Belt .....</b>	<b>30</b>	<b>20<sup>th</sup> Belt.....</b>	<b>53</b>

3 4 5 6 7 8 9 10

Revision table

EDITION	DATE	CHANGES
1	20120315	Produced to cover the 2011 JFA Junior syllabus
2	20120616	General knowledge rearranged. Practical Knowledge rearranged. Sketches added.
3	20140000	Complete revision. Syllabus re-arranged in grade order



# **INTRODUCTION**

## **JUDO — AN OVERVIEW**

Judo is a sport, aimed at producing "better" people — fitter, more tolerant, more flexible, more efficient people. It does this as a game where you have to defeat your partner in individual combat. A game that you win, not with force, but by using flexibility to unbalance your partner, and hopefully in this way learn to apply this flexibility to all your actions. As you can see Judo covers many levels, you can have fun playing it as a sport or look deeply into its philosophy.

A combat sport which caused injuries would not fit in with educational ideals; therefore, Judo is designed so that your partner can be defeated without injury. Blows, pressure-point methods, disabling throws and locks against injury prone joints have been eliminated. Victory is gained by throwing or holding your partner on the back, or by causing submission to a strangle or armlock.

In addition to the contest (shiai) side of Judo there is a series of exercises (kata) designed to be performed with a partner (some may be done alone) which illustrate the methods, theory and history of Judo while providing a less strenuous, but nonetheless comprehensive, exercise for the mind and body. As a contest this may be harder, as the person you have to defeat is yourself.

## **CLUB MEMBERSHIP**

Check our website: [www.judobalwyn.org.au](http://www.judobalwyn.org.au).

A Judo club is just like any other sporting club, except that most people who join have probably never played the sport before, and most of the club activities are directed to teaching the new members. Nevertheless, you are still joining a club and so you have a responsibility to the other members, just as they have one to you.

This responsibility is shown best by respect: not just for the other members and the traditions of Judo, but for yourself. Cleanliness is also essential: no smoking, eating or drinking in the practice hall, using foot-wear off the mat and regular mat cleaning. A Judo club is a place for enjoyable study and hard work, respect this by allowing others to study, not disrupting the class, by being on time and by assisting with setting up and putting away the training area.

## **JOINING THE BALWYN JUDO CLUB**

All clubs have dues, paid by their members to maintain their facilities. Halls must be hired; depreciation and maintenance of mats paid for and State registration fees for the club must be met.

Balwyn Judo Club has a two tier system of casual payments and membership dues, as explained on our information hand-out. Under State body rules only registered club members can enter contests and be examined for the various grades. As a member, your State initial registration fees are paid by the club, and your training fees are discounted.

Joining the club is easy — you fill in club and State registration forms and pay your fees. Unrecognised grades must be paid for separately, however, if you wish to continue with grade examinations. The state body issues you with a judo ID card with a barcode for tournament entry.

As a member of the Balwyn Judo Club you will have access to an organisation that extends from local to World and Olympic Championship level.

## **BUYING A JUDO SUIT**

Having decided that Judo is the sport for you, you will need the right equipment. Most people already have thongs or slip-ons to wear off the mat, but you will not need to purchase a Judo suit. The cost of a basic white suit is included with your membership. When you start entering contests, however, you will have to consider purchasing a blue suit, which is a requirement over the age of 15.

Judo suits shrink, especially if washed in hot water. Regular washing in cold water, without hot drying will add considerably to the life of your Judo suit.

When new and unwashed, Judo suit sleeves should reach just past your wrists with your arms held straight out in front. The sleeves of a fully shrunk suit should reach to about 5cm from your wrist, holding your arms straight out in front. The trousers come with the jacket, so get the right size jacket and adjust the trousers as best you can. The trousers are made long, so they may have to be shortened so they end no closer than 5cm from your ankle. If in doubt, go for a jacket that seems a bit large, rather than one that seems a bit small.

A club badge should be sewn to the skirt of the suit near the bottom of the left lapel

## **GRADES**

Most people have heard of the "black belt" as a symbol of excellence. What is not usually considered is that there is a whole range of grades. The black belt is merely the indication of the first of the graduate ranks, known as "dan". There are twenty preliminary junior belts or "jun-kyu", the older you are the more quickly you may progress by skipping some, and five preliminary senior classes or "kyu", leading to the attainment of the dan. The first of the dan, the shodan or entry grade, indicates that the student's apprenticeship is over and that the real study of Judo can begin.

The dan grades are generally not open to under 17 year olds, and there is a maximum junior grade you can reach depending on your age. Dan grades are not usually granted to anyone under 18, but exceptional competitors (international standard) may achieve the Dan grade at 16. Eventually, contest entry is required and stricter examination procedure is used. The grade requirements are set by the Judo Federation of Australia Inc., and examinations must be arranged in accordance with State requirements. The cost of State grade registration varies from time to time, so it is not included in club fees. Grade registration officially recognises your grade and provides you with a grade certificate and appropriate belt.

## **CONTESTS**

Contests are not the be all and end all of Judo, but they are a necessary part of your judo education. Contests must be treated as a challenge and a learning experience.

After some knowledge of Judo is obtained, and especially if you are approaching a grade which requires contest points, you should attend a tournament as a spectator. National Championships only come to a State once every eight years or so, so do not miss a chance to see one.

Before competing in a tournament, you should have the experience of visiting another club at a time arranged by Balwyn Judo Club, to get used to different Judo styles and the rules which make competition a safe and concentrated training method. After entering and watching several tournaments, you should offer yourself as a scorer, timekeeper or marshal for a tournament outside your own division. This will give you valuable insight into the procedures, rules and tactics of contests. For dates of competitions see: [www.judovictoria.com.au](http://www.judovictoria.com.au) or [judobalwyn.org.au](http://judobalwyn.org.au) events page or the club's facebook page.

## **BALWYN JUDO CLUB SYLLABUS, CURRICULUM AND NOTES**

The Judo Federation of Australia Inc. sets the general requirements for each grade and the Balwyn Judo Club curriculum fills in the details. The notes cover the syllabus for juniors and seniors.

Please remember that the notes are only a "memory jogger" to supplement the information and training given in class. Although the notes bring together information from many sources they are not a complete textbook and so a list of recommended reading is also given as well as a series of lists tables and diagrams which summarise several aspects of Judo by combining data in a way which is not readily available elsewhere.

In addition to these notes you will also need an ordinary exercise book, as a training diary and for your own notes.

## **A WARNING**

Now that you have started Judo you will probably be plied with questions by your friends. Stick to verbal explanations and invitations to visit Balwyn Judo Club to try out Judo for themselves. **RESIST ALL TEMPTATION TO DEMONSTRATE.** One of two things will happen:

- a) Your demonstration won't work — you will end up looking like a dill, and your friends still will not understand Judo.
- b) Your demonstration will work too well, and someone will be hurt — you will end up looking like a dill, and your friends still will not understand Judo.

## **THE BALWYN BADGE**

The idea of a badge by which the members of a particular group could be recognised goes back to medieval times in both Europe and Japan. The Balwyn Judo Club badge (mon in Japanese), is formed from a fan and a sword, and represents the concept of Judo as the fierce fighting spirit of the sword contained by the gentleness of the fan. Within the fan is the word "Judo" written in Japanese. The badge is sewn on the skirt of the jacket, on the left side, roughly 4 cm from the bottom and 2 cm in from the thick lapel. Your name-tag can be sewn on below the badge.



**ENJOY YOUR JUDO !**

## RECOMMENDED READING

On the internet try: [www.judoinfo.com](http://www.judoinfo.com)

Gleeson G R: 'BETTER JUDO'; Kaye and Ward Limited, London (Also published as: Jones F P: 'JUDO IN ACTION'; Dalton Books, Toronto)

Porter P S: 'JUDO FROM THE BEGINNING — Vol. 1, NATIONAL COACHING STANDARDS'; Zenbei, Sacramento.

Kerr G: 'JUDO — BASIC TRAINING MANUAL FOR BEGINNERS'; W Foulsham & Co. Ltd., London.

Otaki T & Draeger D F: 'JUDO FOR YOUNG MEN'; Kodansha International Ltd., Tokyo.

Campbell B: 'CHAMPIONSHIP JUDO DRILL TRAINING -- Vol. 2, NATIONAL COACHING STANDARDS'; Zenbei, Sacramento.

Ishikawa T & Draeger D F: 'JUDO TRAINING METHODS'; Charles E Tuttle Company, Rutland.

Gleeson G R: 'ALL ABOUT JUDO'; E P Publishing Ltd., Wakefield.

Inokuma I & Sato N: 'BEST JUDO'; Kodansha International Ltd., Tokyo.

Kudo K: 'DYNAMIC JUDO — THROWING TECHNIQUES'; (Abridged version: 'JUDO IN ACTION — THROWING TECHNIQUES')  
and

'DYNAMIC JUDO — GRAPPLING TECHNIQUES'; (Abridged version: 'JUDO IN ACTION -- GRAPPLING TECHNIQUES');  
Japan Publications Trading Company, Tokyo.

Sato T & Okano I: 'VITAL JUDO'; Japan Publications Trading Company, Tokyo.

Okano I: 'VITAL JUDO — GRAPPLING TECHNIQUES'; Japan Publications Trading Company, Tokyo.

Kano J: 'KODOKAN JUDO'; Kodansha International, Tokyo

Kotani S, Osawa Y & Hirose Y: 'KATA OF KODOKAN JUDO REVISED'; Koyano Bussan Kaisha Ltd., Kobe.

Soames N (Editor): 'JUDO MASTERCLASS TECHNIQUES' (SERIES),  
Ippon/Crowood, Great Britain

Fukuda K: 'BORN FOR THE MAT'; K Fukuda, San Francisco.

Gleeson G R: 'JUDO FOR THE WEST'; Kaye & Ward Limited, London.



Gleeson G R: 'ANATOMY OF JUDO'; Kaye & Ward Limited, London.

Otaki T & Draeger D F: 'JUDO FORMAL TECHNIQUES — A COMPLETE GUIDE TO KODOKAN RANDORI-NO-KATA'; Charles E Tuttle Company, Tokyo.

Daigo Toshio: 'KODOKAN JUDO THROWING TECHNIQUES', Kodansha International, Tokyo.

#### GENERAL DEVELOPMENT READING

Millman Dan: 'QUEST FOR THE CRYSTAL CASTLE', H J Kramer, New World Library, Novato, California

Millman Dan: 'WAY OF THE PEACEFUL WARRIOR', H J Kramer, New World Library, Novato, California

The above books are arranged roughly in the order in which they would be most useful to Judo students as they progress through their Judo careers. These books are not the only ones available, and there are many other useful books, not only on techniques, but on training, coaching, history and philosophy. Needless to say, as soon as a book list is prepared, it is out of date, and many of the above books may be out of print. Judo books are expensive, so it is suggested that you try a library first, but in any case discuss your choice of book with your instructor before purchasing.

For recently published books and hard to get books try [www.amazon.com](http://www.amazon.com) , but we recommend purchasing through [www.booko.com](http://www.booko.com) for the best prices.

## JUNIOR GRADE SUMMARY

	Junior Belt	Min Age	General	Basics	Throws	Combinations	Counters	Holds & escapes	Entries – all types	Strangles	Armlocks	Kata	Randori	Converts to Senior
1	W/Y	6	1	1	1			1	1				T	6
2	W/Y/b	6	3	4	2			2	2				T	6
3	Y	7	5	7	3	1	1	3	3	*	*		R	5
4	Y/b	7	6	8	4	"	"	4	4				R	5
5	Y/O	8	8	9	6	"	"	5	5				R	5
6	Y/O/b	8	9	10	8	"	"	6	"				R	5
7	O	9	11	12	10	2	2	7	6	*	*		S	4
8	O/b	9	12	13	12	"	"	8	"				S	4
9	O/G	10	13	14	14	"	"	9	7				S	4
10	O/G/b	10	14	15	16	"	"	10	"				S	4
11	G	11	16	"	18	3	3	11	8	*	*	*	V	3
12	G/b	11	17	"	20	"	"	12	"				V	3
13	G/Bl	12	18	16	22	"	"	"	9	1			C	3
14	G/Bl/b	12	19	"	24	"	"	13	"	2			C	3
15	Bl	13	20	17	26	4	4	"	10	4	1	1	C	2
16	Bl/b	13	21	"	28	"	"	14	"	6	2	2	C	2
17	Bl/Br	14	22	"	30	5	5	"	11	8	3	3	C	2
18	Bl/Br/b	14	23	"	32	"	"	"	"	10	4	4	C	2
19	Br	15	24	"	36	6	6	"	12	12	5	4	C	1
20	Br/b	16	"	"	40	"	"	"	"	"	6	5	C	1

Y= yellow, O=orange, G= green, Bl=blue, Br=brown, b = black tip  
 + = improved skill (variation, counter etc), e = escape

**Note:** For competitions, age is defined as the age you turn at your birthday in the calendar year of the event, thus there could be a 364 day actual age difference between students with the same “competition” age. This does not apply to gradings.

