



**Manual of Study  
including  
Requirements**



**INTERNATIONAL  
KWANMUKAN**



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## Table of Contents

<b>Judo</b> .....	5
<b>Ranking System</b> .....	5
<b>Judo Technical Divisions</b> .....	5
<b>Parts of a Throw</b> .....	6
<b>Falling Methods</b> .....	6
<b>Judo Techniques</b> .....	9
<b>Throwing - Nage Waza</b> .....	9
<i>Hand Techniques - Te Waza</i> .....	9
<i>Hip or Loin Techniques - Koshi Waza</i> .....	9
<i>Foot &amp; Leg Techniques - Ashi Waza</i> .....	9
<i>Rear Fall and Side Fall Throws - Matsutemi Waza &amp; Yokosutemi Waza</i> <sup>9</sup>	
<b>Holds and Escapes - Katame-Waza or Ne Waza</b> .....	9
<i>Pinning Techniques - Osaekomi-waza</i> .....	9
<i>Strangle or Neck Lock Techniques - Shime-waza</i> .....	9
<i>Joint Techniques - Kansetsu-waza</i> .....	9
<b>Attacking the Vital Points of the Body - Ate-Waza (Atemi Waza)</b> .....	9
<b>Kwanmukan Judo Requirements For 5th and 6th Kyu</b> .....	10
<b>General Requirements</b> .....	10
<b>Grips and Grip Breaking</b> .....	10
<b>Ukemi Waza</b> .....	10
<b>Throws - Nage Waza</b> .....	10
<b>Grappling</b> .....	10
<b>Defense Against Throws</b> .....	10
<b>Notes</b> .....	11
<b>General Requirements</b> .....	11
<b>Grips and Grip Breaking</b> .....	11
<b>Ukemi Waza</b> .....	11
<b>Throws - Nage-Waza</b> .....	11
<b>Grappling</b> .....	12
<b>Defence Against Throws</b> .....	12
<b>Kwanmukan Judo Requirements For 4th Kyu</b> .....	13
<b>General Requirements</b> .....	13
<b>Grips and Grip Breaking</b> .....	13
<b>Throws - Nage Waza</b> .....	13
<b>Defense Against Throws</b> .....	13
<b>Counters For Throws</b> .....	13
<b>Grappling</b> .....	13
<b>Entry Into Grappling</b> .....	13
<b>Kwanmukan Judo Requirements For 3rd Kyu</b> .....	14
<b>Grips and Grip Breaking</b> .....	14
<b>Throws - Nage Waza</b> .....	14
<b>Defense Against Throws</b> .....	14
<b>Counters For Throws</b> .....	14
<b>Combinations of Throws</b> .....	14

<b>Grappling</b> .....	14
<b>Entry Into Grappling - Hairi Kata</b> .....	14
<b>Kwanmukan Judo Requirements For 2nd Kyu</b> .....	15
<b>Grips and Grip Breaking - Kumi Kata</b> .....	15
<b>Throws - Nage Waza</b> .....	15
<b>Defense (Bogyo) Against Throws</b> .....	15
<b>Counters (Kaeshi) For Throws</b> .....	15
<b>Combinations (Renraku) of Throws</b> .....	15
<b>Grappling - Osaekomi</b> .....	15
<b>Entry Into Grappling</b> .....	15
<b>Grappling - Shimewaza</b> .....	15
<b>Kwanmukan Judo Requirements For 1st Kyu</b> .....	16
<b>Grips and Grip Breaking - Kumi Kata</b> .....	16
<b>Throws - Nage Waza</b> .....	16
<b>Defense (Bogyo) Against Throws</b> .....	16
<b>Counters (Kaeshi) For Throws</b> .....	16
<b>Combinations (Renraku) of Throws</b> .....	16
<b>Grappling - Osaekomi</b> .....	16
<b>Entry Into Grappling</b> .....	16
<b>Grappling - Shimewaza</b> .....	16
<b>Grappling - Kansetsuwaza</b> .....	16
<b>Kwanmukan Judo Requirements For 1st Dan</b> .....	17
<b>Throws - Nage Waza</b> .....	17
<b>Throws - Nage Waza</b> .....	17
<b>Judo Kata Listing</b> .....	18
<b>Judo Drills</b> .....	18
<b>Go Kyo No Waza</b> .....	19
<b>1st Kyo (Dai Ikkyo) of the Go Kyo No Waza</b> .....	19
<b>2nd Kyo (Dai Nikyo) of the Go Kyo No Waza</b> .....	19
<b>3rd Kyo (Dai Sankyō) of the Go Kyo No Waza</b> .....	20
<b>4th Kyo (Dai Yonkyū) of the Go Kyo No Waza</b> .....	20
<b>5th Kyo (Dai Go Kyo) of the Go Kyo No Waza</b> .....	20
<b>Shinmeisho No Waza</b> .....	21
<b>Notes for Clinic</b> .....	23

