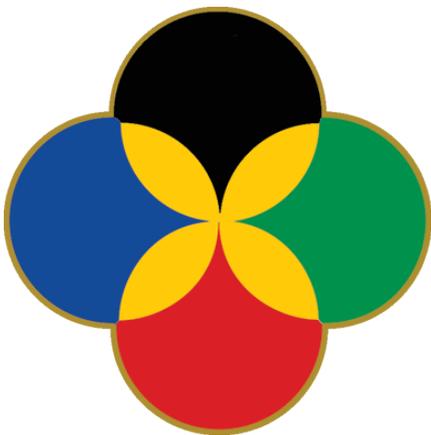




*Manual of Study  
including  
Requirements*



**INTERNATIONAL  
KWANMUKAN**



## General Information

History

Vocabulary

Decorum

### What is Ju?

Newton's three laws of motion

1. A body at rest remains at rest and a body in motion remains in motion unless acted upon by an outside force.
2. When a force acts on a mass, the mass acquires certain acceleration proportional and in the direction of the force acting upon it, and the acceleration is inverse to the magnitude of the mass.
3. To every motion there is an equal and opposite reaction.

Judo uses these laws of motion to topple a mass (the body) and to prevent being toppled.

### Judo Protocols

How to Stand Up

How to lay down for ne-waza

How to Sit Down

The command to pay attention – MATTE!

Assertive verses Passive or Aggressive Body Language

How to Bow and when – beginning and end of class, entering or leaving the dojo, before and after practice with a partner

### General

Shizen Hantei

Natural Posture and natural left and right postures

Jigo Hantei

Basic Defensive Posture. Lower hops and feet spread wider then shizen tai. Also left and right postures.

Tsugi Ashi

Walking by sliding one foot behind

Ayumi Ashi

Normal Walking

Happo no Kuzushi

Eight forms of off balancing (eight)

Anza

Sitting Cross-legged

### Ukemi

Back, Side and Front Falling – Kaiten, Ukemi, Yoko Ukemi, Koho Ukemi

Cartwheels – Standard, Old Man's Cartwheel, Elbow Cartwheel (long and short arm cartwheels), Arab Roll

Forward and Backward Rolls – Kaiten. When to roll up onto your feet.

Roll out Break falls

Fall Overs – Forward somersault over partner with different types of landings

Twist Outs – From Fall Overs

Diving Rolls (over things)

### Nage Waza Concepts

3 parts of a throw – off-balancing, entry and execution

Use of arms, legs and head

Happo no Kushushi – off-balancing

Trapping Arm, attacking arm, driving leg, attacking, head leverage

Demo style of throw verses Dynamic Throws – Dynamic allows use of body weight. Hold opponent down to the floor

Roller verses driver. Rollers - Throw across line of the legs - the line between the heels - throw perpendicular to this line.

Drivers throw along the line of the feet - the direction of the line from one foot to another

Interrupting an attacking throw using body parts, space and lowering

Use of body parts, space and lowering center

Grips

Grip breaking – swing arm down and then up on the outside, Force down against wrist forcing hands off, drive elbow up forcing opponent's arm up.

### Nage Waza

Seoinage – Ippon and Morote

Ogoshi and Uki Goshi

Ototogari

De Ashi Harai

Ouchi Gari

Sasae Tsuru Komi Ashi

Uke Goshi

Ogoshi

Control of opponents head, arms and legs

Need to enter the throw quickly - set the driving leg and attack - Plyometrics reduces the time necessary for this.

KMK - are you moving inside or outside the circle? Which Judo throws are inside and which are outside the circle? Kenka techniques - inside or outside. How the turnovers relate to throwing

## Practice Method

1. Stand up – partner holds on to the lapel
2. Partner hop drops, you bend legs with back straight and lower him
3. As partner hits round, you follow with Katame

## Ne-Waza - Hold Downs

**Kesa Gatame Kata Gatame and Variants** – Scarf or Head Hold with Fusegi – Bridge and roll escape

Hold one arm against side above elbows, reach other hand around neck and grab collar, bend head against opponents and spread feet apart. Defender's head must be controlled, keep high shoulder down and squeeze your arms in. Check is on the chest. Use of opposite push/pull.

**Kamishiho Gatame** – Smothering Hold or locking with single roll escape. Upper 4 corner holding - reach under the arms and hold belt with thumbs inside, instep flat to the floor, arch back so that stomach presses into the head. Spread feet, toes up and keep head on belly

**Yokoshihao Gatame** – Side four corner hold with leg entangling escape. At right angle to opponent, reach thru legs and grab belt thumbs inside, other hand behind neck and hold collar, chest presses on side, knees up to body, use head to stop from going over in escape attempt by touching or putting the head on the mat or floor.

**Kuzure Kesa Gatame** – Modified or varied Scarf or Head Hold with Uphill turn escape. Similar to kesa gatame but hold shoulder down with hand and head is up. Used when opponent tries to roll to his side. Called modified scarf hold. Can also reach under armpit and grace the floor.

Use of Body Weight, Controlling head, arms, and legs (especially head). Changing positions on the ground and use of weight on pivot points.

## Drills

1. Piggy Back Carry
2. Firemen's Carry – walking straight or turning
3. Elbow Carry – support and lift under elbows
4. Monkey Runs – Down on all fours, your partner lays on his back and you hangs on to your belly while you crawl, then flip over changing rolls and return
5. Monkey Somersaults – Each holding your partner's feet, somersault down the floor
6. Vertical Crawl - Stand Piggy Back then with crawl down between legs and back up again
7. Horizontal Crawl – Climb around partner while he is on his hands and knees
8. Monkey Crawl around partner - Climb around partner while he stands
9. Weave(s)
10. Hop Tournament – one partner crawls on the floor while the other hops (bounces) over him side to side
11. Arm Bounce
12. Dive Over Roll Under
13. Roll Under then Leap Frog Back Options – two in a row or a race back and forth alternating rolls
14. Three man roll under and hop over – all on the ground or middle down and others stand up
15. Elbow Drag back-to-back try to tug each other
16. Shoulder Crawl and Tug of War Games with Belts
17. Sumo – Try to push the opponent out of a circle or drag him down
18. Foot to Foot Balance – keep loose, not stiff. Intent is to learn how to neutralize the attack
19. V-Sit-ups with resistance on the way up - Also V-sit and resist a push down on the legs and chest.
20. Lie on Stomach and have do leg curls with someone on the tops of your legs.
21. Hold Jockey – jump up and fall. One partner jumps, the other lowers his body in a natural stance as the partner falls in such a manner that the partner falls just right for a follow-up technique
22. One man is on all fours with the other on his back. Lock legs between the other's legs. Roll over back to the feet.
23. One partner on his back while the other straddles him on all fours. The one on his back rolls and the other tries to stay on top.

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3. To every motion there is an equal and opposite reaction.

## When to Throw – The Unguarded Moment

Situations that provide the unguarded moment or loss of zanshin

1. Get the opponent to focus attention on one thing and do another
2. Anticipation Get him to worry about more than one thing - keep his mind occupied
3. Angle attacks - hard to recognize movement
4. At his inhale
5. When off balance -- mentally or spiritually (Upset – emotional)
6. Attack when posture is wrong or loses control of breathing
7. Longer time to respond to attack -- the more distractions, the better.
8. Fatigue - mental and physical (legs, shoulders, arms, etc must be separately considered)
9. Mental Feints
10. Absent-minded - mind is absent

Consider

1. *Technical - space determination - distance*
2. *Strategic – where you are in a match (beginning, middle, end)*
3. When do you do what - Happenings in match - you attack he retreats, he attacks you retreat, either attacks no one retreats, etc.
4. Void - no attacks
5. Consider left or right, strong vs. weak side - yours and his
6. Location awareness
7. What you do to opponent, do not let him do it to you.