A junior belt converts to a senior kyu grade, simply by retaining the lower belt colour.  
 \* If conversion to senior kyu grade will occur within 6 months (ie graded after June) additional senior techniques should be known.

Your grading will be to see how far you go through each section. The **LOWEST** level you achieve will be your grade. For example, even though you can answer 20 general knowledge questions, if you can only do 6 throws, you will only get to your 5<sup>th</sup> belt, the yellow/orange belt. If you become a senior while this grade, you will become a seinen go-kyu (senior 5<sup>th</sup> class), yellow belt.

Depending on your age, you should be looking at attempting more than 1 grade. For example if you are over 10 years old, you should generally be able to attempt 2 grades, depending on what grade you start with.

## SUGGESTED JUNIOR GRADE PROGRESSION

1. Age now >	2. belt now v	6	6.5	7	7.5	8	8.5	9	9.5	10	10.5	11
Upgrade		1	1	1	1	1	1	2	2	2	2	2
0 W		1	1	1	1	1	1	1	1	1	2	2
1 W/Y			2	2	2	2	2	3		3		
2 W/Y/b				3	3	3	3	4		4		
3 Y					4	4	4	5		5		
4 Y/b						5	5	6		6		
5 Y/O							6	7		7		
6 Y/O/b								7		8		
7 O									8	9		
8 O/b										9	10	
9 O/G											10	11
10 O/G/b												11
Age >		11.5	12	12.5	13	13.5	14	14.5	15	15.5	16	16.5
Upgrade		2	3	3	3	3	3	3	4	4	4	4
0		2	2	2	2	2	2	2	3	3	3	3
1		3	4					4	5			5
2		4	5					5	6			6
3		5	6					6	7			7
4		6	7					7	8			8
5		7	8					8	9			9
6		8	9					9	10			10
7		9	10					10	11			11
8		10	11					11	12			12
9		11	12					12	13			13
10		12	13					13	14			14
11		12	13	14				14	15			15
12			13	14	15			15	16			16
13				14	15	16		16	17			17
14					15	16	17	17	18			18
15						16	17	18	19	19		19
16							17	18	19	19	20	20
17								18	19	19	20	20
18									19	19	20	20
19											20	20
20												

The table is a little complicated but, for example, a 9½ year old who has the 5<sup>th</sup> belt should attempt the 7<sup>th</sup> belt and a 14 year old who has the 12<sup>th</sup> belt should attempt the 15<sup>th</sup> belt. That is find your age in the top row and your belt in the left column, then the table gives the belt to attempt. Where there are blanks, the belt is shown on each side of the blank.

As a comparison, the senior kyu grade summary, is given here:

## SENIOR KYU GRADE SUMMARY

Seinen Kyu	Belt	Minimum Age	General	Basics	Throws	Combinations	Counters	Holds & escapes	Entries – all types	Strangles	Armlocks	Kata	Randori/shiai/ Service	Concession kata
5	Y	17	5	7	6	1	1	2	4	1	1		R	
4	O	17	11	12	12	2	2	5	6	3	2		V	
3	G	17	16	15	18	3	3	8	8	6	3	1	30	1
2	Bl	17	20	17	26	4	4	11	10	10	6	2	50	2
1	Br	17	24	17+	34	6	6	14	12	14	11	3	100	3
E	Black	18	27	17+	42	8	8	14+	14	18	16	5	150	4

## General Knowledge

Each belt test requires that you should have a better knowledge of the lower belt's requirements, so you should work your way through all the information you have already passed before going for your next grading. There is no general knowledge requirement for the first belt, and for the higher belts you will have to read other books.

## Practical Knowledge

Each belt test requires that you should have a better knowledge of the lower belt's requirements, so you should work your way through all the information you have already passed before going for your next grading.

### **Basics**

Basic movements that you need to engage in judo practice.

### **Throws**

The Kodokan Gokyo-no-waza (five sets of techniques) was laid down in 1920 and forms the basis of perfecting judo throwing techniques. Nevertheless, introducing some throws out of Gokyu order is seen as more practical until basic movements are better understood, and also adds more interest to training. The Gokyo-no-waza has 40 throws divided into 5 sets (I to V) of 8 techniques each. The throw order is noted as I-1 to V-8. An earlier version of the Gokyo-no-waza (1895) had 48 throws, these 8 deleted throws are known as Habukareta Waza (preserved techniques from 1895 Gokyo). These 8 throws are noted as VI-1 to VI-8 (set VI). In the 1980s and 1990s, 19 other throws which had been in use for many years, but not classified, were listed as the Shinmeisho-waza (newly listed techniques) VII-1 to VII-19 (set VII). Throws are also classified by the principle part of the body used: **T**e-waza (hand), **K**oshi waza (hip), **A**shi-waza (leg), **M**a-sutemi-waza (back body sacrifice), **Y**oko-sutemi-waza (lateral body sacrifice), so T, K, A, M or S.

Some of the throws required for gradings are not permitted in competition. They should not be used in randori either, unless specifically permitted by the instructor for teaching purposes.

There is no equivalent list of grappling techniques.

In any case it is important to remember that judo techniques are named from Tori's action, position or method.

### **Throw Combinations**

Because reactions by others are individual and unpredictable, only suggestions of combinations can be given, and you may select your own variations.

**Throw Counters**

Because attacks by others are individual and unpredictable, only suggestions of counters can be given, and you may select your own variations.

**Holds and Escapes**

Under the age of 15 the only groundwork attack allowed is the hold-down or pin, where your opponent is held on his back. The *uphill turn* and *bridge and roll* are basic escape actions for all holds and should lead into any specific escape for a particular hold. Scissoring the opponents body from below will prevent a hold and entangling and triangling the legs will neutralize a hold.

**Entries: Passing legs, Turnovers/breakdowns, Switches from below**

One of the most effective ways of defending against all groundwork attacks is to put your legs towards the opponent or wrap them around an opponent. A defence against hold-downs is to turn face down, but this is not effective against strangles or armlocks. If an opponent is starting to get past your legs, you can use a switch to turn him over and get on top.

**Strangles: basic, variations and combined with entries**

Under the age of 15, effectiveness is not required, only the positions and some variations need to be known, unless the next grading would be for a senior kyu grade, in which case effectiveness is required and all variations should be known.

**Armlocks: basic, variations and combined with entries**

With armlocks, you are expected to research the techniques yourself, eg from textbooks, however, the first armlock is shown to indicate the range of possible variations applicable to most techniques.

Armlocks are named from the holding method of tori, not how uke's joint is attacked

Under the age of 15, effectiveness is not required, unless the next grading would be for a senior kyu grade, in which case all variations should also be known.

**Kata**

Kata is a form of Judo training and competition, where all the moves are prearranged. You will need to study nage-no-kata (forms of throwing), but you should also be aware that there are other kata, such as katame-no-kata. You should research the name and content of at least the 5 kata in which contests are held.

These notes will not tell you everything, nor can everything be covered in class, so you must take the responsibility to research things yourself eg from books, internet, videos, other clubs, watching other players at tournaments.

### **Randori and shiai**

Randori is free practice of your throws and groundwork, generally in accordance with the competition rules. Shiai is a sporting competition in accordance with the accepted competition rules. In the grade tables the requirements are represented by letters as follows:

- T = Throw for throw demonstration
- R = Randori
- S = Competition
- V = Visit other club for randori and competition
- C = Compete in State level tournament

Entering competitions is probably one of the best ways to sharpen your techniques. By testing yourself in competition, win or lose, you can learn to overcome difficulties and develop confidence and sportsmanship.

#### Competition age groups:

*Under 9 Girls/Boys* – must have a birthday of eight (8) years of age or younger in the year of the competition.

*Junior Girls/Boys (under 12)* – must have a birthday between nine (9) years and eleven (11) years of age in the calendar year of the competition.

*Senior Girls/Boys (under 15)* – must have a birthday between twelve (12) years and fourteen (14) years of age in the calendar year of the competition.

*Intermediate Women/Men (Cadets) (under 17)* – must have a birthday of fifteen (15) or sixteen (16) years of age in the calendar year of the competition.

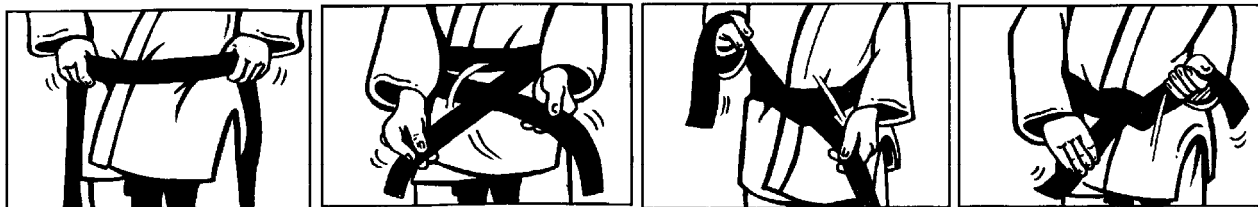
*Junior Women/Men (under 20)* – must have a birthday between fifteen (15) years and nineteen (19) years of age in the calendar year of the competition.

*Women/Men* – must have a birthday of fifteen (15) years of age or older in the calendar year of the competition.

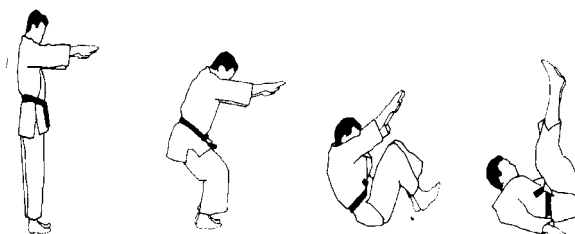
## 1<sup>st</sup> Junior Belt – White/Yellow, for ages 6+

### ***Judogi and belt to be worn correctly.***

The judogi jacket must always be worn with the right lapel under the left lapel. Only women should wear a tee shirt under the judogi.

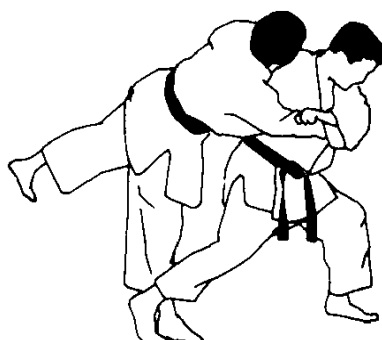


***Ukemi*** – ha-uchi methods on a self-practice basis. Back breakfall (ushiro ukemi).



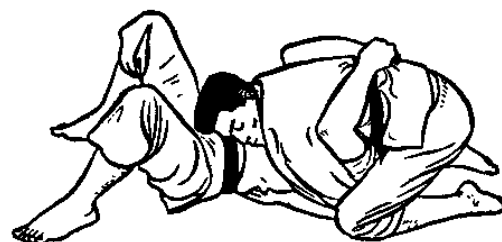
### ***Tai-otoshi*** (body drop)

II-6, Te-waza



### ***Hon-kami-shiho-gatame***

### ***variation (ura-shiho-gatame)***





### ***Half nelson***



***Randori*** – Free practice on a co-operative, throw for throw basis.

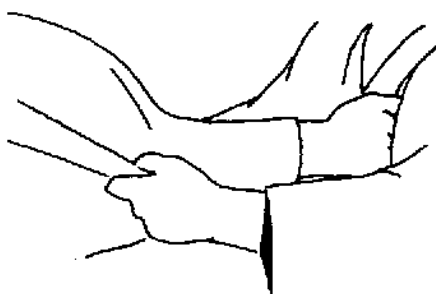
## **2<sup>nd</sup> Junior Belt – White/Yellow-black tips, for ages 6+**

Everything you have done before plus:

***Purpose of breakfalls (ukemi) both rolling and arm beat (ha-uchi) methods.***

The first breakfalls (ukemi) you learn are just rolls. Then, as the throws get more realistic, you add an arm beat (ha-uchi) to absorb the shock of more vertical falls. Breakfalls are to stop you being hurt by the throws so that you can continue to attack. They also let your partner apply realistic throws, so that your practice can be quite energetic.