## **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 Back Carry or Shoulder throw	Seoinage/Morote Seoinage - Two Hand Back Carry or Shoulder Throw	Kata Guruma - Shoulder Wheel or 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 Pull Hip	Koshi Guruma - Hip Wheel or Whirl	Osoto Guruma - Big or Major Outside Wheel or Whirl

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

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

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

Tomoe Nage - Circle, Stomach or Round Throw	Ura Nage - Inside Out or Rear Throw	Sumi Gaeshi - Corner Reversal
Uki Waza - Floating Throw	Uchimakikomi - Inner Winding Throw	Yoko Guruma - Side Wheel or 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 Corner Hold	Yokoshiho Gatame - Side 4 Corner or 4 Direction Hold

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

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

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

Ude Gatame - Arm Lock Hold or Wrap	Juji Gatame - Cross Hold or Lock	Waki Gatame - Armpit Hold or Lock
Ashi Garami - Entangled Leg Hold or Lock	Ude Garami - Entangled or Bent 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 of upper four quarters	Single roll escape	5th
Kuzure Kesa Gatame	Modified or variant Scarf or 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> 4th
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**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>Throws - Nage Waza</b>	<b>GoKyo No Waza</b>	
<b>Name</b>	<b>English Reference</b>		<b>Level</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>English Reference</b>	<b>Escape - Fusegi</b>	
<b>Name</b>			<b>Level</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 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 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 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 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 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 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 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 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 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.
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Pull to the side and use a sweeping type action. Touch both legs, but may actually sweep only one.
<i>Ukiwaza</i> - 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.
<i>Yokowakare</i> - 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.
<i>Yokoguruma</i> - 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.
<i>Ushirogoshi</i> - 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.
<i>Ura nage</i> - 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.
<i>Sumiotoshi</i> - 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.
<i>Yokogake</i> - 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

aim, 5  
 ashi-ate, 5  
 ashi-waza, 5  
 atemi-waza, 5  
 Black Belt, 5  
 black belts, 5  
 body-blow techniques, 5  
 dan grades, 5  
 Defense in Judo, 5  
 Division of Judo techniques, 5  
 entry, 6  
 Escape, 5  
 execution, 6  
 Falling methods, 6  
 falling techniques, 5  
 foot techniques, 5  
 Free practice, 5  
 fusegi, 5  
 goal, 5  
 Goshin-jitsu, 5  
 grappling techniques, 5  
 hand techniques, 5  
 hazumi, 5  
 hip techniques, 5  
 holding techniques, 5  
 hsing, 6  
 ikioi, 5  
 Jigo-tai, 5  
 joint techniques, 5  
 Ju, 5  
 Judo, 5  
 Jujitsu, 5  
 Junior Ranks, 5  
 kake, 6  
 kansetsu-waza, 5  
 katame-waza, 5  
 koshi-waza, 5  
 kumikata, 5  
 kuzushi, 6  
 Kwanmukan, 5  
 matsutemi-waza, 5  
 Mifune, 6  
 Nage no Kata, 5  
 nage-waza, 5  
 newaza, 5  
 off-balancing, 6  
 osaekomi-waza, 5  
 pinning techniques, 5  
 randori, 5  
 rank system, 5  
 reaction time, 6  
 rear techniques, 5  
 red & white belts, 5  
 red belts, 5  
 rule of kuzushi, 6  
 Senior Ranks, 5  
 shime-waza, 5  
 shintai, 5  
 Shizen-tai, 5  
 side techniques, 5  
 standing techniques, 5  
 strangle techniques, 5  
 sutemi-waza, 5  
 tachi-waza, 5  
 tai-sabiki, 5  
 te-waza, 5  
 throwing techniques, 5  
 tsugi-ashi, 5  
 tsukuri, 6  
 two maxims, 5  
 ude-ate, 5  
 ukemi-waza, which means falling away, 6  
 unguarded moment, 6  
 yoko sutemi-waza, 5  
 zanshin, 6, 7

# 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.