

Judo Promotion Handbook



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“Greatness lies not in being strong, but in the right use of strength” - *Henry Ward Beecher*

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Introduction:

Judo is a great martial art and Olympic Sport. It can be practiced as both, but most who are serious about judo find that it is more than just a sport or martial art, it is a way of life. The fundamental goals of judo were to develop one's character and make them more beneficial and productive in society.

Judo began in Japan in 1882 by Dr. Jigoro Kano. Kano was a student of the martial art ju jitsu, and he took many of the techniques from ju jitsu and developed judo, which could be practiced more safely. There are two principals of judo. The first is "Maximum Efficiency, Minimum Energy". The easiest way to understand this is "big throw, little effort". Judo uses one's strength against them by disrupting one's balance and continuing their momentum. So strength and power can be taken out of the equation if judo technique is done properly. The other principal is "Mutual Benefit and Welfare". This means Tori, or the person applying the technique, and Uke, the person whom the technique is applied to, work together in a safe manner so that they both may learn and advance. Discipline, respect and responsibility are all stressed in judo.

Judo is also a great source of exercise, and provides great physical, mental and cardio training.

There are many great books and websites that can help you in learning the proper names of the throws in this book. One of the best websites is www.judoinfo.com, and two of the best books are "Judo Unleashed" by Neil Ohlenkamp, or "Kodokan Judo" by Jigoro Kano, who founded judo.

Junior Points and Time in Grade

- Please note that you are responsible for maintaining your own competition record, which can be logged in the back of this book.
- Time in grade and points requirements are MINIMUMS.
- All promotions must be approved by an OKCDT qualified instructor
- Points in grade accumulated reset to zero after each promotion.
- You may or may not be tested on all items on your list. Be prepared to demonstrate all techniques.
- You must score at least 75% on the exam to be eligible for promotion.
- Adult grade promotions typically include yellow, orange, green, brown, black. Guide Senior grades in accordance with the included information.

How to earn points:

Class Attendance: 0.2 point

Clinic Attendance: 1 point full day clinic, 0.5 point half day clinic

Enter local tournament: 1 point

Enter regional tournament: 2 point

Enter International C tournament: 3 point

Enter National tournament: 4 points (E level, Junior Nationals, Junior Olympics, Fall Classic, Ladder Tournament, High School Nationals, Collegiate Nationals, Senior Nationals, Masters Nationals)

Enter International tournament: 5 points (D level or higher, Junior US Open, etc)

Enter International A tournament: 10 points

Defeat player with 2 or more lower ranks than yours: 0 point

Defeat player with a lower rank than yours: 1 point

Defeat player with same rank: 2 points

Defeat player 1 rank higher: 3 points (color or dan)

Defeat player 2 or more ranks higher: 4 points

Non-competitive points*:

Keep score or bracket at tournament: 1 point

Referee at tournament: 1.5 points

Tournament director: 3 points

Enter a local kata tournament: 1 point

Enter a national kata tournament: 2 points

Enter an international kata tournament: 3 points

Kata 1st place: 3 points

Kata 2nd place: 2 points

Kata 3rd place: 1 point

*Non-competitive players will have longer time in grade and lower point requirements than competitive players. This will be determined on a case-by-case basis.

Junior Point Requirements:

Rank	Points	Time in grade	Minimum age
Yellow/White	5	2 months total	5
Yellow	7	4 months total	5
Yellow/Orange	8	12 months total	5
Orange	10	16 months total	6
Orange/Green	15	20 months total	6
Green	15	24 months total	8
Green/Blue	20	30 months total	8
Blue	20	42 months total	10
Blue/Purple	20	52 months total	10
Purple	20	60 months total	12

*points are not cumulative and should be earned in each grade. For example, Yellow belt would be 12 points cumulative

*Time in grade is generally a minimum standard. You may or may not be eligible to test at these intervals. Time in grade is from date of last promotion.