### ***Proper basic grasp of judogi.***



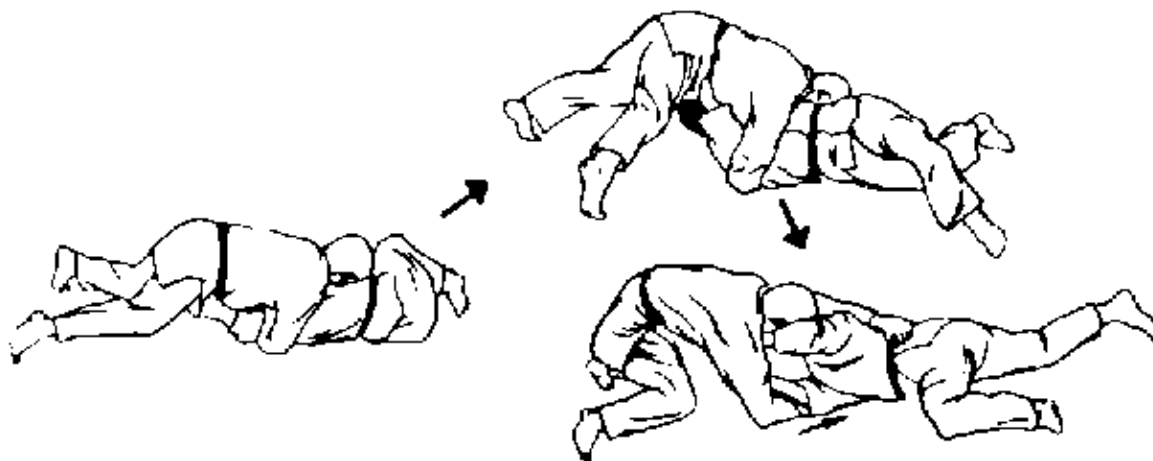
In the normal right side grip hold your partner's right sleeve with your left hand, just below the elbow and your partners left collar with your right hand level with the armpit. Grip with your little fingers, relaxing your thumb and forefinger. Lead all your pushes and pulls with the little finger side of your hand.

### ***Ko-tsurei-goshi*** (pulling hip)

III-4, K



### ***Uphill turn escape***



***Randori*** – Free practice on a throw for throw basis.

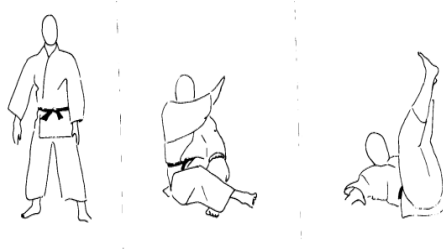
### **3<sup>rd</sup> Junior Belt – Yellow, for ages 7+**

Everything you have done before plus:

***Judo etiquette: purpose and use of bows, when, which and where to use; behaviour in the dojo.***

The purpose of the bow is to show respect for your fellow judo players, your instructors, your students and the ideals and rules of judo. The bow is used when you step onto and off the mat, at the start and end of classes, before and after practicing with your partner and at the start and end of a contest. When bowing to a very senior instructor, you should always try to do so from the lower (student) end or side of the dojo. Your behaviour in the dojo should also be respectful, which means maximum practice, minimum chat.

***Ukemi -- ha-uchi methods on a self-practice basis. Back corner breakfall (ushiro sumi ukemi)***



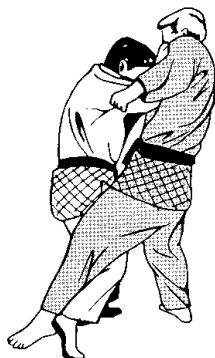
***Hygiene: cleanliness of self, judogi, mats & dojo.***

The contest rules make it very clear: The judogi shall be clean, generally dry and without unpleasant odour; the nails of the feet and hands shall be cut short; the personal hygiene of the contestant shall be of a high standard. Dirty mats are

similarly unhygienic and any blood needs to be cleaned off immediately    Dust in the dojo can affect breathing.

***O-uchi-gari*** (Major inner reap)

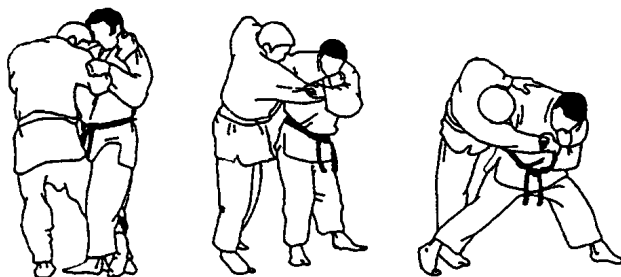
I-5, A



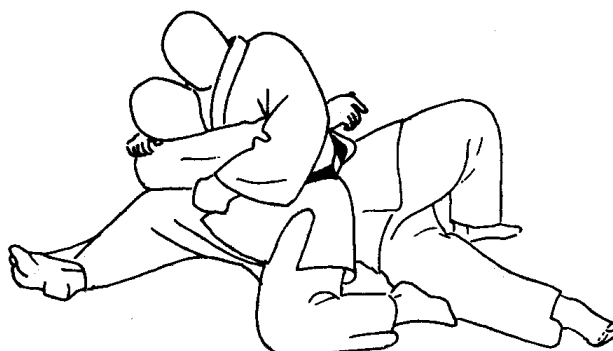
**O-uchi-gari to Tai-otoshi**



***O-uchi-gari countered by Tai-otoshi***



***Hon gesa-gatame***



### ***Leg Pass – Knee Grab and Pull***



***Randori*** – Free practice, aiming for good throws.

### **4<sup>th</sup> Junior Belt – Yellow-black tips, for ages 7+**

Everything you have done before plus:

#### ***Purpose of warm-up and cool-down exercises.***

Warm-up exercises are to prepare your body and your mind for doing the actual judo techniques. Fast twists and turns and strong pulls and pushes all require warm muscles and flexible joints — and its hard to attack if you are feeling sluggish. When you have trained hard and your pulse is racing and you are puffing, it is important to return to normal slowly so that all parts of the body work together. You also need to spend a little time thinking about what you have learned during your training.

***Ukemi -- ha-uchi methods on a self-practice basis. Forward roll, stay down finish (zenpo kaiten ukemi).***



### ***Hiza-guruma (Knee wheel)***

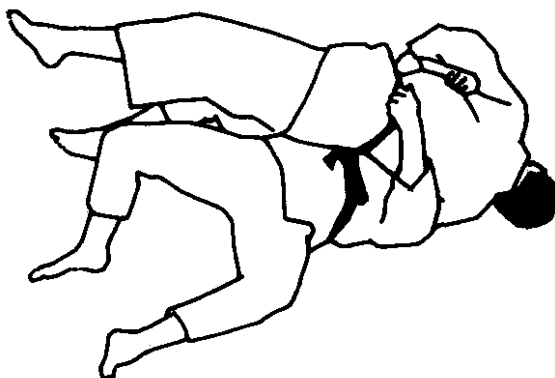
I-2, A



### ***O-uchi-gari to Tai-otoshi***

### ***O-uchi-gari countered by Tai-otoshi***

### ***Bridge and Roll escape***



### ***Leg Pass – Knee Grab and Pull***

***Randori*** – Free practice aiming for good throws and change to groundwork.

## **5<sup>th</sup> Junior Belt – Yellow/Orange, for ages 8+**

Everything you have done before plus:

### ***Terminology:***

Japanese words are used all over the world in judo, so as well as the names of the throws, you need to know the technical terms of judo and the words used by referees to control a contest, in Japanese.

dojo	—	judo training hall
judogi	—	judo training clothes, judo suit

### ***Organisation and interrelation of ranks and belt colours used to indicate ranks.***

Judo rank is divided into two parts: the beginners or class ranks called kyu and the experienced ranks called dan. The kyu wear various coloured belts. The dan generally wear a black belt, although at advanced levels other special belts may be worn.

For seniors, starting at 17, there are 6 classes or kyu, starting at seinen rokkyu (senior 6<sup>th</sup> class) and advancing to ikkyu (1<sup>st</sup> class).

There are 2 age groups, juniors are under 17.

There are 21 junior belts. The same belt colours as for seniors are used except that there are 3 or 4 additional belts between, indicated by half colour belts. Starting with white for junior beginners (0) and advancing through the first belt, white/yellow, then white/yellow/black tips, orange, orange/black tips, orange/green etc finishing with brown and then brown/black tips the 20<sup>th</sup> junior belt

The table shows how things go together.

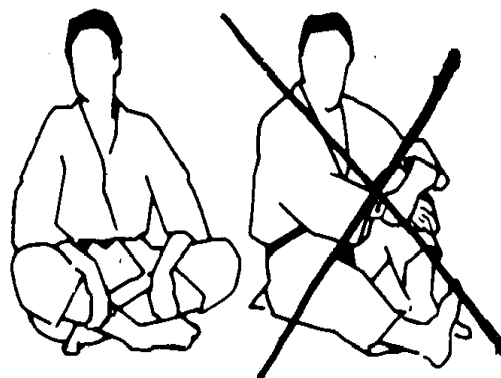


**White-Yellow  
Black tip**

Junior = u 17 belt	Seinen = 17+ Class, Kyu, belt
0, 1, 2	6, Rokkyu, white
3, 4, 5, 6	5, Gokyu, yellow
7, 8, 9, 10	4, yonkyu, orange
11, 12, 13, 14	3, Sankyu, green
15, 16, 17, 18	2, Nikyu, blue
19, 20	1, Ikkyu, brown

See the summary table on page 7 for all the belt colours.

### ***Formal and informal sitting.***

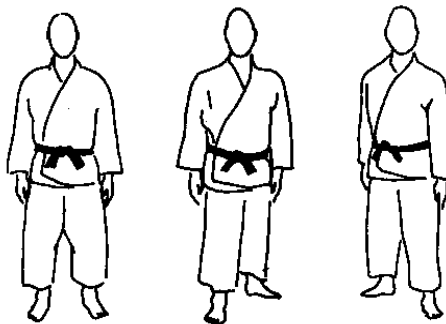


Assume the formal sitting position by going down on your left knee, with your toes tucked under, then on the right. Flatten your toes on the mat, just touching, spread your heels and sit. Keep your back upright and rest your palms on your thighs. Informal sitting can be tailor fashion or with your legs tucked to one side, but with your body upright.

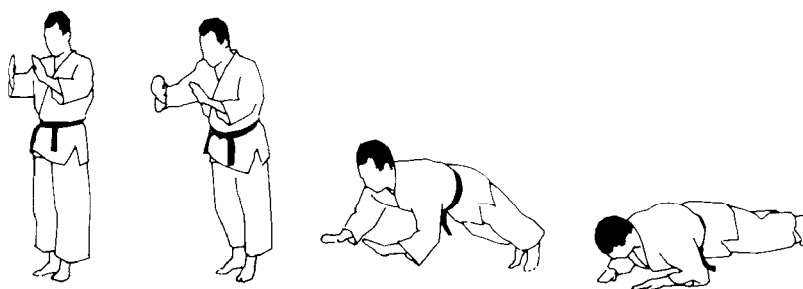
Sitting or lying with your legs sticking out is dangerous and disrespectful.

***Postures (shisei, natural posture – shizentai):***

Basic natural posture (shizenhontai), right natural posture (migi-shizentai), left natural posture (hidari-shizentai).

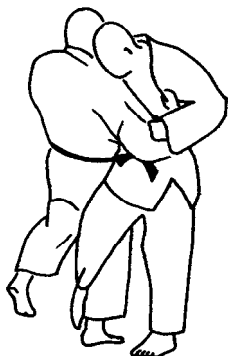


***Ukemi – ha-uchi methods on a self-practice basis. Flat forward (mae ukemi)***



***O-soto-gari***  
(Major outer reap)

I-7, A



***Ippon-seoi-nage***  
(One side shoulder throw)

VII-1, T



***O-uchi-gari to Tai-otoshi***

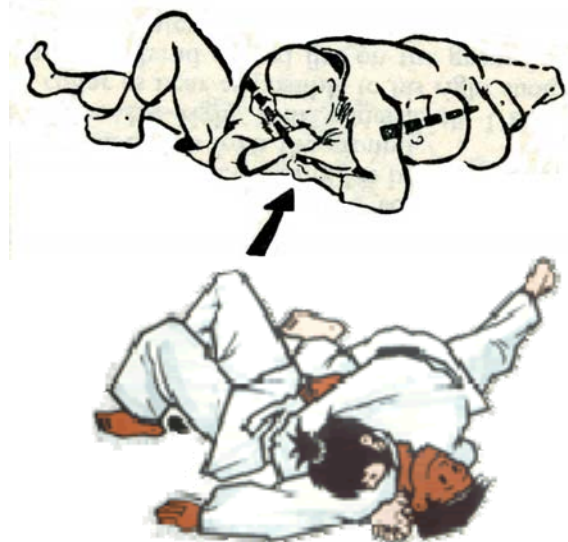
***O-uchi-gari countered by Tai-otoshi***

***Kuzure-yoko-shiho-gatame***

*Uphill turn and Bridge & Roll escapes*



***variation (mune-gatame)***



***Far arm drag***



***Randori*** – Free practice aiming to get the most throws and holds

**6<sup>th</sup> Junior Belt – Yellow/Orange-black tips, for ages 8+**

Everything you have done before plus:

***Terminology:***

rei	—	bow
maitta	—	I give up, craven

***Broken balance or posture -- purpose and types: physical and psychological.***

The reason for the efficiency of Judo techniques is the recognition of broken balance (kuzushi). The eight directions of unbalance, momentum and reaction unbalance are the physical foundation of good technique, but balance can be broken in other ways: exhausting your opponent, the confusion of left and right techniques, unexpected or unusual actions, a shout, an air of confidence, a threatening look. Skilled sledging was also used in battle, but is unsportsmanlike and not allowed in Judo contests.