## KMK Judo rank and application fees

## Notes for Nage Waza

|  |
|--|
| <p><b>Oсотogari</b> - Demo, put weight on one leg - pull other leg off the floor. Sweep under thigh with leg and pull him over. Mostly a roller, hard to drive. Driver is usually the demo.</p>  |
| <p><b>Ogoshi</b> - Reach around side in crook of the elbow. Insert hip and pull him against hip. Turn body as you pull him over your hip. Hand is deep, hip through, and pull him over.</p>  |
| <p><b>Seoinage</b> - Palm up makes a stronger grip. This is a back carry throw. Catch deeply in the pit of your arm, turn feet off to side-body also, drop weight and roll him down to the floor - dynamic form. Drop weight for power. Trapping arm grips on top of the biceps. Demo form you still sink or drop the body. You can also seoinage to the ground into a seiza. Holding on top of biceps is more effective. Catch his arm in the crotch of your arm. You can turn in more than 90 ° and drop to your knees to throw.</p>   |
| <p><b>De Ashi Harai</b> - Hands circle like a steering wheel. The body is upright and close to the uke. Move yourself or opponent into position. Attack side of feet. If back, must angle calf backward (upward) and is kosoto gake - not De Ashi. Works best if you can pull foot across your front. Also, should step with same leg (right-right) as opponent too set up throw.</p>  |
| <p><b>Sasae Tsurikomi Ashi</b> - Get foot forward and get knee to lock - make it lock - with his body leaning forward. Pull him forward and lock his knee. Same foot steps as in hiza guruma. Lift, pull step to side and turn him.</p>  |
| <p><b>Uki Goshi</b> - Reach around and grab back (not belt) Pull him forward (in hari goshi, just put foot out) as you want him to lean forward. Step in with driver (toes pointing 180° from opponent) and then bring other foot in when striking upwards with the hip. Spring hip into him - do not pull him down. Stick hip into him take wind out. Strike upward and knock him off his feet.</p>   |
| <p><b>Ouchigari</b> - The idea is to glue the feet to the ground. Prevent feet from moving by tipping him onto his heels. This is a rear cycle clip. Power hand mostly down and a little back to get weight on foot to be reaped. Go over shoulder and push down. Pull shoulder down and make weight set on the heels. Put your whole body especially the hip and chest against opponent. Strong pull on trapping hand forward to prevent step backward - 45° angle of attack. Step behind leg to be reaped so it cannot move. Roller attacks perpendicular. For driver, driving leg to outside.</p>                     |
| <p><b>Kosotogari</b> - Take a quick step to the side and de ashi harai to Achilles tendon. Opponent's calf must bend backward. Pull down and back to do this. Driver is close to foot on side, pull down and sweep tendon.</p>   |
| <p><b>Kouchigari</b> - Pull down to side, tip backward on heels and kick out and behind heel to reap forward leg. Both hands must push. To set up, pull forward and downward. When opponent resists, follow resistance and push down and backwards.</p>  |
| <p><b>Koshiguruma</b> Grab over shoulder and around neck. Split your tailbone on his leg and Ogoshi. Opponent goes over hip like a wheel.</p>  |
| <p><b>Tsurikomigoshi</b> - Power hand drives up and out (by head), put hip well into opponent and Ogoshi. Opponent somersaults over your hip.</p>  |
| <p><b>Okuriashiharai</b> - Following throw - like you follow with a broom. Get the opponent to step with one foot. If he steps with one foot, the other foot moves or follows a little bit. Follow that foot and try to sweep it into the other foot. Must be in close to sweep. Sweep with the whole leg, not just the foot. This is a sending foot sweep. You can get him to step by pulling him into a circle, side to side, on an angle, sliding foot forward or backward - just about any direction.</p>  |
| <p><b>Tai otoshi</b> - This is a hand technique. Set your driver wide; turn your back (do not put hip across). Lock him to you, step across front and put your attacking foot near his foot. Twist hip to throw. Pulling arm pulls to hip like a punch - strongest or most natural way to pull. Step driver wide and behind, clip his legs with the attacking leg, set locking arm against body, set driving arm elbow against his body, and punch him to the ground. Front leg bent, back leg with knee deep, put hip on the ground. There is a one leg taitoshi - step inside between opponent's legs with driver.</p> |
| <p><b>Haraigoshi</b> - Driver goes outside. Pull arm in close; wrap it close around your body and off balance by tipping him forward. Push his knee with your attacking leg to get knee to lock and drive upwards. You can also kick back/down to drive his leg into the air.</p>  |
| <p><b>Uchimata</b> - Two different ways. Short, stocky people do a roller. Put your driver in between opponent's legs and lift both his feet at the same time off the ground with your attacking leg. Your attacking arm reaches behind the neck. Taller people do a driver. Set your driver on the outside and holding lapel high, attacking leg sweep high inside. If sweep not high enough, hop, hop, hop forward until he falls. Practice 180, 90, 45 and reverse direction to throw.</p>  |



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Printed 1/16/11

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## **Judo**

Judo was founded in 1882 by Dr. Jigoro Kano as a refinement to the martial art of Jujitsu. Dr. Kano's school was called the Kodokan -- Ko means "to preach", do means "way or path" and kan means "hall" or "training hall" Referred to as the "gentle way", Judo uses the flexible or efficient use of balance, leverage and momentum. Skill and timing rather than brute force is the hallmark of good Judo technique and is brought out in Dr. Kano's two maxims. The first maxim - "seiroku zenyo (maximum efficiency)" - means optimal use of mental and physical energy. "Jita kyoei (mutual welfare and benefit)", the second maxim, refers to the consideration of others. Literally translated, "You and I shining together." The idea of give and take in practice is to help each other learn through cooperation. From this we learn to manage our lives and time efficiently and effectively and build the character to be good citizens and help our fellow man. This final aim or goal of Judo Dr. Kano called, "The harmonious development and eventual perfection of human character." Dr. Kano tried to get Judo to be an Olympic sport but died in 1938 before accomplishing this. It was not until 1964 that Judo made the Olympics and Olympic women's competition did not begin until 1988.

What is Ju? Ju is gentleness or giving away. Gentleness means giving away until the right moment arrives. Judo teaches maximum physical use of mental and physical energy. Force is necessary in Judo and is applied (added to) your opponent's force. You do not move in resistance to the opponent's force. Do not move harshly, as your movement should be gentle and in harmony with your opponent's. You do not move harshly. By doing this you can take a force of 5 and add to it. The gentleness is your movement, not what happens to your opponent.

### **Ranking System**

The usual Judo rank system is divided between Junior Ranks (under 17) and Senior Ranks (17 and over). There are 12 degrees of junior ranks - 2 each of yellow, orange, green, blue, purple, and brown. Senior Ranks have 6 Kyu grades - yellow, orange, green, and 3 browns. There are 10 dan grades or black belts with 6 & 7 dan wearing red & white belts, and 9 & 10 dan wearing red belts. . Nage no Kata, is a series of 12 throws done in Judo for promotion to First Degree Black Belt.

### **Judo Technical Divisions**

There are 3 divisions of Judo techniques: throwing techniques, (nage-waza), grappling or holding techniques (katame-waza or newaza), and body-blow techniques (atemi-waza). Nage-waza refers to throwing techniques created by using momentum (hazumi) or impetus (ikioi). Throwing techniques are divided into standing techniques (tachi-waza) or falling techniques (sutemi-waza). In tachi-waza there are hand (te-waza), hip (koshi-waza), and foot (ashi-waza) techniques. In falling techniques there are rear (matsutemi-waza) and side (yoko sutemi-waza) falls. Throws can also be referred to as sweeping (barai or harai), reaping or clipping (gari), hooking (gaki), wheels (guruma), drops (otoshi - must get center of body outside its base), lifting (tsuri), reversals (gaeshi), and winding (makikomi). Most throws will follow one of these three patterns: hold the top and sweep out the bottom, hold the bottom and tip over the top, or rotate around the middle moving the top and bottom outside of the base.