Senior Time in Grade and Point Requirements for Promotion

Senior Rank can be based on minimum or normal time. The difference is determined through the points accrued through competition.

Rank	Minimum Time	Required Points	Normal Time	Required Points
Rokyu	2 months	7	3 months	4
Gokyu	2 months	8	3 months	5
Yonkyu	2 months	9	3 months	6
Sankyu	3 months	10	5 months	7
Nikyu	4 months	15	7 months	8
Ikkyu	5 months	20	9 months	10

Chapter 1

Yellow/White Stripe Belt 6th kyu

Nage Waza (Throwing Techniques)

- O Goshi – big hip throw

Katame Waza (Holding Techniques)

- Kesa Gatame
- Bridge and Roll Escape from Kesa Gatame
- Uphill turn escape from Kesa Gatame

Ukemi Waza (Falling Techniques)

- Yoko Ukemi – Side Falls
- Koho Ukemi – Back Falls

Vocabulary

Begin!

Hajime!

Stop!

Matte!

Judo Instructor

Sensei

Judo School

Dojo

Attention!

Kyotsuke!

Bow!

Rei!

One

Ichi

Two

Ni

Three

San

Four

Shi

Five

Go

Six

Roku

Seven

Shichi

Eight

Sachi

Nine

Ku

Ten

Ju

General Information

Who was the founder of judo?

Jigoro Kano

What country did judo come from?

Japan

What martial art did judo come from?

Ju jitsu

What was the name of the judo school he founded?

The Kodokan

Attendance, Attitude, Participation

Chapter 2

Junior Yellow Belt 5th kyu

Nage Waza (Throwing Techniques)

- Ippon seoi nage – one arm shoulder throw
- O goshi – hip throw

Katame Waza

- Kesa gatame – scarf hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold down
- Leg Entanglement escape from yoko shiho gatame.

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, stay on mat
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Vocabulary

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Dojo

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Kyotsuke!

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Rei!

One

Ichi

Two

Ni

Three

San

Four

Shi

Five

Go

Six

Roku

Seven

Shichi

Eight

Sachi

Nine

Ku

Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame

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Ju jitsu

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The Kodokan

What year was judo founded?

1882

Attitude, Attendance, Participation

Chapter 3

Junior Yellow/Orange Stripe Belt 5th kyu

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon seoi nage – one arm shoulder throw
- O uchi gari – big inside reap

Katame Waza

- Kesa Gatame – scarf hold
- Kata Gatame – shoulder hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, stay on mat, left and right
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Vocabulary

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Kyotsuke!

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Rei!

One

Ichi

Two

Ni

Three

San

Four

Shi

Five

Go

Six

Roku

Seven

Shichi

Eight

Sachi

Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi

General Information

Who was the founder of judo?

Jigoro Kano

What was the name of the judo school he founded?

The Kodokan

What was the date of the founding of judo?

1882

What were unarmed martial arts called in Japan before judo?

Jujitsu

How long have unarmed martial arts been practiced?

600-1000 years

Attitude, Attendance, Participation

Chapter 4

Junior Orange Belt 4th kyu

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon seoi nage – one arm shoulder throw
- Morote seoi nage – two arm shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi guruma – headlock hip throw

Katame Waza

- Kesa Gatame – scarf hold
- Kata Gatame – shoulder hold
- Bridge and roll escape from Kesa Gatame
- Yoko Shiho Gatame – Side four corners hold
- Leg entanglement escape from Yoko Shiho Gatame
- Kami Shiho Gatame – Upper four corners hold-down

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Vocabulary

Begin!

Hajime!

Stop!

Matte!

Judo Instructor

Sensei

Judo School

Dojo

Attention!

Kyotsuke!

Bow!

Rei!