***Standing and kneeling bows.***



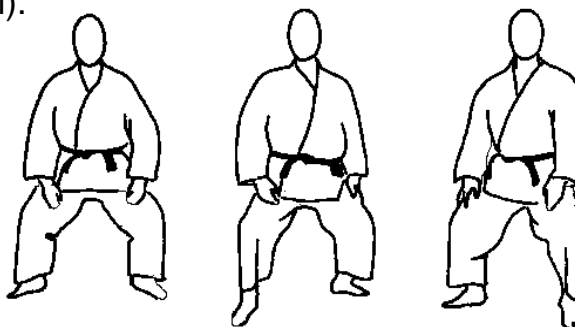
The standing bow is started with the heels touching. Keeping the upper body and head in line, bend forward at the hips sliding the fingers down the legs until they just touch the top of the kneecaps.



The kneeling bow is started from the formal sitting position. Slide the hands onto the mat then lower the upper body and head to horizontal, pause, then straighten up

***Postures (shisei – defensive posture, jigotai):***

Basic defensive posture (jigohontai), right defensive posture (migi-jigotai), left defensive posture (hidari-jigotai).

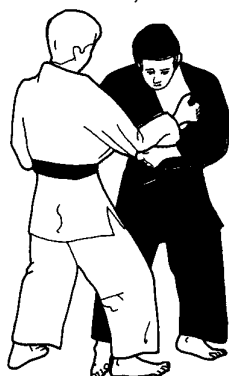


***Ukemi – ha-uchi methods on a self-practice basis. Forward roll, stand up finish (zenpo kaiten ukemi)***



***Ko-uchi-gari***  
(Minor inner reap)

II-2, A



***Uki-goshi***  
(Floating hip)

I-4, K



***O-uchi-gari to Tai-otoshi***

***O-uchi-gari countered by Tai-otoshi***

***Uphill turn and Bridge & Roll escapes*** for Kuzure-yoko-shiho-gatame and variations

***Far arm drag***

***Randori*** – Free practice aiming to get the first throw in with a good score

**7<sup>th</sup> Junior Belt – Orange, for ages 9+**

Everything you have done before plus:

***Terminology:***

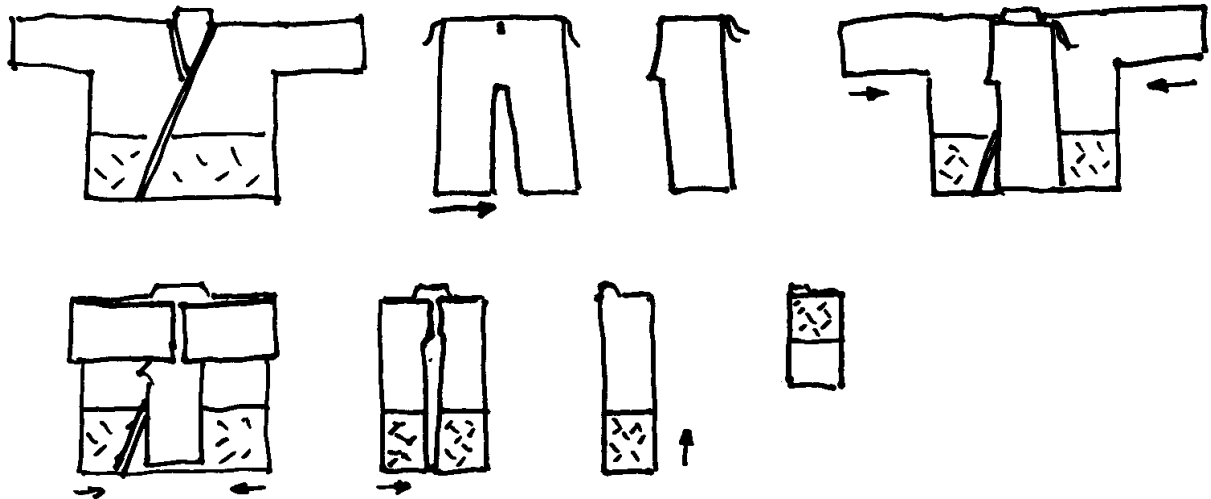
Hajime	—	begin
Matte	—	wait, stop fighting until restarted
Osae-komi	—	hold-down recognised, start holding time
fix belt / suit		



### ***Safety surrender (marai) by tapping and calling maitta!***

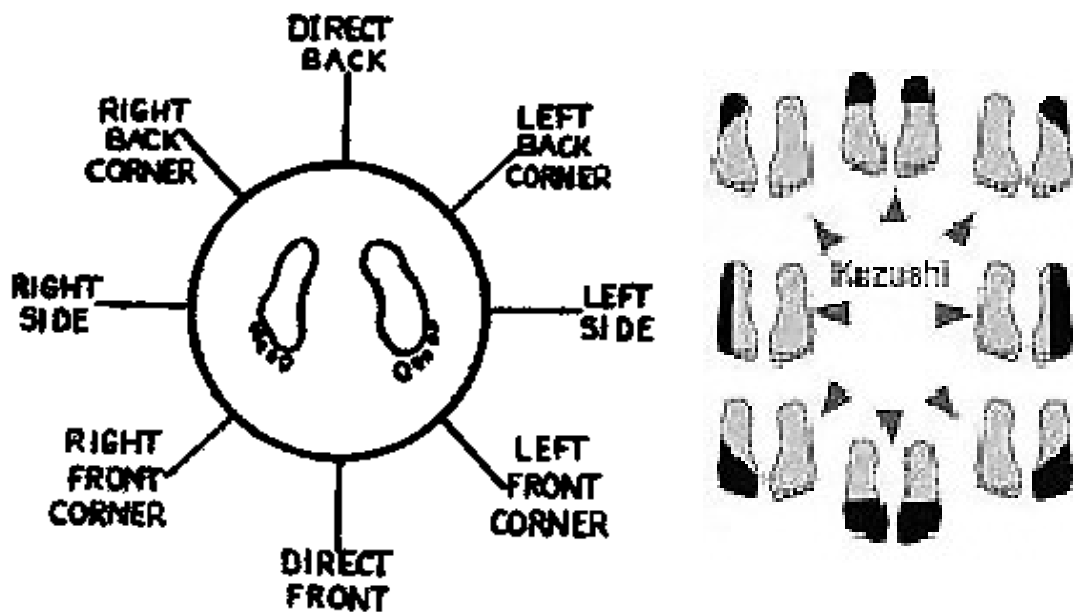
The safety surrender is very important for safety, especially in groundwork where fingers or arms or legs could be come entangled or in cases where armlocks or strangles are applied. With the call of maitta or the double tap you must immediately release your opponent. The double tap may be applied on any part of the opponent or yourself or the mat and it can be done with a hand or foot. It is never used in the case of a hold-down without a struggle of several minutes.

### ***Correct folding of the judogi.***



### ***Broken balance (kuzushi)***

The eight directions of broken balance (happo-no-kuzushi).



***De-ashi-barai***  
(Advanced-foot sweep)

I-1, A

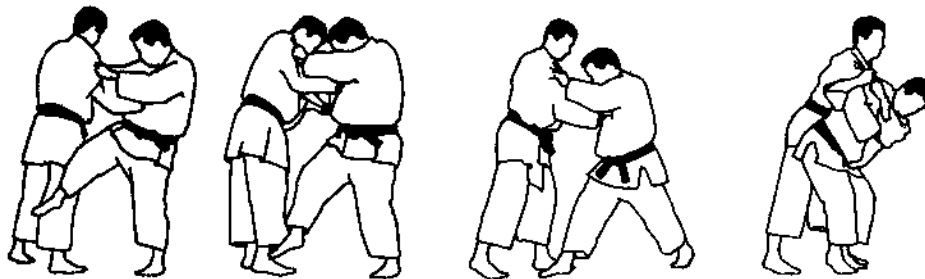


***Sasae-tsurikomi-ashi***  
(Propping lift-pull ankle)

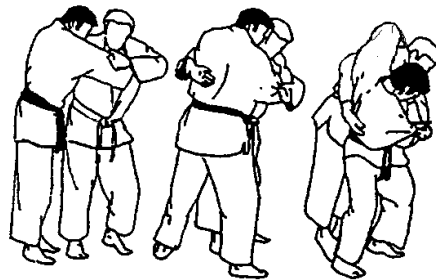
I-3, A



***O-soto-gari to Seoi-nage***



***Uki-goshi countered by Koshi-guruma***



***Hon-yoko-shiho-gatame***



### ***Leg Pass – Cross Knee Press***



***Shiai*** – Competition, at least within the club, should be active

### **8<sup>th</sup> Junior Belt – Orange-black tips, for ages 9+**

Everything you have done before plus:

#### ***Terminology:***

Ippon	—	one point, full point, ends contest
Waza-ari	—	technique exists, almost ippon
Yuko	—	effective, almost waza-ari

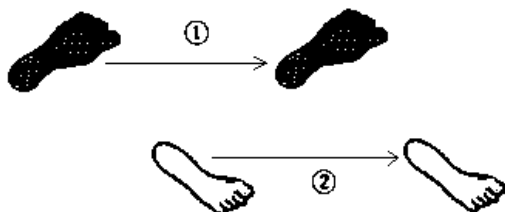
#### ***Organisation and interrelation of grades and belt colours used to indicate grades.***

The experienced ranks start at shodan (entry grade) and advance to judan (10<sup>th</sup> grade). Generally you have to be 18 to be graded to dan, but competitors at National team level may be graded to dan earlier. The dan ranks are as follows:

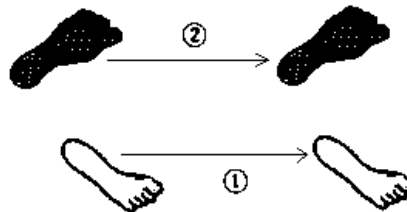
<b>Grade</b>	<b>Dan</b>	<b>Belt</b>
entry	shodan	black
2	nidan	black
3	sandan	black
4	yondan	black
5	godan	black
6	rokudan	black or red & white blocks
7	shichidan (nanadan)	black or red & white blocks
8	hachidan	black or red & white blocks
9	kudan	black or red
10	judan	black or red

***Movement (shintai):***

normal walking (ayumi-ashi).



Following foot movement (tsugi-ashi),



***Ko-soto-gari***  
(Minor outer reap)

II-1, A



***Koshi-guruma***  
(Hip wheel)

II-3, K



***O-soto-gari to Seoi-nage***

***Uki-goshi countered by Koshi-guruma***

***Hon-yoko-shiho-gatame escape***



***Leg Pass – Cross Knee Press – variations***





**Shiai** – Competition, at least within the club, should produce effective techniques in standing and groundwork

### **9<sup>th</sup> Junior Belt – Orange/Green, for ages 10+**

Everything you have done before plus:

#### ***Terminology:***

Shido	—	take note, penalty.
Hansoku-make	—	disqualification (= 4 shido).
non-combativity		



#### ***The use and advantages of both the basic sleeve/lapel and the double lapel grips.***

The grip on the judogi transmits your movement to the opponent, either moving him into kuzushi or alerting him of your intentions. The sleeve grip can pull from a distance and allow winding in, the lapel grip can pull, push or lift, but from close up. Remember you must have one hand on each side of the opponent (except when actually attacking with a throw) and grip above the belt when standing. Two hands on one side is permitted in groundwork and is a better grip. The style you develop will depend on your grip and these are just the start of many possibilities.

**Postures (shisei) – advanced:**

high kneeling posture (taka-kyoshi-no-kamae) or (kurai-dori) on both sides.