In katame-waza we find three types of techniques, pinning (osaekomi-waza), strangle (shime-waza), and joint techniques (kansetsu-waza). Escaping from a hold is called fusegi.

Atemi-waza includes both arm (ude-ate) and leg (ashi-ate) strikes.

The name of a judo technique is taken from the part of the body that is most apparent from the actual execution of the technique. As a general rule, names for Judo techniques fall into names that describe the action, names that contain the part of the body used, those that indicate the direction in which to throw the opponent, and those that describe the feeling of the technique. Self Defense in Judo is referred to as Goshin-jitsu. Free practice is referred to as randori.

Other concepts are important to understand. Basic postures or stances in Judo include the Shizen-tai - natural position, right (migi) natural position, left (hidari) natural position and the Jigo-tai - self-defense position, right self-defense position, and left self-defense position. Standing together is called kumikata and includes how to hold onto the opponent. Body movement is calledshintai (advance-retreat), which includes tsugi-ashi walking or tai-sabiki , which is the way our body is manipulated and

controlled. This includes how we carry the head, use the eyes, control our breathing, use our torso, move our hands and move our feet.

Judo explores the concept of *push-pull*. This Judo concept can be stated thusly:

First push, relax the force then pull.

First pull, relax the force then push.

If you find that you can neither push nor pull, raise your opponent up. These basics concept in Judo can be also be performed by pulling when your opponent pushes or by pushing when your opponent pulls. Another way of expressing this idea is if pushed, turn to the side away from the push; if pulled, move diagonally forward of the direction of the pull (this is Mifune's contribution.) You will find that timing is important. Acting too soon or too late will only help your opponent. Generate force by concentrating all your energy in the spot where you need it at the right time. You must break your opponents posture before you enter into the throw. This is called kuzushi. You can easily break posture/balance by pushing him when he pulls and pulling when he pushes.

### **Parts of a Throw**

There are three parts to the Judo throw: off-balancing (kuzushi), entry (tsukuri) and execution (kake). Jigoro Kano became famous because he discovered the rule of kuzushi - hsing. With a minimum amount of strength it is possible to throw your opponent if you force him off balance, that is break his posture. Kuzushi is the breaking of the opponent's balance. There are 8 basic directions in which to break the opponent's balance (happo no kuzushi). Tsukuri is the preparatory movement for the attack. It includes getting both your body and your opponent's body into a position where the opponent can be easily thrown. While continuing to keep your opponent off balance, you place your body in the best position from which to execute an attack. The attack is the execution (kake) of the throw. Throw in the direction the opponent is moving. The direction of his head can also be useful since it is heavy and the body tends to follow the head. Do not throw until you do both kuzushi and tsukuri.

### **How to apply a Judo throw**

Reaction time is that time required to respond to outside stimuli. Your opponent has reaction time. Harmonizing your movement with that of your opponent allows you to take advantage of his reaction time. Using sensory perception, you can maintain awareness of opponent's position or change in position. By creating an unguarded moment, you can set up and take advantage of any reaction time. The unguarded moment is set up by breaking posture (zanshin) of your opponent before he can react. You must do this in the transition of your opponent's movement to yours - his reaction time. The longer the reaction time, the harder it is for the opponent to respond and the more effective you will be. To take advantage of this, you must move faster and farther than your opponent and be able to get back into a neutral position before a counterattack can take place.

### **Falling Methods**

Falling methods (ukemi-waza, which means *falling away*) include falling to the rear, falling to the front, forward roll-out, falling to either side, back somersault, back shoulder roll, forward shoulder roll, cartwheel, etc.

### Judo Questionnaire

1. Who is Dr. Jigoro Kano and what did he found in Japan for Judo?
2. What does *Ko-do-kan* mean?
3. What is the hallmark of a Judo Technique
4. What are the two principles of Kodokan Judo as defined by Dr. Jigoro Kano?
5. What is the ultimate goal of Judo as defined by Dr. Jigoro Kano?
6. When did Judo become an Olympic sport for men? Women?
7. What does Ju mean?
8. How is this used in Judo? .
9. What are the grade belts in Judo leading to Black Belt?
10. What is the name of the kata required for Shodan and how many throws does it have?
11. What three divisions of empty hand fighting are found in Judo?
12. What are the two divisions of nage-waza?
13. Name the three divisions of tachi-waza.
14. Name the two divisions of sutemi-waza.
15. Name the three divisions of katame-waza.
16. What are the three patterns that most Judo throws follow?
17. How are Judo throws named?
18. Explain the concept of *push-pull*.
19. Name the three parts of a Judo throw.
20. What is reaction time?
21. What is the unguarded moment?

## Vocabulary Match

|     |                  |  |     |                                 |
|-----|------------------|--|-----|---------------------------------|
| 1.  | kuzushi          |  | A.  | standing techniques             |
| 2.  | tsukuri          |  | B.  | side falling techniques         |
| 3.  | kake             |  | C.  | off-balancing                   |
| 4.  | ukemi-waza       |  | D.  | escaping                        |
| 5.  | nage-waza        |  | E.  | self defense position           |
| 6.  | atemi-waza       |  | F.  | foot strikes                    |
| 7.  | katame-waza      |  | G.  | grappling                       |
| 8.  | hazumi           |  | H.  | reaping                         |
| 9.  | ikioi            |  | I.  | grappling or holding techniques |
| 10. | tachi-waza       |  | J.  | hip techniques                  |
| 11. | sutemi-waza      |  | K.  | execution                       |
| 12. | te-waza          |  | L.  | arm strikes                     |
| 13. | koshi-waza       |  | M.  | hand techniques                 |
| 14. | ashi-waza        |  | N.  | dropping                        |
| 15. | masutemi-waza    |  | O.  | sweeping                        |
| 16. | yoko sutemi-waza |  | P.  | left                            |
| 17. | harai(barai)     |  | Q.  | falling away                    |
| 18. | gaki             |  | R.  | impetus                         |
| 19. | gaeshi           |  | S.  | strangling techniques           |
| 20. | gari             |  | T.  | foot techniques                 |
| 21. | guruma           |  | U.  | hooking                         |
| 22. | otoshi           |  | V.  | momentum                        |
| 23. | makikomi         |  | W.  | right                           |
| 24. | osaekomi-waza    |  | X.  | wheel                           |
| 25. | shime-waza       |  | Y.  | reversal                        |
| 26. | kansetsu-waza    |  | Z.  | throwing techniques             |
| 27. | fusegi           |  | AA. | standing/gripping techniques    |
| 28. | kumikata         |  | BB. | winding                         |
| 29. | ude ate          |  | CC. | body blow techniques            |
| 30. | ashi ate         |  | DD. | back falling techniques         |
| 31. | migi             |  | EE. | entry                           |
| 32. | hidari           |  | FF. | falling techniques              |
| 33. | shizen tai       |  | GG. | joint techniques                |
| 34. | jigo tai         |  | HH. | natural posture                 |
| 35. | randori          |  | II. | free practice                   |
| 36. | Shintai          |  | JJ  | Self defense                    |
| 37. | Goshin Jitsu     |  | KK  | First degree black belt         |
| 38. | Shodan           |  | LL  | Body Movement – advance/retreat |