One

Ichi

Two

Ni

Three

San

Four

Shi

Five

Go

Six	Roku
Seven	Shichi
Eight	Sachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa
Full point!	Ippon
Half point!	Waza Ari
Quarter point!	Yuko
Slight Advantage!	Koka
That is all!	Sore Made

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600-1000 years

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Kuzushi- Off-balance

Tsukuri- Entrance

Take- Execution

Attitude, Attendance, Participation, Competition Record

Chapter 5

Junior Orange/Green Stripe Belt 4th kyu

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon seoi nage – one arm shoulder throw
- Morote seoi nage – two arm shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi guruma – headlock hip throw
- Tani otoshi – counter throw
- De ashi harai – advancing foot sweep

Katame Waza

- Kesa Gatame – scarf hold
- Kata Gatame – shoulder hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold
- Leg entanglement escape from Yoko Shiho Gatame
- Kami Shiho Gatame – Upper four corners hold
- Uphill escape from kata gatame

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Vocabulary

Begin!

Hajime!

Stop!

Matte!

Judo Instructor

Sensei

Judo School

Dojo

Attention!

Kyotsuke!

Bow!

Rei!

One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Sachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa
Full point!	Ippon
Half point!	Waza Ari
Quarter point!	Yuko
Slight Advantage!	Koka
That is all!	Sore Made
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido

Disqualification	Hansokumake
Decision!	Hantai
Don't Move!	Sono Mama!
Continue	Yoshi

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Tsukuri- Entrance

Take- Execution

Name the two divisions of techniques in judo:

Nage waza – throwing techniques

Katame Waza – ground techniques

Chapter 6

Junior Green Belt 3rd kyu

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Uki Goshi – Floating hip throw
- Ippon Seoi Nage – one arm shoulder throw
- Morote Seoi Nage – two arm shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – headlock hip throw
- Tani Otoshi – counter throw
- Deashi Harai- Advancing Foot Sweep
- Tomoe Nage- Circle throw

Katame Waza

- Kesa Gatame – scarf hold
- Kata Gatame – shoulder hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold
- Leg entanglement escape from Yoko Shiho Gatame
- Kami Shiho Gatame – Upper four corners hold
- Tate Shiho Gatame – Lower four corners hold
- Uphill escape from Kesa Gatame

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Vocabulary

Begin!

Hajime!

Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Sachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa
Full point!	Ippon
Half point!	Waza Ari

Quarter point!	Yuko
Slight Advantage!	Koka
That is all!	Sore Made
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai
Don't Move!	Sono Mama!
Continue	Yoshi
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Fundamental Natural Posture	Shizen Hontai
Fundamental Defensive Posture	Jigo Hontai

General Information

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How long have unarmed martial arts been practiced?

600-1000 years

What are the three parts of a judo throw, in Japanese and English?

Kuzushi- Off-balance

Tsukuri- Entrance

Take- Execution

Name the two divisions of techniques in judo:

Nage waza – throwing techniques

Katame Waza – ground techniques

Name the four divisions of standing techniques in judo:

Koshi Waza – hip techniques

Te Waza – hand techniques

Sutemi Waza – sacrifice techniques

Ashi Waza – foot techniques

Attitude, Attendance, Participation, Competition Record, Leadership

Chapter 7

Green/Blue Stripe Belt 3rd kyu

Senior Yonkyu

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Uki Goshi – Floating hip throw
- Ippon Seoi Nage – one arm shoulder throw
- Morote Seoi Nage – two arm shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – headlock hip throw
- Tani Otoshi – counter throw
- Tomoe Nage- Circle throw
- De Ashi Harai – advancing foot sweep
- Okuri Ashi Harai – Sliding sideways footsweep
- Tai Otoshi – Body drop
- Sasae Tsurikomi Ashi – lower prop stop foot sweep
- Combination Ippon Seoi Nage to O Soto Gari

Katame Waza

- Kesa Gatame – scarf hold
- Kata Gatame – shoulder hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold
- Leg entanglement escape from Yoko Shiho Gatame
- Kami Shiho Gatame – Upper four corners hold
- Tate Shiho Gatame – Lower four corners hold
- Uphill escape from Kesa Gatame
- Sankanku Gatame – figure-four turn over and hold-down

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Vocabulary

Begin!