***Tsurikomi-goshi***

(Lift-pull hip)

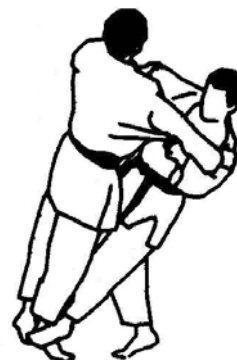
II-4, K



***Okuri-ashi-barai***

(Transmitting foot sweep)

II-5, A



***O-soto-gari to Seoi-nage***

***Uki-goshi countered by Koshi-guruma***

***Ushiro-gesa-gatame***

type 1



(opposite view)

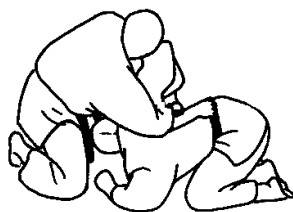


type 2





### ***Turnover Front half-nelson***



***Shiai*** – Must demonstrate effective techniques in standing and groundwork

### **10<sup>th</sup> Junior Belt – Orange/Green-black tips, for ages 10+**

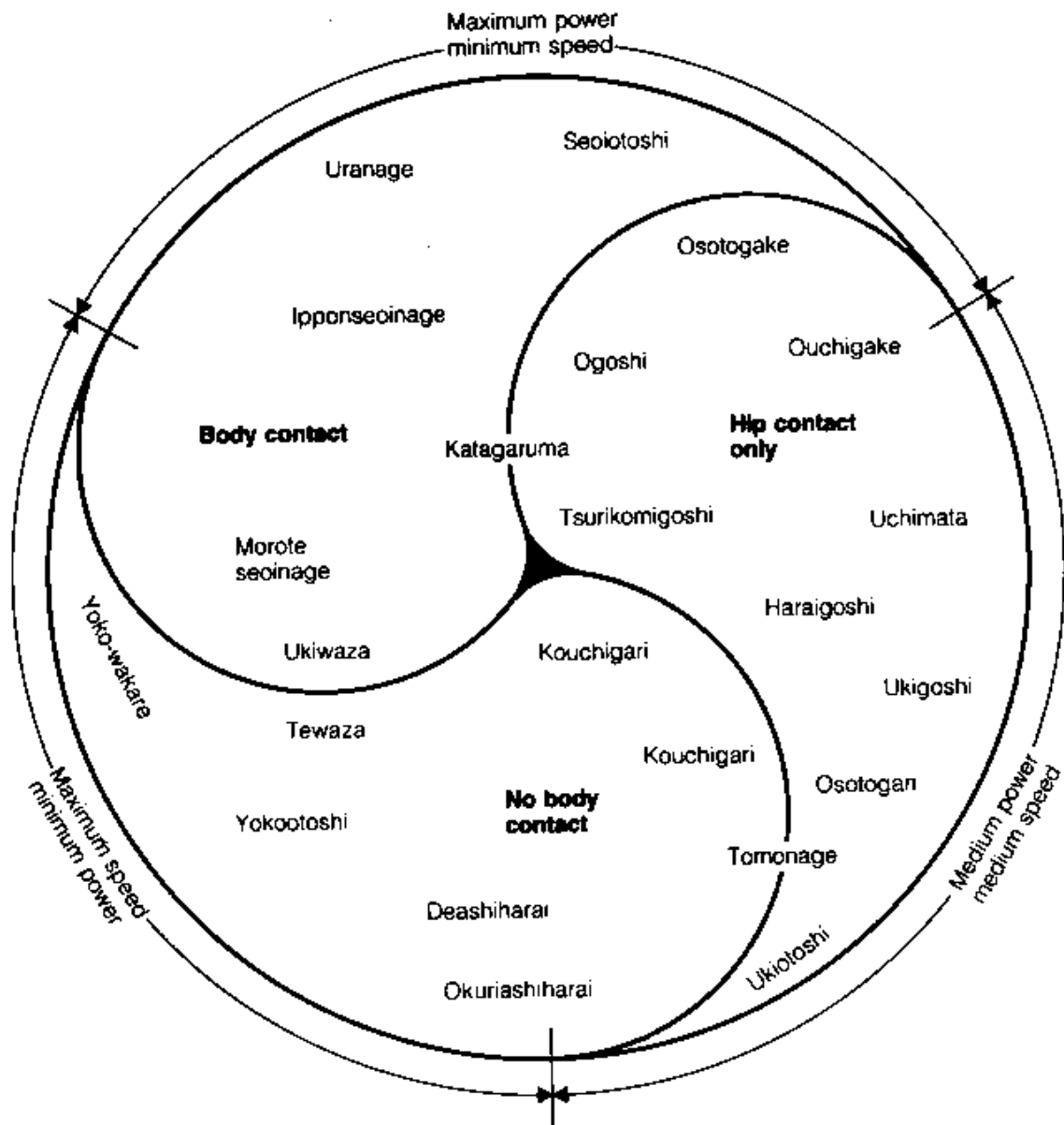
Everything you have done before plus:

#### ***Terminology:***

illegal grip	—	like both hands gripping one judogi lapel.
So-no-mama	—	do not move, freeze, in groundwork only.
Sore-made	—	finish, time is up.

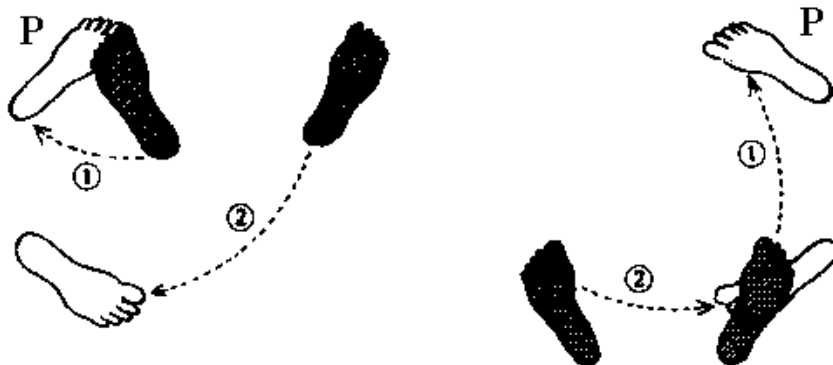
#### ***Types of posture and their use, movement methods and the relation of movement tempo to posture.***

Posture is divided into two types: natural and defensive. Natural (shizentai) is upright, relaxed and flexible, with the feet about shoulder width. Defensive (jigotai) is tenser, with the feet wide, the hips lowered and strength concentrated in one direction. This difference in posture leads to a range of movement tempi: high speed with little strength (3:1), the power coming from the speed, and low speed with lots of strength with the power coming from the strength (1:3). Different throws lend themselves to different tempi eg ashi-waza are best suited to high speed (3:1) movement. (diagram on next page showing how tempi flow into each other)



### **Movement (shintai):**

body turning (tai-sabaki) – basic.



***Harai-goshi***  
(Sweeping hip)

II-7, K



***Uchi-mata***  
(Inner thigh)

II-8, A, K



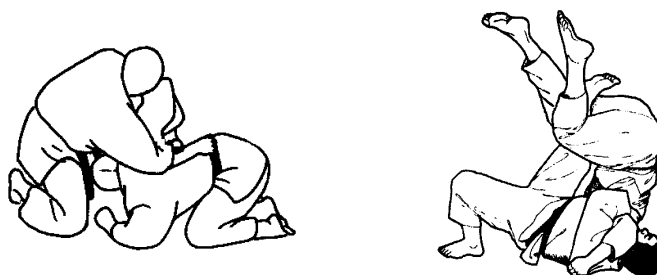
***O-soto-gari to Seoi-nage***

***Uki-goshi countered by Koshi-guruma***

***Ushiro-gesa-gatame Escape***



***Turnover Front half-nelson leg variation***



***Shiai*** – Should be winning contests within the club

**11<sup>th</sup> Junior Belt – Green, for ages 11+**

Everything you have done before plus:

**Terminology:**

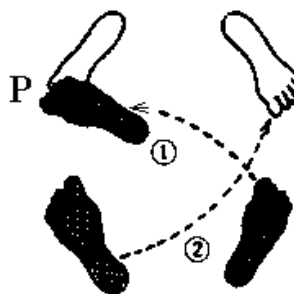
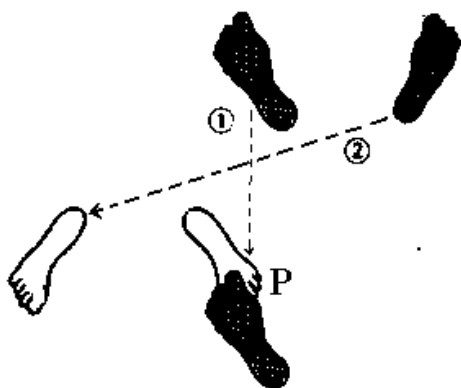
shisei	—	posture
shizentai	—	natural posture
shizenhontai	—	basic natural posture
jigotai	—	defensive posture
jigohontai	—	basic defensive posture

**The difference between kesa-gatame and shiho-gatame.**

These are the two basic methods of holding (osaekomi-waza). Kesa-gatame which use the side of the chest and shiho-gatame which are fully face down (“heart to heart”). There is also ura-gatame which is back down.

**Movement (shintai):**

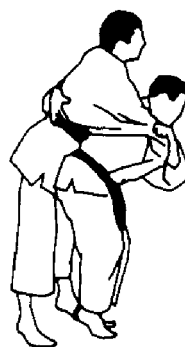
body turning (tai-sabaki) – direct entries, retreating and chasing.



**Ko-soto-gake**  
(Minor outer hook)  
III-1, A



**O-goshi**  
(Major Hip)  
I-6, K



***De-ashi-barai to Hiza-guruma***



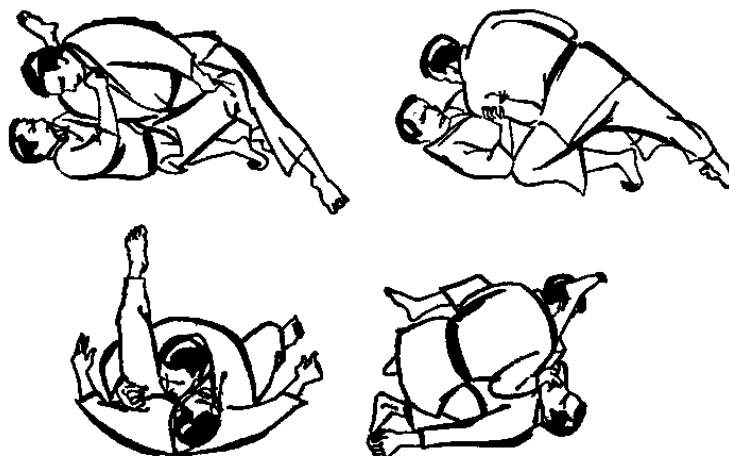
***Seoinage countered by Ko-soto-gari***



***Hon-tate-shiho-gatame***



***Leg lift, press and enter* (inner or outer)**



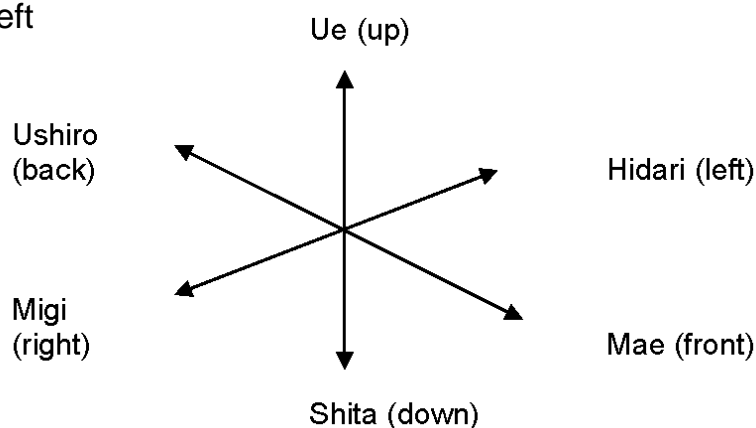
***Visit another club for Randori or Shiai***

## 12<sup>th</sup> Junior Belt – Green-black tips, for ages 11+

Everything you have done before plus:

### ***Terminology:***

hon	—	main, basic
migi	—	right
hidari	—	left

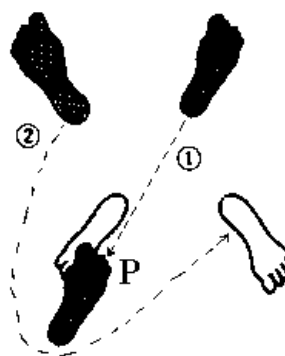
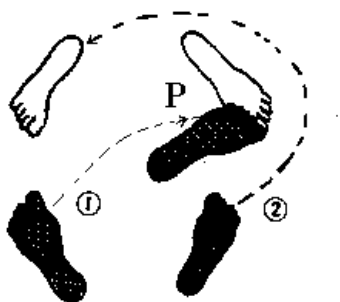


### ***Difference between judo and ju-jutsu (martial arts) etc..***

Martial Arts were skills used to defeat an enemy in historic times before guns were used. Many have been adapted to modern self defence systems. In Japan, the unarmed fighting systems were grouped under the name ju-jutsu, and ju-jutsu masters were employed by the regional lords of the time. As Japan modernised, ju-jutsu was less needed in war and the masters were no longer employed. Ju-jutsu came to be used only as an entertainment (like pro wrestling) or in street fights. Dr Kano studied ju-jutsu (mainly Tenjin-shinyo System and Kito System) and saw that, if properly organised, it could be a very good system for training the body and mind. He selected the most efficient techniques which could be used as a sport, as an excellent physical training (Randori) and put the dangerous fighting techniques into set training drills (Kata). He added a philosophy, a modern system of teaching and ethics to produce Kodokan Judo.