**Judo Techniques**  
**Throwing - Nage Waza**

***Hand Techniques - Te Waza***

|   |  |  |
|---|--|--|
| Tai Otoshi - Body Drop                                      | Uki Otoshi - Floating Drop   | Isumi Otoshi - Corner Drop               |
| Ippon Seoinage - One Arm<br>Back Carry or Shoulder<br>throw | Seoinage/Morote Seoinage - Two<br>Hand Back Carry or Shoulder<br>Throw | Kata Guruma - Shoulder Wheel or<br>Whirl |

***Hip or Loin Techniques - Koshi Waza***

|   |                                      |   |
|---|--------------------------------------|---|
| O Goshi - Major Hip                     | Hane Goshi - Springing Hip           | Uki Goshi - Rising Hip                                |
| Ushiro Goshi - Rear Hip                 | Harai Goshi - Hip Sweep              |   |
| Tsuri Komi Goshi - Lift and<br>Pull Hip | Koshi Guruma - Hip Wheel or<br>Whirl | Osoto Guruma - Big or Major<br>Outside Wheel or Whirl |

***Foot & Leg Techniques - Ashi Waza***

|   |   |  |
|---|---|--|
| Kouchigari - Small or Minor<br>Inside Reap        | De Ashi Barai - Forward or<br>Advance Foot Sweep      | Ashi Guruma - Leg Wheel or Whirl         |
| Uchimata - Inner Thigh Throw                      | Osoto Guruma - Big or Major<br>Outside Wheel or Whirl | Osotogari - Big or Major Outside<br>Reap |
| Sasae Tsurikomi Ashi - Lift and<br>Pull Foot Prop | Kosotogari - Small or Minor<br>Outside Reap (clip)    | Ouchigari - Big or Major Inside<br>Reap  |
| Okuri Ashi Harai - Sweeping<br>Ankle              | Hiza Guruma - Knee Wheel                              |  |

***Rear Fall and Side Fall Throws - Matsutemi Waza & Yokosutemi Waza***

|  |  |                                      |
|--|--|--------------------------------------|
| Tomoe Nage - Circle, Stomach<br>or Round Throw | Ura Nage - Inside Out or Rear<br>Throw | Sumi Gaeshi - Corner Reversal        |
| Uki Waza - Floating Throw                      | Uchimakikomi - Inner Winding<br>Throw  | Yoko Guruma - Side Wheel or<br>Whirl |
| Yoko Otoshi - Side Drop                        | Tani Otoshi - Valley Drop              | Yokogake - Side Hook or Dash         |

**Holds and Escapes - Katame-Waza or Ne Waza**

***Pinning Techniques - Osaekomi-waza***

|   |   |
|---|---|
| Kesa Gatame - Scarf Hold                  | Kata Gatame - Shoulder Hold                             |
| Kamishiho Gatame - Upper 4<br>Corner Hold | Yokoshiho Gatame - Side 4 Corner<br>or 4 Direction Hold |

***Strangle or Neck Lock Techniques - Shime-waza***

|  |  |  |
|--|--|--|
| Hadaka Jime - Naked Strangle           | Kata Juji Shime - Single Cross<br>Strangle | Gyaku Juji Shime - Reverse Cross<br>Strangle |
| Kataha Jime - One Wing or Arm Strangle |  |  |

***Joint Techniques - Kansetsu-waza***

|   |  |                                      |
|---|--|--------------------------------------|
| Ude Gatame - Arm Lock Hold<br>or Wrap       | Juji Gatame - Cross Hold or Lock                       | Waki Gatame - Armpit Hold or<br>Lock |
| Ashi Garami - Entangled Leg<br>Hold or Lock | Ude Garami - Entangled or Bent<br>Armlock Hold or Wrap | Hiza Gatame - Knee Hold or Lock      |

**Attacking the Vital Points of the Body - Ate-Waza (Atemi Waza)**

Strikes and targets are shown but not really practiced in Judo as they are in karate. Both ude (arm) and ashi (foot or leg) techniques are found mainly in the self-defense forms taught.

**Kwanmukan Judo Requirements For 5th and 6th Kyu  
General Requirements**

|                  |                                    | <b>Level</b> |
|------------------|------------------------------------|--------------|
| Shizen Hantei    | Natural Posture                    | 6th          |
| Jigo Hantei      | Basic Defensive Posture            | 6th          |
| Tsugi Ashi       | Walking by sliding one foot behind | 5th          |
| Ayumi ashi       | Normal walking                     | 5th          |
| Happo no kuzushi | Forms of off balancing (eight)     | 5th          |
| Anza             | Sitting Cross-legged               | 5th          |

**Grips and Grip Breaking**

|             |                              |     |
|-------------|------------------------------|-----|
| Sleeve Grip | Swinging arm break through   | 5th |
| Sleeve Grip | Swinging elbow break through | 5th |

**Ukemi Waza**

|                     |                    |     |
|---------------------|--------------------|-----|
| Side Falls          | Yoko Ukemi         | 5th |
| Front rolling falls | Kaiten Zempo Ukemi | 5th |
| Front Falls         | Zempo Ukemi        | 5th |
| Back Falls          | Koho Ukemi         | 5th |

**Throws - Nage Waza**

| <b>Name</b>           | <b>English Reference</b>      | <b>GoKyo No Waza</b> |     |
|-----------------------|-------------------------------|----------------------|-----|
| Hiza Guruma           | Knee Wheel Throw              | Dai Ikkyo            | 6th |
| Ogoshi                | Major Hip Throw               | Dai Ikkyo            | 6th |
| Seoi Nage             | Shoulder Throw                | Dai Ikkyo            | 6th |
| Morote Seoinage       | Two Hand Shoulder Throw       | -----                | 6th |
| Osotogari             | Major Outside Reap            | Dai Ikkyo            | 6th |
| De Ashi Harai         | Advance Foot Sweep            | Dai Ikkyo            | 5th |
| Ouchi Gari            | Major Inside Reap             | Dai Ikkyo            | 5th |
| Uki Goshi             | Floating Hip                  | Dai Ikkyo            | 5th |
| Sasae Tsuru Komi Ashi | Lifting Pull Foot Prop (trip) | Dai Ikkyo            | 5th |

**Grappling**

| <b>Name</b>        | <b>English Reference</b>                             | <b>Escape - Fusegi</b> |     |
|--------------------|--|------------------------|-----|
| Kesa Gatame        | Scarf or Head Hold                                   | Bridge and roll escape | 6th |
| Yokoshiho Gatame   | Side Four Corner Hold                                | Leg entangling escape  | 6th |
| Kamishiho Gatame   | Smothering Hold or Locking<br>of upper four quarters | Single roll escape     | 5th |
| Kuzure Kesa Gatame | Modified or variant Scarf or<br>Head Hold            | Uphill turn escape     | 5th |

**Defense Against Throws**

|             |  |     |
|-------------|--|-----|
| Hiza Guruma |  | 5th |
| Ogoshi      |  | 5th |

## Notes

### General Requirements

|                  |  |
|------------------|--|
| Shizen Hantei    | Basic natural standing posture. Also migi-shizen-tai and hidari-shizen-tai.  |
| Jigo Hantei      | Basic defensive posture. Lower hips and feet spread wider than shizen tai. Also migi-jigo-tai and hidari-jigo-tai. |
| Tsugi Ashi       | Walking by sliding one foot behind   |
| Ayumi ashi       | Normal Walking   |
| Happo no kuzushi | Eight Forms of Off-balancing   |
| Anza             | Sitting Cross-legged   |

### Grips and Grip Breaking

|             |   |
|-------------|---|
| Sleeve Grip | Swing arm down and then up on the outside. Force down against wrist forcing hand off. |
| Sleeve Grip | Drive elbow up forcing opponents arm up.  |