Hajime!

Stop!

Matte!

Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Sachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa
Full point!	Ippon
Half point!	Waza Ari
Quarter point!	Yuko

Slight Advantage!	Koka
That is all!	Sore Made
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai
Don't Move!	Sono Mama!
Continue	Yoshi
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Fundamental Natural Posture	Shizen Hontai
Fundamental Defensive Posture	Jigo Hontai
Big or Major	O
Small or Minor	Ko
Hip	Goshi
Hip Techniques	Koshi Waza
Sweep	Gari
Outside	Soto
Inside	Uchi
Internal force or energy	Ki
Shout to gather inner strength	Kiai
Favorite Technique	Tokui Waza

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Tsukuri- Entrance

Kake- Execution

Name the two divisions of techniques in judo:

Nage waza – throwing techniques

Katame Waza – ground techniques

Name the four divisions of standing techniques in judo:

Koshi Waza – hip techniques

Te Waza – hand techniques

Sutemi Waza – sacrifice techniques

Ashi Waza – foot techniques

Name the three divisions of ground techniques in judo:

Osae waza – pinning techniques

Shime waza – choking techniques

Kansetsu Waza – arm-locking techniques

Chapter 8

Blue Belt 2nd kyu

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon Seoi Nage – one arm shoulder throw
- Morote Seoi Nage – two arm shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – headlock hip throw
- Tani Otoshi – counter throw
- De Ashi Harai – advancing foot sweep
- Okuri Ashi Harai – Sliding sideways footsweep
- Uki Goshi – Floating hip throw
- Harai Goshi – Sweeping hip throw
- Tai Otoshi – Body drop
- Hiza Guruma – Knee Wheel
- Sasae Tsurikomi Ashi – lower prop stop foot sweep
- Ko Soto Gari – small outside reap

Katame Waza

- Kesa Gatame – scarf hold
- Kata Gatame – shoulder hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold
- Leg entanglement escape from Yoko Shiho Gatame
- Kami Shiho Gatame – Upper four corners hold
- Tate Shiho Gatame – Lower four corners hold
- Uphill escape from Kesa Gatame
- Sankaku Gatame – figure four turn over and hold-down

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Vocabulary

Begin!

Hajime!

Stop!

Matte!

Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Sachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori
Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa
Full point!	Ippon
Half point!	Waza Ari
Quarter point!	Yuko

Slight Advantage!	Koka
That is all!	Sore Made
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai
Don't Move!	Sono Mama!
Continue	Yoshi
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Fundamental Natural Posture	Shizen Hontai
Fundamental Defensive Posture	Jigo Hontai
Big or Major	O
Small or Minor	Ko
Hip	Goshi
Hip Techniques	Koshi Waza
Sweep	Gari
Outside	Soto
Inside	Uchi
Internal force or energy	Ki
Shout to gather inner strength	Kiai
Favorite Technique	Tokui Waza
Repetitive attacks without throwing	Uchi Komi
Repetitive throwing practice without resistance	Nage Komi
Side	Yoko
Class of lower belt ranks	Kyu grades
Degree in the black belt ranks	Dan

Holder of any black belt rank Yudansha

Holder of any rank under black belt Mudansha

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Te Waza – hand techniques

Sutemi Waza – sacrifice techniques

Ashi Waza – foot techniques

Name the three divisions of ground techniques in judo:

Osae waza – pinning techniques

Shime waza – choking techniques

Kansetsu Waza – arm-locking techniques

What are the two basic principals of judo as defined by Dr. Jigoro Kano?

Mutual Benefit and Welfare – Jita Kyoei

Maximum Efficiency – Seiryoku Zenyo

*What year was judo introduced into the Olympics?
for men?*

1964

What year was judo introduced into the Olympics for women?