### ***Movement (shintai):***

body turning (tai-sabaki) – spin-turn entries, chasing and retreating.



***Yoko-otoshi***

(Side drop)

III-3, Y



***Ashi-guruma***

(Leg wheel)

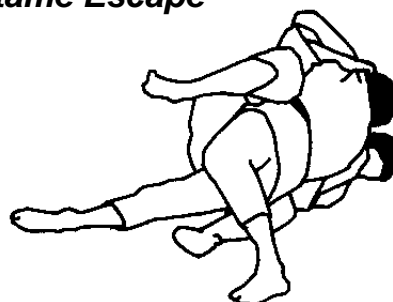
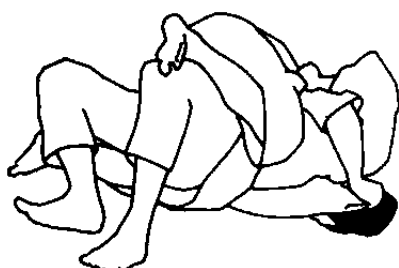
III-4, A



***De-ashi-barai to Hiza-guruma***

***Seoinage countered by Ko-soto-gari***

***Hon-tate-shiho-gatame Escape***



***Leg pass Leg lift, press and enter*** (inner and outer)



***Hadaka-jime***

***Regularly visiting another club for Randori or Shiai***

### **13<sup>th</sup> Junior Belt – Green/Blue, for ages 12+**

Everything you have done before plus:

***Terminology:***

taisabaki	—	skilled body turning
shintai	—	linear body movement
ayumi-ashi	—	normal judo walking
tsugi-ashi	—	“follow foot” judo walking

***History of judo*** – name of foundation Judo school, location, starting date, the founder (his life and accomplishments).

The first school of Judo was started in 1882 by the inventor of Judo, Dr Jigoro Kano. He called it “Kodokan” or “hall for practicing the way (of judo)”. Dr Kano was born in 1860 in a provincial seaside area, and rose to be the principal of a major educational institute and advisor to the ministry of education. He introduced many other western sports to Japan and was the Japanese delegate to the International Olympic Committee. He was instrumental in getting Judo recognised as an Olympic sport. He died at sea in 1938 returning from an Olympic meeting.



### ***Analysis of throws I, power elements:***

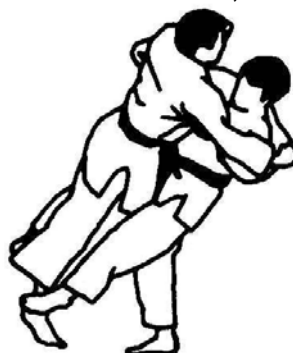
locking hand, driving hand, driving leg, attacking leg, body attack angle.



***Hane-goshi***  
(Spring hip)  
III-5, K



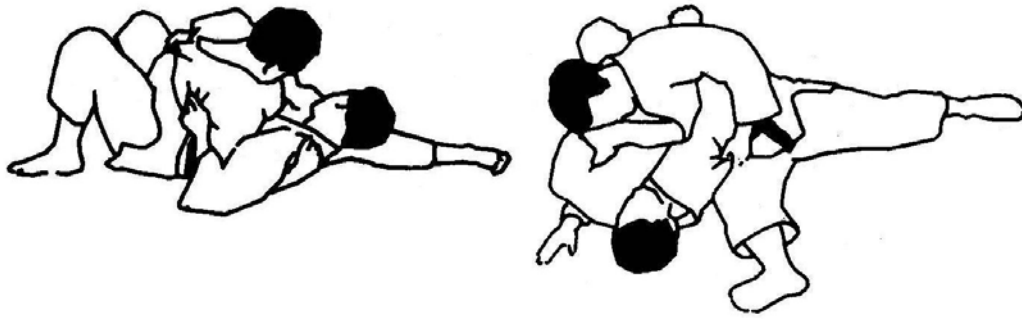
***Harai-tsurikomi-ashi***  
(Sweeping lift-pull ankle)  
III-6, A



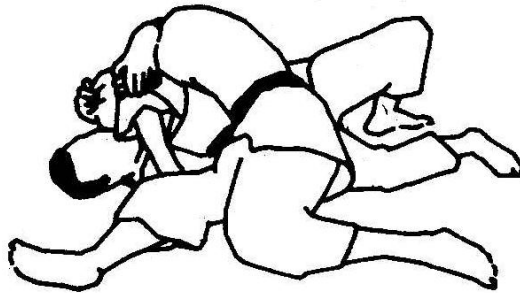
***De-ashi-barai to Hiza-guruma***

***Seoinage countered by Ko-soto-gari***

***Kuzure-gesa-gatame***



***Kuzure-gesa-gatame Escape***



***Turn over from below by leg control (scissor switch)***



***Okuri-eri-jime***



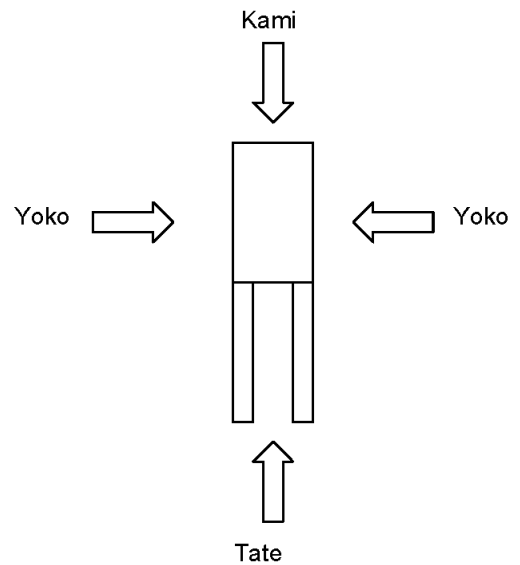
***Shiai*** – Enter a State tournament

## **14<sup>th</sup> Junior Belt – Green/Blue-black tips, for ages 12+**

Everything you have done before plus:

### ***Terminology:***

mae	—	front, forwards
ushiro (ura)	—	back, rear
yoko	—	side



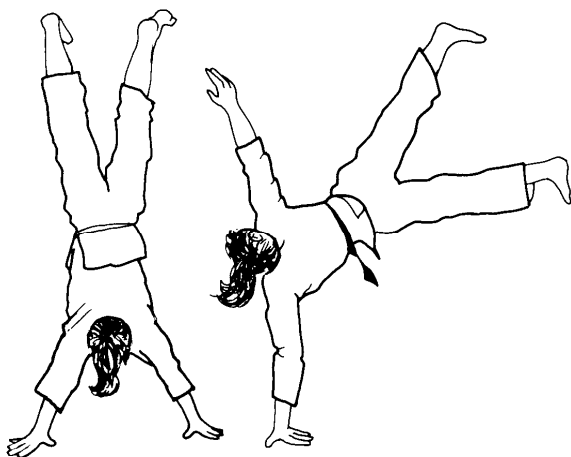
### ***Knowledge of training methods used in judo:***

Uchikomi	—	Continuous entry practice without throwing
Kata	—	Formal prearranged practice
Randori	—	Free practice
Shiai	—	Competition

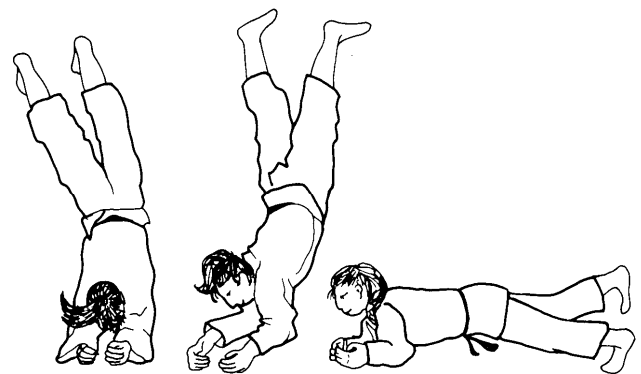
### ***Turn-outs, turn-ins:***

Spinning out of throws by causing an over-throw or under-throw to land on your side or twisting right over using a cartwheel or elbow-wheel to land in a mae-ukemi when caught with a throw is a vital skill. You have to practice all sorts of cartwheels on your hands or elbows; round offs and round outs; and spinning to mae-ukemi. These should then be practiced from all sorts of throws to minimise or prevent scores.

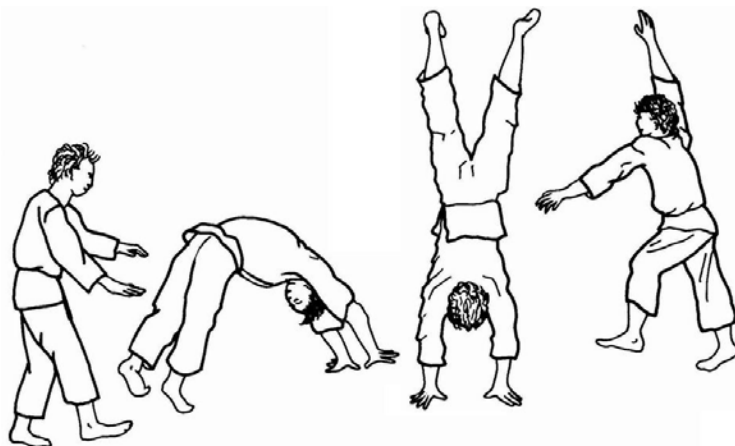
#### ***Cartwheel***



#### ***Elbow wheel***



**Roundoff**



**Tomoe-nage**  
(Swirl throw)

III-7, M



**Kata-guruma**  
(Shoulder wheel)

III-8, T



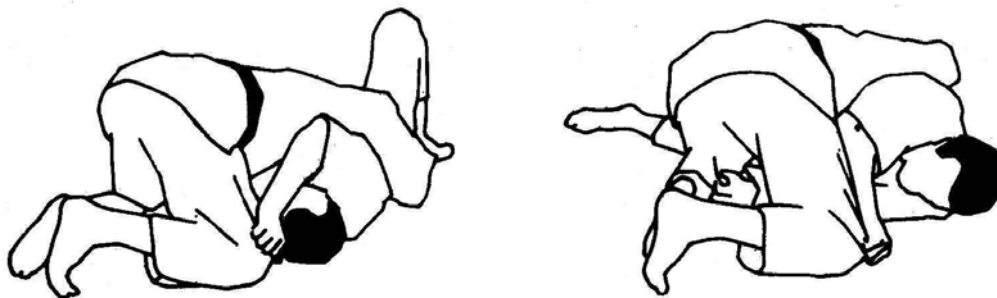
**Combination De-ashi-barai to Hiza-guruma**

**Seoinage countered by Ko-soto-gari**

**Kuzure-kami-shiho-gatame**



### ***Kuzure-kami-shiho-gatame Escape***



***Turn over from below by leg control*** (scissor switch)

### ***Kata-ha-jime***



***Shiai*** – Enter a State tournament

## **15<sup>th</sup> Junior Belt – Blue, for ages 13+**

Everything you have done before plus:

### ***Terminology:***

uke	—	receiver, recipient of a technique
tori	—	taker, performer of a technique

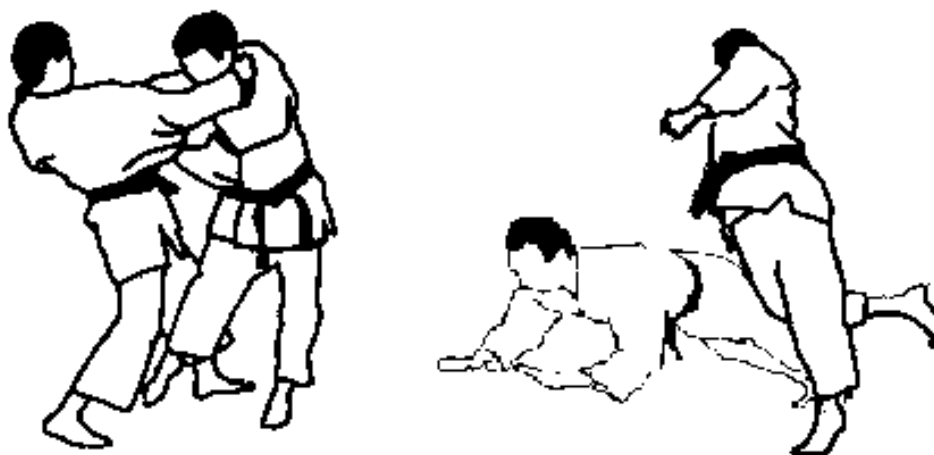
### ***Classification of Judo techniques***

Nage-waza	—	All throwing techniques
Tachi-waza	—	Standing throws
Sutemi-waza	—	Sacrifice throws
Te-waza	—	Hand/arm throws
Koshi-waza	—	Hip throws
Ashi-waza	—	Leg throws
Masutemi-waza	—	Direct back sacrifice throws
Yokosutemi-waza	—	Lateral sacrifice throws

Rotators (Rollers, Drivers) —	Classification of throws where uke is either rolled or spun down
Lifters (2 leg, 1 leg) —	Classification of throws where there is a lifting action to throw
Gokyo-no-waza —	Kodokan 5 sets, each of 8 throws
Katame-waza —	Grappling techniques
Osae-waza —	Hold-downs or pins
Shime-waza —	Strangle techniques
Kansetsu-waza —	Joint locks
Ate-waza —	Blows, smiting techniques

***Turn-outs, turn-ins:***

mae-ukemi from backward throws.