### Ukemi Waza

|                     |  |
|---------------------|--|
| Side Falls          |  |
| Front Rolling Falls |  |
| Front Falls         |  |
| Back Falls          |  |

### Throws - Nage-Waza

| Technique             | Driving Hand | Locking Hand | Attacking Leg | Driving Leg | Hips | Head | Angle of Attack |
|-----------------------|--------------|--------------|---------------|-------------|------|------|-----------------|
| Hiza Guruma           |              |              |               |             |      |      |                 |
| Ogoshi                |              |              |               |             |      |      |                 |
| Seoi Nage             |              |              |               |             |      |      |                 |
| Morote Seoinage       |              |              |               |             |      |      |                 |
| Osotogari             |              |              |               |             |      |      |                 |
| De Ashi Harai         |              |              |               |             |      |      |                 |
| Ouchi Gari            |              |              |               |             |      |      |                 |
| Uki Goshi             |              |              |               |             |      |      |                 |
| Sasae Tsuru Komi Ashi |              |              |               |             |      |      |                 |

### **`Grappling**

|                    |  |
|--------------------|--|
| Kesa Gatame        | Hold one arm against side above elbow, reach other hand around neck and grab collar, bend head against opponent's, feet spread apart. Defenders head must be controlled, keep high shoulder down and squeeze your arms in. Chest on chest                          |
| Yokoshiho Gatame   | At right angle to opponent, reach thru legs and grab belt thumbs inside , other hand behind neck and hold collar, chest presses on side, knees up to body, use head to stop from going over in escape attempt by touching or putting the head on the mat or floor. |
| Kamishiho Gatame   | Upper 4 corner holding - reach under the arms and hold belt with thumbs inside, instep flat to the floor, arch back so that stomach presses into the head. Spread feet, toes up and keep head on belly   |
| Kuzure Kesa Gatame | Similar to kesa gatame but hold shoulder down with hand and head is up. Used when opponent tries to roll to his side. Called modified scarf hold. Can also reach under armpit and grace the floor.   |

### **Defence Against Throws**

|             |  |
|-------------|--|
| Hiza Guruma |  |
| Ogoshi      |  |

**Kwanmukan Judo Requirements For 4th Kyu****General Requirements**

|            |                       |                     |
|------------|-----------------------|---------------------|
| Tai Sabaki | 90° and 180° pivoting | <b>Level</b><br>4th |
|------------|-----------------------|---------------------|

**Grips and Grip Breaking**

|                   |                     |     |
|-------------------|---------------------|-----|
| Collar Grip       | Drive through break | 4th |
| Inner Sleeve Grip | For collar grip     | 4th |

**Throws - Nage Waza**

| <b>Name</b>    | <b>English Reference</b> | <b>GoKyo No Waza</b> |     |
|----------------|--------------------------|----------------------|-----|
| Kouchigari     | Minor Inside Reap        | Dai Nikyo            | 4th |
| Koshi guruma   | Hip Wheel                | Dai Nikyo            | 4th |
| Kosotogari     | Minor Outside Reap       | Dai Nikyo            | 4th |
| Tsurikomigoshi | Liftpull Hip throw       | Dai Nikyo            | 4th |

**Defense Against Throws**

|             |  |     |
|-------------|--|-----|
| Osotogari   |  | 4th |
| Seoinage    |  | 4th |
| Ouchigari   |  | 4th |
| Deashiharai |  | 4th |

**Counters For Throws**

|             |             |     |
|-------------|-------------|-----|
| Hiza guruma |             | 4th |
| Ogoshi      | Tani Otoshi | 4th |
| Osotogari   |             | 4th |
| Seoinage    |             | 4th |

**Grappling**

| <b>Name</b>             | <b>English Reference</b>                                   | <b>Escape - Fusegi</b>        |     |
|-------------------------|--|-------------------------------|-----|
| Yokoshiho Gatame        | Side 4 corner hold   | Bridge and roll escape        | 4th |
| Kamishiho Gatame        | Upper 4 corner hold  | Double Bridge and Roll Escape | 4th |
| Kuzure Yokoshiho Gatame | Modified Side Four Corner Hold                             |                               | 4th |
| Kuzure Kamishiho Gatame | Modified Smothering Hold or Locking of upper four quarters |                               | 4th |

**Entry Into Grappling**

|                           |                                 |     |
|---------------------------|---------------------------------|-----|
| Half Nelson Reverse       |                                 | 4th |
| Half Nelson From the Side | Tani Otoshi                     | 4th |
| By hooking the legs       | Break opponent down for a choke | 4th |

## Kwanmukan Judo Requirements For 3rd Kyu

### Grips and Grip Breaking

|                 |                           | <b>Level</b> |
|-----------------|---------------------------|--------------|
| Low Lapel Grip  | Snap out break through    | 3rd          |
| High Lapel Grip | Inner sleeve counter grip | 3rd          |

| <b>Name</b>     | <b>Throws - Nage Waza<br/>English Reference</b> | <b>GoKyo No Waza</b> |     |
|-----------------|---|----------------------|-----|
| Okuriashi harai | Sliding double foot sweep                       | Dai Nikyo            | 3rd |
| Harai Goshi     | Sweeping hip or loin                            | Dai Nikyo            | 3rd |
| Tai Otoshi      | Body drop                                       | Dai Nikyo            | 3rd |
| Uchimata        | Inner thigh                                     | Dai Nikyo            | 3rd |

### Defense Against Throws

|                    |     |
|--------------------|-----|
| Uki Goshi          | 3rd |
| Sasaetsurikomiashi | 3rd |
| Kouchigari         | 3rd |
| Koshiguruma        | 3rd |

### Counters For Throws

|                    |     |
|--------------------|-----|
| Ouchigari          | 3rd |
| Deashibarai        | 3rd |
| Ukigoshi           | 3rd |
| Sasaetsurikomiashi | 4th |

### Combinations of Throws

|            |               |     |
|------------|---------------|-----|
| Ouchi      | To Ogoshi     | 3rd |
| Kouchigari | To Seoinage   | 3rd |
| Seoinage   | To Kouchigari | 3rd |

### Grappling

| <b>Name</b>        | <b>English Reference</b>  | <b>Escape - Fusegi</b> |     |
|--------------------|---------------------------|------------------------|-----|
| Kata Gatame        | Shoulder hold             | Leg over escape        | 3rd |
| Ushiro Kesa Gatame | Backward cross chest hold | Upper turn escape      | 3rd |
| Kesa Gatame        | Cross chest hold          | Sit-up escape          | 3rd |

### Entry Into Grappling - Hairi Kata

|                        |                 |     |
|------------------------|-----------------|-----|
| Pushing legs aside     |                 | 3rd |
| Grasp Opponents sleeve | pull him around | 3rd |

**Kwanmukan Judo Requirements For 2nd Kyu****Grips and Grip Breaking - Kumi Kata**

|                    |                           | <b>Level</b> |
|--------------------|---------------------------|--------------|
| Double sleeve grip | double sleeve conter grip | 2nd          |
| High lapel grip    | Pull down break through   | 2nd          |

| <b>Name</b>        | <b>Throws - Nage Waza<br/>English Reference</b> | <b>GoKyo No Waza</b> |     |
|--------------------|---|----------------------|-----|
| Kosotagake         | Minor outside dash or breaking                  | Dai Sankyo           | 2nd |
| Tsuri Goshi        | Pulling/Lifting hip                             | Dai Sankyo           | 2nd |
| Haraitsurikomiashi | Sweeping foot stop                              | Dai Sankyo           | 2nd |
| Hane Goshi         | Springing hip                                   | Dai Sankyo           | 2nd |