1992

Who were the four members of the first Olympic team

Paul Muruyama, Jim Bregman, George Harris and Ben Nighthorse Campbell

Chapter 9

Junior Blue/Purple Belt 2nd kyu

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon Seoi Nage – one arm shoulder throw
- Morote Seoi Nage – two arm shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – headlock hip throw
- Tani Otoshi – counter throw
- De Ashi Harai – advancing foot sweep
- Okuri Ashi Harai – Sliding sideways footsweep
- Uki Goshi – Floating hip throw
- Harai Goshi – Sweeping hip throw
- Tai Otoshi – Body drop
- Hiza Guruma – Knee Wheel
- Sasae Tsurikomi Ashi – lower prop stop foot sweep
- Ko Soto Gari – small outside reap
- Kata Guruma – Shoulder Wheel
- Combination Ippon Seoi Nage to Ko Uchi Gari

Katame Waza

- Kesa Gatame – scarf hold
- Kata Gatame – shoulder hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold
- Leg entanglement escape from Yoko Shiho Gatame
- Kami Shiho Gatame – Upper four corners hold
- Tate Shiho Gatame – Lower four corners hold
- Uphill escape from Kesa Gatame
- Sankaku Gatame – figure 4 turn over and hold-down

Shime Waza (if 12 years or older)

- Nami Juji Jime – normal cross choke (thumbs inside)
- Gyaku Juji Jime – reverse cross choke (fingers inside)

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls, come to feet, left and right
- Yoko Ukemi – side falls
- Koho Ukemi – back falls

Nage no Kata

- First set of Nage no Kata

Vocabulary

Begin!	Hajime!
Stop!	Matte!
Judo Instructor	Sensei
Judo School	Dojo
Attention!	Kyotsuke!
Bow!	Rei!
One	Ichi
Two	Ni
Three	San
Four	Shi
Five	Go
Six	Roku
Seven	Shichi
Eight	Sachi
Nine	Ku
Ten	Ju
Sitting formal style	Seiza
Sitting cross-legged	Anza
Judo Uniform	Judogi
Judo Player	Judoka
Judo Mat	Tatame
Person doing the technique	Tori
Person receiving the technique	Uke
Falling methods	Ukemi
Forward rolling breakfalls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice or sparring	Randori

Tournament	Shiai
Form practice	Kata
Hold-down!	Osae Komi!
Hold-down broken!	Toketa
Full point!	Ippon
Half point!	Waza Ari
Quarter point!	Yuko
Slight Advantage!	Koka
That is all!	Sore Made
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai
Don't Move!	Sono Mama!
Continue	Yoshi
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Fundamental Natural Posture	Shizen Hontai
Fundamental Defensive Posture	Jigo Hontai
Big or Major	O
Small or Minor	Ko
Hip	Goshi
Hip Techniques	Koshi Waza
Sweep	Gari
Outside	Soto
Inside	Uchi
Internal force or energy	Ki
Shout to gather inner strength	Kiai

Favorite Technique	Tokui Waza
Repetitive attacks without throwing	Uchi Komi
Repetitive throwing practice without resistance	Nage Komi
Side	Yoko
Class of lower belt ranks	Kyu grades
Degree in the black belt ranks	Dan
Holder of any black belt rank	Yudansha
Holder of any rank under black belt	Mudansha
Kneeling bow	Zarei
Standing Bow	Ritsurei
Knee	Hiza
Wheel	Guruma

General Information

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Jigoro Kano

What was the name of the judo school he founded?

The Kodokan

What was the date of the founding of judo?

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What were unarmed martial arts called in Japan before judo?

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How long have unarmed martial arts been practiced?

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Attitude, Attendance, Participation, Competition Record, Leadership,
Teaching Ability

Chapter 10

Purple Belt 1st kyu

Junior 1st kyu will transfer to Senior Sankyu.