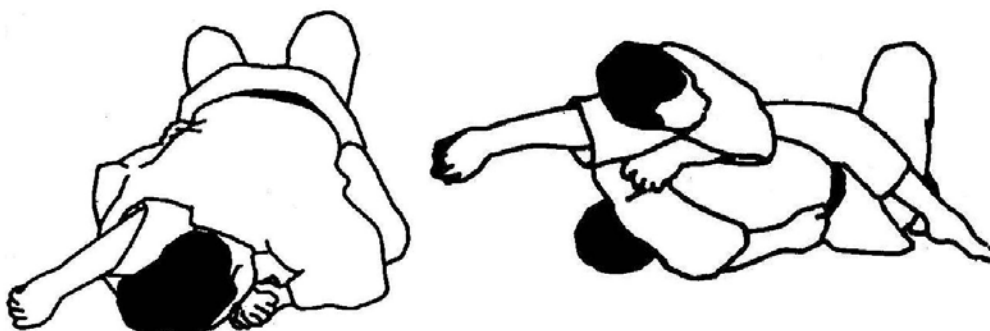
***Sumi-gaeshi*** (Corner overturn) IV-1, M – Research project

***Tani-otoshi*** (Valley drop) IV-2, Y – Research project

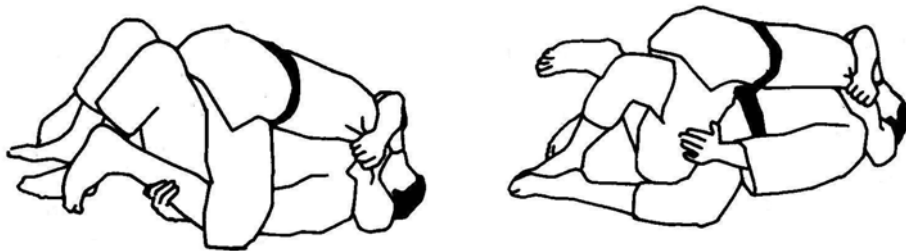
***Combination Hiza-guruma to O-soto-gari*** – Research project

***De-ashi-barai countered by Tsubami-gaeshi*** – Research project

***Kuzure-tate-shiho-gatame***



***Kuzure-tate-shiho Escape***



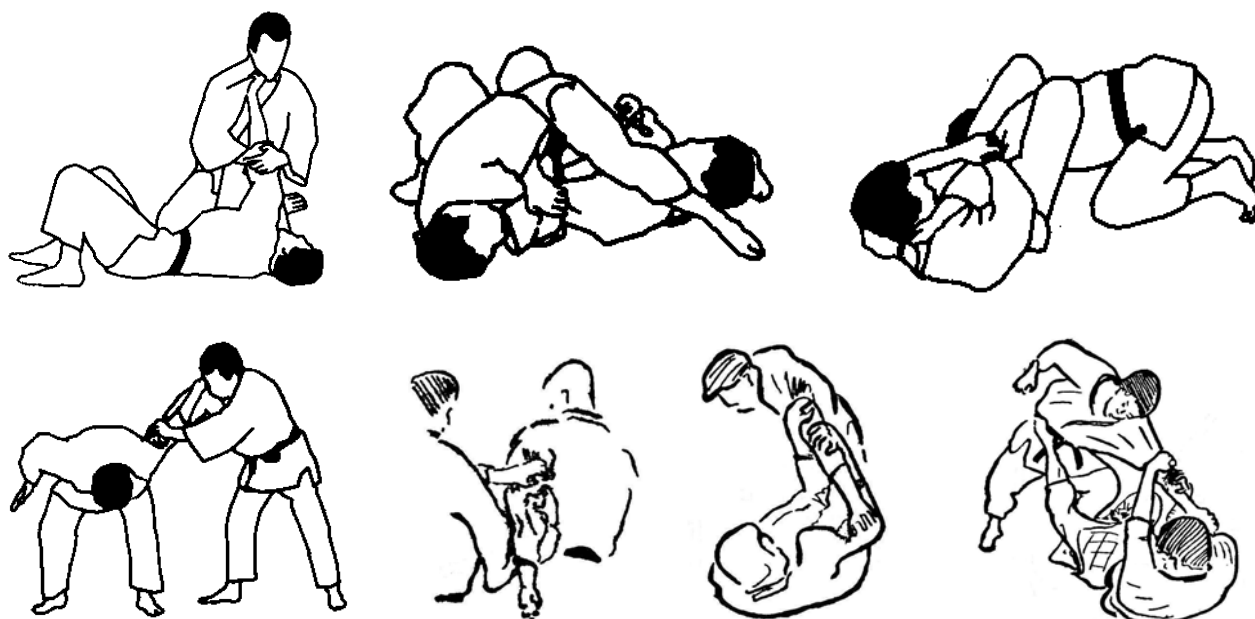
***Leg pass Break out from between legs***



***Gyaku-okuri-eri-jime***



***Ude-hishigi-ude gatame***  
Select a variation



**Shiai** – Enter a State tournament

**Nage-no-kata** – Any set from Te-waza, Koshi-waza or Ashi-waza

## **16<sup>th</sup> Junior Belt – Blue-black tips, for ages 13+**

Everything you have done before plus:

### ***Terminology:***

shita	—	down, downwards
ue	—	up, upwards

### ***Judo Kata (forms) – name and purpose***

nage-no-kata	—	forms of throwing
katame-no-kata	—	forms of grappling
kime-no-kata	—	forms of decisive action (fighting)
ju-no-kata	—	forms of gentleness/flexibility
kodokan-goshinjutsu	—	kodokan self-defence methods

### ***Analysis of throws II, strategic elements:***

In order to throw with maximum efficiency a throw can be divided into 4 parts as follows:

- Tsukuri – Involves the setting up the opponent and positioning of yourself for an efficient throwing technique. Uses tai-sabaki, grips, grip breaking and observation (feel) to prepare for the throw.
- Kuzushi – The opponent's balance or posture is broken. If not, you have to start the tsukuri over. If it is, you can proceed to kake. The kuzushi could be the result of resistance to your attempt at tsukuri, so "feel" is very important.
- Kake – The application of the specific technique, which has to match the Tsukuri and the resulting kuzushi.
- Kime – The finish. Controlling uke onto his back to ensure a score.

**Hane-makikomi** (Spring wrap-around) IV-3, Y – Research project

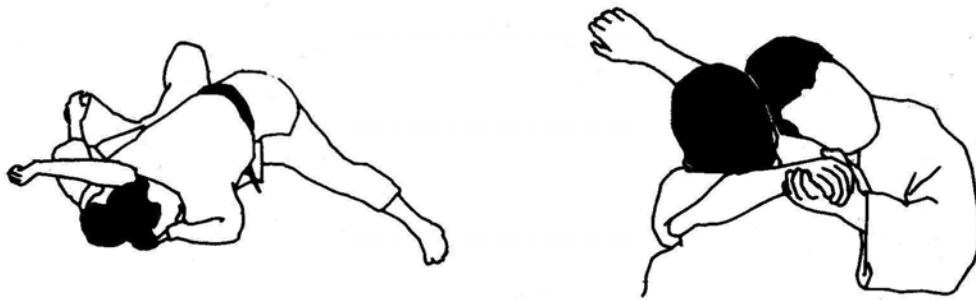
**Sukui-nage** (Scooping throw) IV-4, T – Research project

**Combination Hiza-guruma to O-soto-gari** – Research project

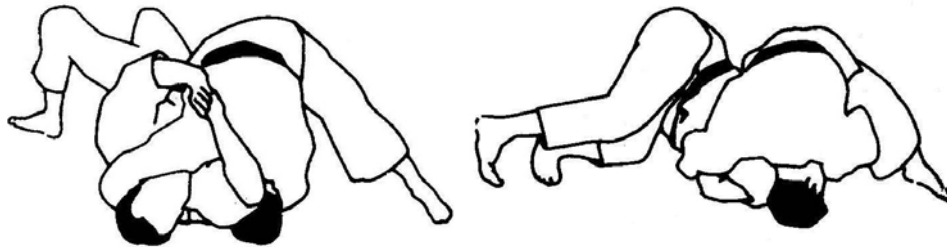
**De-ashi-barai countered by Tsubami-gaeshi** – Research project



### ***Kata-gatame***



### ***Kata-gatame escape***



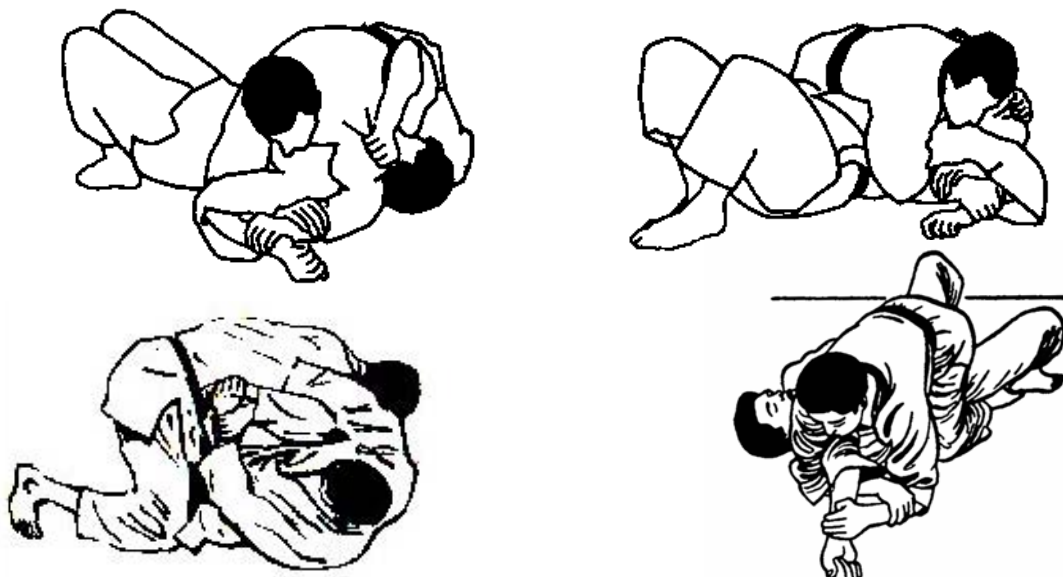
### ***Leg pass Break out from between legs***

### ***Hadaka-jime type II***



### ***Ude garami***

Up, down (ude-nejiru), straight (ude-hishigi)



**Shiai** – Enter State tournaments regularly

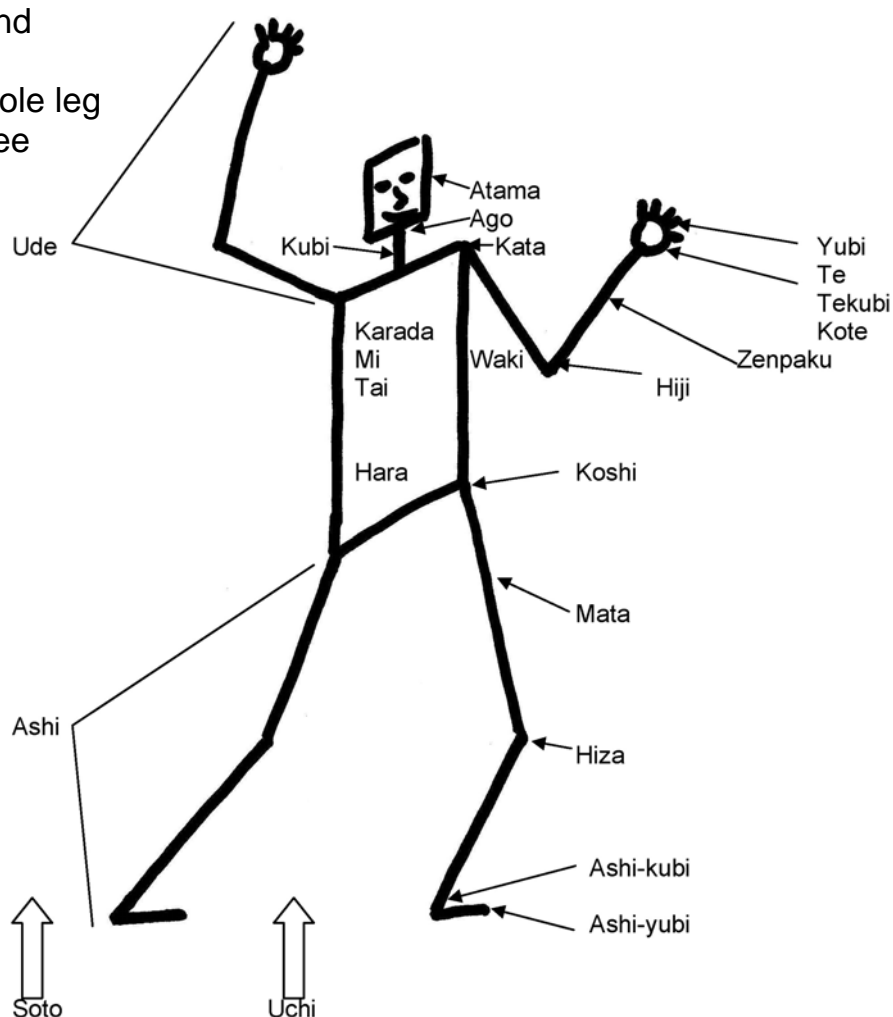
**Nage-no-kata** – Any two sets from Te-waza, Koshi-waza or Ashi-waza

## **17<sup>th</sup> Junior Belt – Blue/Brown, for ages 14+**

Everything you have done before plus:

### ***Terminology:***

te	—	hand
koshi	—	hip
ashi	—	whole leg
hiza	—	knee



***The philosophical mottos of Judo:*** "Sei-ryoku-zen-yo" and "Jita-kyo-ei".

"Sei-ryoku-zen-yo", the best use of all available resources and energy (physical, mental and emotional) is the central idea on which all Judo techniques are based. It is often translated as "Maximum Efficiency".