**Defense (Bogyo) Against Throws**

|                |     |
|----------------|-----|
| Okuriashiharai | 2nd |
| Harai Goshi    | 2nd |
| Taitoshi       | 2nd |
| Uchimata       | 2nd |

**Counters (Kaeshi) For Throws**

|                |     |
|----------------|-----|
| Kouchigari     | 2nd |
| Koshiguruma    | 2nd |
| Okuriashiharai | 2nd |
| Haraigoshi     | 2nd |

**Combinations (Renraku) of Throws**

|                    |   |     |
|--------------------|---|-----|
| Hizaguruma         | To sweeping foot technique on opposite side and reverse | 2nd |
| Sasaetsurikomiashi | To sweeping foot technique on opposite side and reverse | 2nd |
| Haraigoshi         | To osotogari on the opposite side and reverse           | 2nd |

| <b>Name</b>      | <b>Grappling - Osaekomi<br/>English Reference</b> | <b>Escape - Fusegi</b> |     |
|------------------|---|------------------------|-----|
| Tateshiho gatame | Verticle 4 corner hold                            | Leg out escape         | 2nd |
| Yokoshiho gatame | Side 4 corner hold                                | Uphill turn escape     | 2nd |

**Entry Into Grappling**

|                    |                   |     |
|--------------------|-------------------|-----|
| Double belt entri  |                   | 2nd |
| sumigashi takedown |                   | 2nd |
| Sommersault        | entry into newaza | 2nd |

| <b>Name</b>   | <b>Grappling - Shimewaza<br/>English Reference</b> | <b>Escape - Fusegi</b> |     |
|---------------|--|------------------------|-----|
| Hadaka jime   | Naked strangle                                     |                        | 2nd |
| Okurieri jime | Sliding lapel strangle                             |                        | 2nd |
| Kataha jime   | One side strangle                                  |                        | 2nd |

**Kwanmukan Judo Requirements For 1st Kyu  
Grips and Grip Breaking - Kumi Kata**

|                       |                         |     |
|-----------------------|-------------------------|-----|
| Jacket end grip       | Circling in arm counter | 1st |
| Sleeve and Lapel grip | Ude gatame break        | 1st |
| Lapel grip            | Wakegatame break        | 1st |

| <b>Name</b> | <b>Throws - Nage Waza<br/>English Reference</b> | <b>GoKyo No Waza</b> |     |
|-------------|---|----------------------|-----|
| Yoko otoshi | Sideways drop                                   | Dai Sankyo           | 1st |
| Kata guruma | Shoulder wheel                                  | Dai Sankyo           | 1st |
| Tomoe nage  | Somersault or Stomach Throw                     | Dai Sankyo           | 1st |
| Ashi guruma | Leg wheel                                       | Dai Sankyo           | 1st |

**Defense (Bogyo) Against Throws**

|                    |     |
|--------------------|-----|
| Kosotogake         | 1st |
| Tsurigoshi         | 1st |
| Haraitsurikomiashi | 1st |
| Hane goshi         | 1st |

**Counters (Kaeshi) For Throws**

|            |     |
|------------|-----|
| Taiotoshi  | 1st |
| Uchimata   | 1st |
| Kosotogake | 1st |
| Tsurigoshi | 1st |

**Combinations (Renraku) of Throws**

|               |                                |     |
|---------------|--------------------------------|-----|
| Forward throw | Forward throw on opposite side | 1st |
| Uchimata      | To Kouchigari and the reverse  | 1st |
| Uchimata      | To Ouchigari and the reverse   | 1st |

| <b>Name</b>      | <b>Grappling - Osaekomi<br/>English Reference</b> | <b>Escape - Fusegi</b> |     |
|------------------|---|------------------------|-----|
| Kamishiho gatame | Upper four corner hold                            | Uphill turn escape     | 1st |
| Kamishiho gatame | Upper four corner hold                            | Double arm escape      | 1st |
| Kamishiho gatame | Upper four corner hold                            | Press out escape       | 1st |
| Kamishiho gatame | Upper four corner hold                            | Legs over escape       | 1st |

**Entry Into Grappling**

|                                 |     |
|---------------------------------|-----|
| Holding opponents legs together | 1st |
| Knee in entry                   | 1st |

| <b>Name</b>    | <b>Grappling - Shimewaza<br/>English Reference</b> | <b>Escape - Fusegi</b> |     |
|----------------|--|------------------------|-----|
| Namijuji jime  | Natural cross strangle                             |                        | 1st |
| Katajuji jime  | Half cross strangle                                |                        | 1st |
| Gyakujuji jime | Reverse cross strangle                             |                        | 1st |

| <b>Name</b> | <b>Grappling - Kansetsuwaza<br/>English Reference</b> | <b>Escape - Fusegi</b> |     |
|-------------|---|------------------------|-----|
| Juji gatame | Cross armlock   |                        | 1st |
| Ude gatame  | Arm lock  |                        | 1st |
| Ude garami  | Entangled arm lock                                    |                        | 1st |

**Kwanmukan Judo Requirements For 1st Dan**

| <b>Name</b>   | <b>Throws - Nage Waza<br/>English Reference</b> | <b>GoKyo No Waza</b> | <b>Grade</b> |
|---------------|---|----------------------|--------------|
| Sumigaeshi    | Corner throw                                    | Dai Yonkyo           | 1st          |
| Tani Otoshi   | Valley drop                                     | Dai Yonkyo           | 1st          |
| Hane Makikomi | Winding spring hip or Crescent winding          | Dai Yonkyo           | 1st          |
| Sukuinage     | Scoop throw                                     | Dai Yonkyo           | 1st          |
| Utsurigoshi   | Changing hip throw                              | Dai Yonkyo           | 1st          |
| Oguruma       | Major Wheel                                     | Dai Yonkyo           | 1st          |
| SotoMakikomi  | Outer winding throw                             | Dai Yonkyo           | 1st          |
| Uki Otoshi    | Floating drop                                   | Dai Yonkyo           | 1st          |

| <b>Name</b> | <b>Throws - Nage Waza<br/>English Reference</b> | <b>GoKyo No Waza</b> | <b>Grade</b> |
|-------------|---|----------------------|--------------|
| Oсотoguruma | Major outer leg wheel                           | Dai Gokyu            | 1st          |
| Ukiwaza     | Floating technique                              | Dai Gokyu            | 1st          |
| Yokowakare  | Side avoiding                                   | Dai Gokyu            | 1st          |
| Yokoguruma  | Side wheel                                      | Dai Gokyu            | 1st          |
| Ushirogoshi | Back hip  | Dai Gokyu            | 1st          |
| Ura nage    | Back Throw                                      | Dai Gokyu            | 1st          |
| Sumiotoshi  | Corner drop                                     | Dai Gokyu            | 1st          |
| Yokogake    | Side Hook                                       | Dai Gokyu            | 1st          |

Demonstrate Nage-no-kata - First Nine Techniques

**Nage No Kata**

| <b>Attack</b>                          | <b>Grip</b> | <b>Throw</b> | <b>Fall</b> |
|--|-------------|--------------|-------------|
| <b><i>Tewaza</i></b>                   |             |              |             |
| Uko Otoshi                             |             |              |             |
| Seoinage                               |             |              |             |
| Kata guruma                            |             |              |             |
| <b><i>Koshiwaza</i></b>                |             |              |             |
| Uki goshi                              |             |              |             |
| Harai goshi                            |             |              |             |
| Tsurikomi goshi                        |             |              |             |
| <b><i>Ashiwaza</i></b>                 |             |              |             |
| Okuri ashi harai                       |             |              |             |
| Sasae Tsurikomi ashi                   |             |              |             |
| Uchimata                               |             |              |             |
| <b><i>Matsutemiwaza</i></b>            |             |              |             |
| Tomoe nage                             |             |              |             |
| Ura nage                               |             |              |             |
| Sumi gaeshi                            |             |              |             |
| <b><i>Yokosutemiwaza</i></b>           |             |              |             |
| Yoko gake                              |             |              |             |
| yoko guruma                            |             |              |             |
| Ukiwaza                                |             |              |             |
| All general information and vocabulary |             |              |             |
| All prior techniques                   |             |              |             |
| Proper time in grade                   |             |              |             |

## Judo Kata Listing

|                                |   |   |
|--------------------------------|---|---|
| Nage-no-kata                   | Formal Techniques of Throwing   | To develop throwing techniques for Randori              |
| Katame-no-kata                 | Formal Techniques of Grappling  | To develop grappling techniques for Randori             |
| Kime-no-kata                   | Forms of Self-Defense   | Defense and counterattack                               |
| Ju-no-kata                     | Forms of Gentleness   | Principles of attack and defense with physical training |
| Koshiki-no-kata                | Forms Antique   | 21 throwing techniques                                  |
| Itsutsu-no-kata                | Forms of Five   | Principles of Judo                                      |
| Seiryokyu-zenyo kokumin-taiiku | National Physical Exercise based on the principle of maximum efficiency | Develops strength and agility for attack and defense    |
| Goshinjitsu-no-kata            | Self Defense Techniques of Kodokan Judo                                 | Defense and counterattack                               |
| Joshi-Judo-goshinho            | Self Defense Techniques of Kodokan Judo for Women                       | Defense and counterattack                               |
| Go Kyo No Waza                 | The 65 Basic Throws of Kodokan Judo                                     | 65 throwing techniques                                  |

## Judo Drills

|                                 |                              |                              |
|---------------------------------|------------------------------|------------------------------|
| Side Jumping                    | Squat Jumps                  | Pull and Push - off balance  |
| Rope Climbing                   | Split Twist                  | Split Twist to Elbow Roll    |
| Jump, Split twist to elbow roll | circling                     | Grab and Whiz                |
| Circle and Lift                 | Tie him hpo                  | Barrell Hoop Race            |
| Split Jumping                   | Half Jumping                 | Hip Twisting                 |
| Crab race                       | front and back split jumping | bear walk                    |
| side hop to split jump          | cock fight                   | Elbow Rolls                  |
| Cartwheels                      | Front Hand springs           | Round off to back handspring |
| Passing the ball                | Stopping hands               | drag crawl                   |
| jump over each other - hop      | climb rope                   | back crawl                   |
| stomach pull                    |                              |                              |

## Go Kyo No Waza

### 1st Kyo (Dai Ikkyo) of the Go Kyo No Waza

**Hiza Guruma** - The idea is to hold the feet still. Hold down on leg above kneecap with attacking leg. Hands try to throw over the shoulder. Hold the top and let the bottom go. Step out of the way to the side and throw driving leg to side setting on the ball of the foot. Set power hand by gripping low and setting high.

**Oso togari** - Demo, put weight on one leg - pull other leg off the floor. Sweep under thigh with leg and pull him over. Mostly a roller, hard to drive. Driver is usually the demo.

**Ogoshi** - Reach around side in crook of the elbow. Insert hip and pull him against hip. Turn body as you pull him over your hip. Hand is deep, hip through, pull him over.

**Seoinage** - Palm up makes a stronger grip. This is a back carry throw. Catch deeply in the pit of your arm, turn feet off to side-body also, drop weight and roll him down to the floor - dynamic form. Drop weight for power. Trapping arm grips on top of the biceps. Demo form you still sink or drop the body. You can also seoinage to the ground into a seiza. Holding on top of biceps is more effective. Catch his arm in the crotch of your arm. You can turn in more than 90 ° and drop to your knees to throw.

**De Ashi Barai** - Hands circle like a steering wheel. The body is upright and close to the uke. Move yourself or opponent into position. Attack side of feet. If back, must angle calf backward (upward) and is kosotogake - not De Ashi. Works best if you can pull foot across your front. Also, should step with same leg (right-right) as opponent too set up throw.

**Sasae Tsurikomi Ashi** - Get foot forward and get knee to lock - make it lock - with his body leaning forward. Pull him forward and lock his knee. Same foot steps as in hiza guruma. Lift, pull step to side and turn him.

**Uki Goshi** - Reach around and grab back (not belt) Pull him forward (in hari goshi, just put foot out) as you want him to lean forward. Step in with driver (toes pointing 180° from opponent) and then bring other foot in when striking upwards with the hip. Spring hip into him - do not pull him down. Stick hip into him take wind out. Strike upward knock him off his feet.

**Ouchigari** - The idea is to glue the feet to the ground. Prevent feet from moving by tipping him onto his heels. This is a rear cycle clip. Power hand mostly down and a little back to get weight on foot to be reaped. Go over shoulder and push down. Pull shoulder down and make weight set on the heels. Put your whole body especially the hip and chest against opponent. Strong pull on trapping hand forward to prevent step backward - 45° angle of attack. Step behind leg to be reaped so it cannot move. Roller attack perpendicular. For driver, driving leg to outside.

### 2nd Kyo (Dai Nikyo) of the Go Kyo No Waza

**Kosotogari** - Quick step to the side and de ashi barai to Achilles tendon. Opponents calf must bend backward. Pull down and back to do this. Driver is close to foot on side, pull down and sweep tendon.

**Kouchigari** - Pull down to side, tip backward on heels and kick out and behind heel to reap forward leg. Both hands must push. To set up, pull forward and downward. When opponent resists, follow resistance and push down and backwards.

**Koshiguruma** Grab over shoulder and around neck. Split your tail bone on his leg and Ogoshi. Opponent goes over hip like a wheel.

**Tsurikomigoshi** - Power hand drives up and out (by head), put hip well into opponent and Ogoshi. Opponent somersaults over your hip.

**Okuriashiharai** - Following throw - like you follow with a broom. Get opponent to step with one foot. If he

steps with one foot, the other foot moves or follows a little bit. Follow that foot and try to sweep it into the other foot. Must be in close to sweep. Sweep with the whole leg, not just the foot. This is a sending foot sweep. you can get him to step by pulling him into a circle, side to side, on an angle, sliding foot forward or backward - just about any direction.

**Taiotoshi** - This is a hand technique. Set your driver wide, turn your back (do not put hip across). Lock him to you, step across front and put your attacking foot near his foot. Twist hip to throw. Pulling arm pulls to hip like a punch - strongest or most natural way to pull. Step driver wide and behind, clip his legs with the attacking leg, set locking arm against body, set driving arm elbow against his body, and punch him to the ground. Front leg bent, back leg with knee deep, put hip on the ground. There is a one leg taitoshi - step inside between opponent's legs with driver.

**Haraigoshi** - Driver goes outside. Pull arm in close, wrap it close around your body and off balance by tipping him forward. Push his knee with your attacking leg to get knee to lock and drive upwards. you can also kick back/down to drive his leg into the air.

**Uchimata** - Two different ways. Short, stocky people do a roller. Put your driver in between opponents legs and lift both his feet at the same time off the ground with your attacking leg. Your attacking arm reaches behind the neck. Taller people do a driver. Set your driver on the outside and holding lapel high, attacking leg sweep high inside. If sweep not high enough, hop, hop, hop forward until he falls. Practice 180,90,45 and reverse direction to throw.