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon Seoi Nage – one arm shoulder throw
- Morote Seoi Nage – two arm shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – headlock hip throw
- Tani Otoshi – counter throw
- De Ashi Harai – advancing foot sweep
- Okuri Ashi Harai – Sliding sideways footsweep
- Uki Goshi – Floating hip throw
- Harai Goshi – Sweeping hip throw
- Tai Otoshi – Body drop
- Hiza Guruma – Knee Wheel
- Sasae Tsurikomi Ashi – lower prop stop foot sweep
- Ko Soto Gari – small outside reap
- Kata Guruma – Shoulder Wheel
- Combination Ippon Seoi Nage to Ko Uchi Gari
- Combination O soto gari to Sasae Tsurikomi Ashi
- Combination Ouchi Gari to Ko Uchi Gari

Katame Waza

- Kesa Gatame – scarf hold
- Kata Gatame – shoulder hold
- Bridge and roll escape from kesa gatame
- Yoko Shiho Gatame – Side four corners hold
- Leg entanglement escape from Yoko Shiho Gatame
- Kami Shiho Gatame – Upper four corners hold
- Tate Shiho Gatame – Lower four corners hold
- Uphill escape from Kesa Gatame
- Sankaku Gatame – figure 4 turn over and hold-down

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Ten

Ju

Sitting formal style

Seiza

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Anza

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Attitude, Attendance, Participation, Competition Record, Leadership, Teaching Ability

Chapter 11

As mentioned earlier, your promotions are based on points and time in grade. It is a good idea to get in the habit of logging your judo competition data and also clinic data. Below, and on the following pages, you can log the date, tournament or clinic, your number of wins, losses and the place you finished if applicable. There is also a notes area where you could log your opponents name and rank, and any other awards that you might be awarded during that event.

Have fun with your new journey in judo, and best of luck to you!

Judo Tournament/Clinic Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

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Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Judo Terminology

Ai-yotsu	Same grip used by both persons, either right or left
Ashi	Foot, leg
Ashi Waza	Foot techniques
Atemi Waza	Striking techniques
Ayumi Ashi	Ordinary pattern of walking
Batsugun	Instant promotion
Budo	Martial ways
Bujutsu	Martial arts
Bushido	Way of the warrior
Chui	Penalty (no longer used)
Dan	Black belt rank
Debana	Instant of opportunity to break balance as opponent initiates a motion
Dojo	School or training hall for studying the way
Eri	Collar, lapel
Fudoshin	Immovable spirit
Fusegi	Escapes
Fusen Gachi	Win by default
Goshin Jutsu	Art of self defense
Hajime	Begin
Hando no Kuzushi	Unbalancing by reaction
Hansoku-make	Most serious penalty, disqualification
Hantei	Referee call for judge's decision
Happo no Kuzushi	Kuzushi in 8 directions
Hara	Stomach

Hidari	Left
Hiji	Elbow
Hiki-wake	No decision--tie or draw
Hikite	Pulling hand -- usually the hand gripping a sleeve
Hiza	Knee
Ippon	Victory in one move, one point
Jigotai	Defensive posture
Jikan	Referee call to stop the clock
Jita Kyozei	Principle of mutual prosperity
Joseki	Place of honor, upper seat
Judo	Gentle or flexible way
Judo Ichidai	A Judo life--Spending one's life in the diligent pursuit of Judo
Judogi	Judo practice uniform
Judoka	One who studies Judo
Ju no Kata	Forms of gentleness
Ju no Ri	Principle of flexibility or yielding
Jujutsu	Gentle art
Kaeshi Waza	Counter techniques
Kake	Completion or execution of technique
Kansetsu Waza	Joint locking techniques
Kappo	Resuscitation techniques
Kata	Forms
Kata	Shoulder
Katame no kata	Forms of grappling
Katsu	Resuscitation
Keikoku	Penalty (no longer used)
Kenka Yotsu	Opposite grips used by each person, one right/one left