"Jita-kyo-ei" is the application of the above to all human relationships. It means, that working together, cooperating, is the way to achieve the best results and further the highest goals of humanity. It is often translated as "Mutual Welfare and Benefit".

***Knowledge of training methods used in judo:***

tandoku-renshu	—	individual practice
sotai-renshu	—	partnered practice
drill training	—	technique related training
nage-komi	—	repeated completed throwing
sutegeiko	—	free timing practice
yako-soku-geiko	—	soft practice
shiai-geiko	—	competition practice

***Tsukuri:***

Setting up the opponent (achieving kuzushi) by applying the various tai-sabaki methods previously studied. You should be able to enter throws while retreating or chasing (or the sideways equivalents). Look back at the tai-sabaki notes. Retreating, using tai-sabaki 3 and 6 and chasing using tai-sabaki 4 and 5.

***Utsuri-goshi*** (Changing hip) IV-5, K – Research project

***O-guruma*** (Major wheel) IV-6, A – Research project

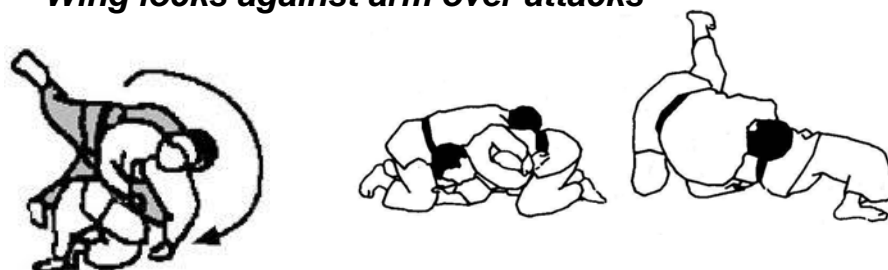
***Combination O-goshi to O-uchi-gari*** – Research project

***O-soto-gari countered by Harai-goshi*** – Research project

***Katate-gesa-gatame***



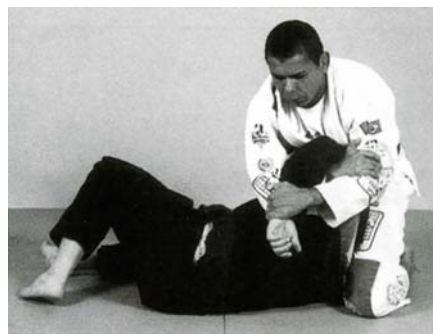
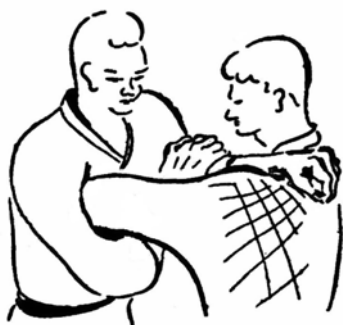
***Wing locks against arm over attacks***



***Juji-jime***  
(Kata, Gyaku & Nami)



***ude-garami***  
reverse up, down (research project)  
& straight (ude-hishigi-kannuki-gatame); pull grips



***Shiai*** – Enter State tournaments regularly

***Nage-no-kata*** – First 3 sets: Te-waza, Koshi-waza and Ashi-waza

**18<sup>th</sup> Junior Belt – Blue/Brown-black tips, for ages 14+**

Everything you have done before plus:

***Terminology:***

uwagi	—	jacket
obi	—	belt
zubon	—	trousers
eri	—	collar
sode	—	sleeve
suso	—	skirt (jacket below belt)

***Definition of scores:***

The rules of Judo are amended every couple of years. You should look up the latest rules on the club's website: [judobalwyn.org.au](http://judobalwyn.org.au) .

Nage-waza (throws) are judged on 4 criteria:

Control (by tori) – always required

Back landing (of uke) – variable

Speed (of uke from standing to landing) – variable

Force (of uke's impact) – variable

All exist – ippon; partly lacking in one of the 3 variables – waza-ari;

partly lacking in two of the 3 variables – yuko: on the side.

Katame-waza (grappling)

Osae-komi (holds)

20 seconds – ippon

15 seconds – waza-ari

10 seconds – yuko

Shime-waza (strangles) and Kansetsu-waza (locks) – over 15 yrs

Submission – ippon

### ***History of judo*** (Research project)

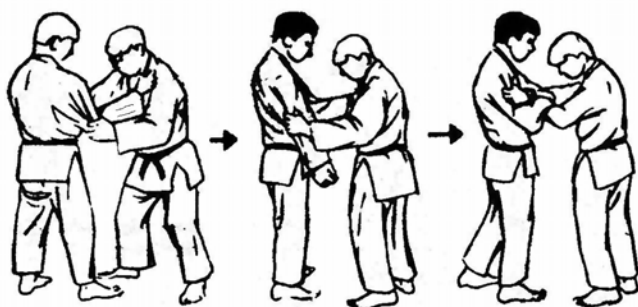
General history of Judo and judan (10<sup>th</sup> dan) how many, Kodokan, Regional; the names of at least 3 and the contribution to judo of at least one judan (10<sup>th</sup> dan).

### ***Kumi-kata and Hairi-kata*** (Grips and grip breaking/entries):

Types of grip (high, low, collar, sleeve etc) and how to break through them - at least 4 grips and methods.

eg driving the elbow down over arm for low lapel grip; snapping the elbow up against a high lapel grip; gripping with both hands and cutting or pushing away against lapel or sleeve grip.

Sleeve break



Collar break



***Soto-makikomi*** (Outer wrap-around) IV-7, Y – Research project

***Uki-otoshi*** (Floating drop) IV-8, T – Research project

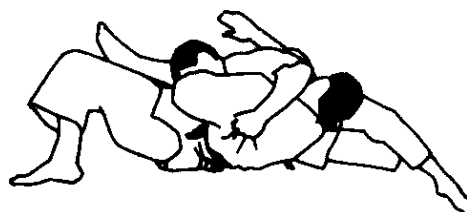
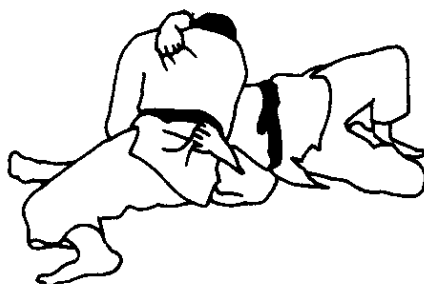
***Combination O-goshi to O-uchi-gari*** – Research project

***O-soto-gari countered by Harai-goshi*** – Research project

***Makura-gesa-gatame***



***Makura-gesa-gatame Escape***



***Leg pass Double leg lift with arm pin***



***Eri-guruma-jime*** (Ushiro-juji-jime) (Collar wheel strangle) – Research project

***Sode-guruma-jime*** (Sleeve wheel strangle) – Research project

***Ude-hishigi-gesa-gatame*** (armlock by scarf hold) – Research project  
(hand, leg, bent, ushiro)

***Shiai*** – Enter State tournaments regularly with some successes.

***Nage-no-kata*** – First 3 sets: Te-waza, Koshi-waza and Ashi-waza

## **19<sup>th</sup> Junior Belt – Brown, for ages 15+**

Everything you have done before plus:

### ***Terminology:***

tatami	—	mats, specifically Japanese straw mats
kamiza	—	upper seat of dojo
joseki	—	upper side of dojo
shimoza	—	lower seat of dojo
shimoseki	—	lower side of dojo

### ***Knowledge of major prohibited acts.***

You can be disqualified for 4 slight infringements or immediately for any grave infringement.

Major prohibited acts:

All the following, except the last, will result in immediate hansoku-make (disqualification). The ones marked with a \* will also result in exclusion from the remainder of the competition. For the last one<sup>†</sup> you will get a free warning the first time.

Kawazu-gake (VII-19) – hook leg and fall back\*

Lock any joint other than the elbow\*

Pick opponent up off the mat and thump him back\*

O-uchi-gari from behind with opponent on one leg – kusabi-gari\*

Disregard referee's instructions\*

Rudeness to opponent or referee\*

Bad sportsmanship or dangerous techniques\*

Fall onto an arm when armlocking from standing\*

Dive onto your own head when throwing

Fall backward onto opponent if he is on your back\*

Wear a hard or metallic object

To directly attack or block attack, with your arms, below the belt (legs)

### ***Philosophy of judo***

Explain the 3 culture principle of judo and the application of the mottos to each.

renshinho	—	physical development, bodily training methods
shobuho	—	proficiency in contest, fighting tactics
shushinho	—	mental development, mind training

### ***Bogyo:***

Block, twist and cut methods of defence – Research project

***O-soto-guruma*** (Major outer wheel) V-1, A – Research project

**Uki-waza** (Floating technique) V-2, Y – Research project

**Yoko-wakare** (Side separation) V-3, Y – Research project

**Yoko-guruma** (Side wheel) V-4, Y – Research project

**Combination Seoi-nage to Ko-uchi-gari** – Research project

**Counter Sasae-tsurikomi-ashi by Ko-uchi-gari** – Research project

**Kami-sankaku-gatame** (Upper triangle hold) – Research Project

**Lapel grip and dive under roll** – Research project

**Tsukomi-jime** (Thrusting strangle) – Research project

**Ryote-jime** (Two hand strangle) – Research project

**Ude-hishigi-juji-gatame** (Armlock cross hold) – Research project  
Several variations and positions

**Shiai** – Regular successes at State tournaments.

**Nage-no-kata** – First 4 sets: Te-waza, Koshi-waza, Ashi-waza and Masutemi-waza

## **20<sup>th</sup> Junior Belt – Brown-black tips, for ages 16+**

Everything you have done before plus:

**Strategy and tactics** – Research project

At least two principles of strategy/tactics should be able to be stated and explained

eg The principle of the Objective

The principle of the Offensive

The principle of Mass etc.



***Judo Kata (forms): name and purpose of advanced kata*** – Research project

Itsutsu-no-kata

Koshiki-no-kata (Kito-ryu-no-kata)

Seiryokuzenyo-kokumintaiiku(no-kata)

Joshi-judo-goshinho

Go-no-kata

***Knowledge of the State Judo Organisation, procedures and officials*** –  
Research project

***Turn-outs, turn-ins:***

mae-ukemi from forward throws – Research project

***Ushiro-goshi*** (Rear hip) V-5, K – Research project

***Ura-nage*** (Backwards throw) V-6, M – Research project

***Sumi-otoshi*** (Corner drop) V-7, M – Research project

***Yoko-gake*** (Side hook) V-8, Y – Research project

***Combination Seoi-nage to Ko-uchi-gari*** – Research project

***Counter Sasae-tsurikomi-ashi by Ko-uchi-gari*** – Research project

***Tate-sankaku-gatame*** (Parallel triangular hold) – Research project

***Triangle head roll*** – Research project

***Kata-te-jime*** (Single hand strangel) – Research project

***Jigoku-jime*** (Hell strangle) – Research project

***Ude-hishigi-waki-gatame*** (Armlock armpit hold), 2 versions – Research project

***Shiai*** – Regular successes at State tournaments.

***Nage-no-kata*** – All 5 sets: Te-waza, Koshi-waza, Ashi-waza, Masutemi-waza and Yokosutemi-waza

## PERSONAL NOTES

[illegible]

## PERSONAL NOTES

[illegible]



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