### 3rd Kyo (Dai Sankyo) of the Go Kyo No Waza

|                    |
|--------------------|
| Kosotagake         |
| Tsuri Goshi        |
| Haraitsurikomiashi |
| Hane Goshi         |
| Yoko otoshi        |
| Kata guruma        |
| Tomoe nage         |
| Ashi guruma        |

### 4th Kyo (Dai Yonkyu) of the Go Kyo No Waza

|  |
|--|
| <b>Sumigaeshi</b> - Bottom still, pull top. Can step inside or outside of the legs, but hip must get under. Can grab belt. Catch inner thigh with the shin. Off balance similar to the tomoe nage. Roll on top and pin as you throw.                               |
| <b>Tani Otoshi</b> - A good counter for the uchimata, haraigoshi or seoinage. Step to the side and then spread out - split. Lunge in and spread out. Pull down and up with left hand.  |
| <b>Hane Makikomi</b> - Wrapping around. Two bodies stay together until the ground. Reach behind with right hand and extend attacking leg. Follow to the ground. Legs as in hanegoshi. Hanegoshi with followthrough to the ground.                                  |
| <b>Sukuinage</b> - Jump to side slightly behind (one leg behind) and shoot hands around leg. Lift up.  |
| <b>Utsurigoshi</b> - This is a transfer or a change. Lift opponent off ground with body. Need good grip with the left hand and good pull with the right hand. Get feet out in front of you. Step in front and throw with ogoshi. Uranage start with ogoshi finish. |
| <b>Oguruma</b> - Rotate opponent around middle of body. Move ft back as upper body comes forward. Step across and pivot 180° (step or jump) and roll over the leg. Stay on ball of foot and turn. Drive elbow high.  |
| <b>Soto Makikomi</b> - Must get hip around and lift opponent. Deep hip penetration. Reach driving hand over and across on the outside. Follow to the ground.   |
| <b>Uki Otoshi</b> - Not necessary to put knee on the ground. Try to lock opponent's knee by floating opponent. Pull down hard and through. Uses hands.   |

### 5th Kyo (Dai Go Kyo) of the Go Kyo No Waza

|   |
|---|
| <b>Osotoguruma</b> - Like a haraigoshi. Step for classic osotogari but a little further. Then extend the attacking leg. |
|---|

|  |
|--|
| Pull to the side and use a sweeping type action. Touch both legs, but may actually sweep only one.   |
| <b>Ukiwaza</b> - Throw along the line of the toes. Step out wide to the side and stretch the body out. Make contact with the thigh to the foot of the uke. Step wide so that you can use push with the power hand. Get as close as you can. Get under and turn.                                      |
| <b>Yokowakare</b> - If try to counter your osotogari, then use yokowakare. Throw driving let into the opponent. Both legs are in front of and across the opponent.   |
| <b>Yokoguruma</b> - Counter to standing seoinage. Start uranage and when opponent bends forward, throw foot through and throw opponent over. Lean and then throw hard behind or on back.   |
| <b>Ushirogoshi</b> - Take hold and throw. Pickup and throw upper body back and down. Defense to a haraigoshi and similar attacks. Pick feet up, put head down quickly. Can push legs forward when up. Maybe push with thigh or knee. The idea is to throw the legs out. Belly or hara can also push. |
| <b>Ura nage</b> - Push arm up and put head under the arm. Opponent must be sideways. Left, arch back and throw backwards. Use against uchimata. You will fall back to the floor. Push down first so opponent straightens up - then throw.  |
| <b>Sumiotoshi</b> - Must lock knee to be effective. Drive from outside to lock outside of knee and project body outside of its base. Power hand drives strong.   |
| <b>Yokogake</b> - Turn opponent so that foot goes back behind. Drive the foot out so both go flying. Setp forward and drive whole body out. Pull arm up. Lean back and both go to ground. Turn with and pin on the throw. Easy to get side knee lock. Hard to get motion to the side.                |

### Shinmeisho No Waza

|                   |
|-------------------|
| Morotegari        |
| Kuchiki Taoshi    |
| kibisu Gashi      |
| Uchimata Sukashi  |
| Dakiage           |
| Tsubame Gaeshi    |
| Kouchi Gaeshi     |
| Ouchi Gaeshi      |
| Osoto Gaeshi      |
| Ouchi Gaeshi      |
| Osoto Gaeshi      |
| Haraigoshi Gaeshi |
| Uchimata Gaeshi   |
| Hanegoshi Gaeshi  |
| Kani Basami       |
| Kawazu Gake       |
| Osoto Makikomi    |
| Harai Makikomi    |
| Uchimata Makikomi |

### Eight Techniques of the Go Kyo No Waza excluded in 1920 and put back into Kodokan Judo in 1982

|                 |
|-----------------|
| Obi Otoshi      |
| Seoi Otoshi     |
| Yama Arashi     |
| Osoto Otoshi    |
| Daki Wakare     |
| Hikikomi Gaeshi |
| Tawara Gaeshi   |
| Uchi Makikomi   |

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# January 2011 Judo Seminar

## Strongsville, Ohio

### Notes for Clinic

Demo Form vs. Competition or Dynamic Form - Hold opponent down to the floor  
Rollers - Throw across line of the legs - the line between the heels - throw perpendicular to this line.  
Drivers throw along the line of the feet - the direction of the line from one foot to another

Need to enter the throw quickly - set the driving leg and attack - Plyometrics reduces the time necessary for this.

KMK - are you moving inside or outside the circle? Which Judo throws are inside and which are outside the circle? Kenka techniques - inside or outside.

What is Ju?

Newton's three laws of motion

A body at rest remains at rest and a body in motion remains in motion unless acted upon by an outside force.

When a force acts on a mass, the mass acquires certain acceleration proportional and in the direction of the force acting upon it, and the acceleration is inverse to the magnitude of the mass.

To every motion there is an equal and opposite reaction.

Unguarded Moment

Situations that provide the unguarded moment or loss of zanshin.

Fatigue - mental and physical (legs, shoulders, arms, etc must be separately considered

Attacking on an angle

Mental Feints

Anticipation

Unguarded

Not trained

Off peak

Mental or physical fatigue

Absent-minded - mind is absent

Upset - emotional

Get opponent to focus attention on one thing and do another

Get him to worry about more than one thing - keep his mind occupied

Angle attacks - hard to recognize movement

At his inhale

When off balance -- mentally or spiritually

Attack when posture is wrong or loses control of breathing

Longer time to respond to attack -- the more distractions, the better.

Long Term training must consider

Tactical - space determination - distance

Strategic

Parts of a match: Beginning, Middle, End

Happenings in match you attack he retreats, he attacks you retreat, either attacks no one retreats, etc.

When do you do what

Void - no attacks

Consider left or right, strong vs. weak side - yours and his

Location awareness

What you do to opponent, do not let him do it to you.

Review Seoinage left/right from nage no kata, 2 other throws from nage no kata, throws from 1st kyo with follow through hold.

Nage Waza - 2nd kyo, ne waza - 4 more

Movement practice - nage no kata - uchimata and seoinage from nage no kata

KMK Judo rank and application fees

1st two rank requirements

2nd two rank requirements

## **January 2011 Judo Seminar Strongsville, Ohio**

9 am First Hour – Making the Uke Safe

Methods of Ukemi Waza - Forward, Back, Side, Rollout Breakfalls  
Turnover and Dive Rolls

10 am Second Hour – Kwanmukan Turnovers – How they teach throwing and falling

11 am Third Hour – Tripping and Foot Sweeps

Noon: Lunch Break

1 pm Fourth Hour - Selected throws Sweeping the Bottom from the Top, the Top Over the Bottom and Movement Around the Middle

2 pm Fifth Hour – Transition to the Ground. How to execute and control for maximum effect, minimum effort

3 pm Sixth Hour – Ground Work. Basic Judo holds and how to maneuver on the ground.

4 pm Seventh Hour – Introduction to Randori

Seminar will include not only skill development, but the method of teaching the skill.  
Students will be given a written test on concepts presented during the seminar.