Kiai	To gather spirit with a shout
Kime no Kata	Forms of decision
Kinshi Waza	Techniques prohibited in competition
Ki o tsuke	Attention
Kodansha	High ranking judoka -- 5th dan and above
Kodokan	Judo institute in Tokyo where Judo was founded
Kogeki Seyo	Order for judoka to attack
Koka	Score less than a yuko
Koshi	Hip
Koshi Waza	Hip techniques
Kubi	Neck
Kumikata	Gripping methods
Kuzure	Modified hold
Kuzushi	Unbalancing the opponent
Kyoshi	Instructor
Kyu	Student rank
Maai	Space or engagement distance
Mae	Forward, front
Mae Sabaki	Frontal escape
Mae Ukemi	Falling forward
Masutemi Waza	Back sacrifice throws
Mate	Stop (wait)
Migi	Right
Mudansha	Students below black belt rank
Mune	Chest
Nage	Throw
Nage no Kata	Forms of throwing
Nagekomi	Repetitive throwing practice

Nage Waza	Throwing techniques
Ne Waza	Techniques on the ground
Obi	Judo belt
Okuden	Secret teachings
Osaekomi	Pin, referee call to begin timing
Osaekomi Waza	Pinning techniques
Osaekomi Toketa	Escape, stop timing of hold
Randori	Free practice
Randori no Kata	Forms of free practice techniques
Randori Waza	Techniques for free practice
Rei	Bow
Reiho	Forms of respect, manners, etiquette
Renraku Waza	Combination techniques
Ritsurei	Standing bow
Seika Tanden	A point in the abdomen that is the center of gravity
Seiryoku Zenyo	Principle of maximum efficiency
Seiza	Formal kneeling posture
Sen	Attack initiative
Sensei	Teacher, instructor
Shiai	Contest
Shiai-jo	Competition area
Shido	Penalty, equal to koka score
Shihan	Title for a model teacher or "teacher who sets the standard" (i.e. Kano-shihan)
Shime Waza	Choking techniques
Shinpan	Referee
Shintai	Moving forwards, sideways & backwards
Shisei	Posture

Shizentai	Natural posture
Shomen	Dojo front
Sode	Sleeve
Soke	Founder of a martial art or ryu
Sono Mama	Stop action; command to freeze
Sore Made	Finished, time is up
Sute Geiko	Randori throwing practice against a higher level judoka
Sutemi Waza	Sacrifice techniques
Tachi Waza	Standing techniques
Tai Sabaki	Body control, turning
Tatami	Mat
Te	Hand, arm
Te Waza	Hand techniques
Tekubi	Wrist
Tokui Waza	Favorite or best technique
Tori	Person performing a technique
Tsugi Ashi	Walking by bringing one foot up to another
Tsukuri	Entry into a technique, positioning
Tsurite	Lifting hand
Uchikomi	Repeated practice without completion
Ude	Arm
Uke	Person receiving the technique
Ukemi	Breakfall techniques
Ushiro	Backward, rear
Ushiro Sabaki	Back movement control
Ushiro Ukemi	Falling backward
Waki	Armpit

Waza	Technique
Waza Ari	Near ippon or half point
Waza ari Awasete Ippon	Two waza-ari together for ippon
Yakusoku Geiko (or renshu)	Pre-arranged free practice
Yoko	Side
Yoko Kaiten Ukemi	Sideways rolling break fall
Yoko Sutemi Waza	Side sacrifice throws
Yoko Ukemi	Falling sideways
Yoshi	Resume action, continue
Yubi	Finger
Yudansha	Person who earned the black belt
Yudanshakai	Black belt association
Yuko	Score less than a waza-ari
Yusei Gachi	Win by judge's decision
Zanshin	Awareness
Zarei	Kneeling salutation
Zenpo Kaiten Ukemi	Forward rolling break fall
Zubon	Pants

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Autographs: