

JUDO

STUDENT MANUAL

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In Japan there is an expression, "Hajime which means to begin. As a Judo student you have begun that step. Judo literally means the Gentle Way.

What does it take to be a Judo student? Making the decision to begin Judo is the first step. Next, we enter into the secret of Judo. There are three things to make the secret work. First, we must practice. Then we must study and finally, we must have commitment. Commitment for learning the techniques and practice to bring it all together.

In this spirit I hope you will become deeply involved in our training. It means that we as Judoka will make a commitment to help you develop with time and hard work. Study this manual and it will enhance your practice and will help keep you focused on the right path.

Our commitment is to put as much effort into you as you will put into yourself. We will walk together down this path in friendship. This manual will help you to walk this path with us. I hope that you will find it useful in your study of the "Way of Gentleness"

Regards,

Charlie Laney Shihan

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Professor Jigoro Kano (1860-1938)

INTRODUCTION

Along with the help of the Yawara Judo Association, I am providing the finest training available. I have designed this Judo Student Manual so that the beginner and the advanced alike will gain a greater understanding of Judo. Students begin Judo for many different reasons. I hope to help paint a clear picture of what Judo is all about. Judo is many different things to each of us. While the manual can not teach you all you must know it exemplifies the frame work of Judo training. Studying the manual must be in partnership with sincere training in the dojo. Without training there is no Judo.

The manual clearly explains the types of training a student undertakes and the reasons for them. Etiquette is explained; the doJo is often a complicated place for a new student and I believe this will make the beginner transition easier to grasp. Finally, it is our hope that Judo students will find this manual a source of knowledge, inspiration, and encouragement that will allow him/her to walk the path with focus on the learning and not how long the past is.

I would like to express my thanks to Charlie Laney Shihan whose help and support of this manual is greatly appreciated.

CHAPTER I

About The Manual

About Judo

WHAT IS THE PURPOSE OF THIS MANUAL?

The purpose of this manual is to provide a helpful outline for every Judo student. It shall provide information that will assist your Judo instructor in your development. You shall find history, vocabulary, and other helpful subject matter addressed in this manual. Students come to Judo for many different reasons and some know more than others about Judo. However, it is our hope that this manual shall serve to bring together those with much knowledge and those with little knowledge and develop the mind, body, and spirit of every student.

You will find that training in Judo will provide knowledge of principles that will assist you in every facet of your life. This manual shall not be maximized without regular practice in an established dojo (practice hall). It is most important that you attend regular classes and devote time and energy in the development of your skills.

A number of areas are addressed in this manual and if further clarification is needed we suggest you inquire at your home dojo. We hope you commit yourself to learning, also called "shoskin", beginners' mind. If you do so you will find that learning will become simpler and you will be open to all the instruction given to you.

THE JUDO WELCOME

You have chosen Judo for reasons known only to you. However, we would like to welcome you and extend our hand of assistance in your development. Judo, being a discipline, is not to be taken lightly nor will you find the road of learning easy at all times. You will learn to walk properly, breath properly, you will learn throws, hold downs, choking techniques, strikes. and most importantly, throughout it all, you will learn to be in harmony with life. You will find that you will gain many times over whatever you put into learning Judo and the principles and the principles you have been taught.

Initially you may find Judo very taxing to the body but in time you will find the body adjusts to the various exercises. We suggest you maintain a positive attitude and work diligently to learn. The path is demanding but you will find that it will be well worth the effort.

WHAT IS JUDO?

Judo stems from JuJitsu, which was grappling techniques that were developed in the middle ages. Sometimes it was referred to as Yawara. Ju or Yawara means "gentleness" and Jutsu means "technique" This name was adopted because Jujitsu is physical techniques by which one may control an opponent without going against the strength of an opponent but by utilizing an opponents strength. This theory of gentleness and principle of Ju was essentially the same and could be used whether the warriors wore stiff heavy armor or not.

After the 16th century various Jujitsu schools were created such as the Takeuchi School, Sekiguchi School, Shibukawa School, Yoshin School, Ryoishinto School, etc.

Schools declined gradually after the 1868 revolution in Japan. It was at this time that the Tokugawa Shogun was defeated and a constitutional monarchy was born. Later a small, young man by the name Jigoro Kano entered the Department of Literature at Tokyo University. Although he was mentally brilliant his concern was to conquer his physical weakness in order to become a useful citizen in the future. Thus, he became interested in the art of Jujitsu in spite of its declining importance. Professor Kano studied Tenshin Shinyo Ryu jujitsu from Hachinosuke Fukuda, and then Masatomo Iso, and Kite Ryu Jujitsu from Tsunetoshi Iikubo.

In 1882 Dr. Kano opened a Dojo, which he named the Kodokan, and started to train students. The dojo was a small room of less than 40 square feet within the Eisholi Zen Temple in Tokyo. In time promising students, that respected and trusted Professor Kano, came to study at the Kodokan. Among these students were Sakujiro Yokoyama, Gisho Yamashita, Shire Saigo Tsunejiro Tomita, and others whose names are well known by the present day public of Japan.

The Jujitsu instructors were living hand to mouth at that time and did not listen to Professor Kano's principles but instead they attempted opposition to him. Many times Professor Kano and his students were challenged with unreasonable methods of combat by the old fashioned JuJutsuka.

Professor Kano became the Principle of Tokyo University of Education and later became a Senator. Meanwhile, the Kodokan moved to different locations in order to accommodate the increasing number of students as Judo became more popular. Today, the Kodokan is located in Kasuga-cho, Bunkyo-ku, and Tokyo, Japan. The main dojo consists of 500 mats and there are many smaller dojo where young students from all over the world receive training. The mottoes of the Kodokan are "Maximum Efficiency" and "Mutual Prosperity" _

Judo is a development of mind (good character), body (healthy and in harmony with the mind), and spirit (maintaining a good, healthy attitude about learning and applying the principles to every aspect of life).

CHAPTER II

Introduction To The YJA

THE YAWARA JUDO ASSOCIATION FOUNDATION

The Yawara Judo Association Is an organization founded by Senior Sensei Loren Bentley Sensei founded this organization where by students would receive structured teaching in a uniform manner. The YJA also sanctions rank promotions for Kyu levels and Dan grades. Standards have been established for minimum requirements for each rank.

Bentley Sensei presently lives and teaches Judo in New Mexico. He is also a high school teacher in Anthony, New Mexico. Through his instruction in the dojo and in the classroom he has touched many lives. There have been many high school and Judo students that can say that he has made a difference in their lives. Bentley Sensei has been teaching Judo for over 30 years and has contributed ,greatly to the development of Judo in Texas and New Mexico. Bentley Sensei is the senior member of the Executive Promotion Committee for the Yawara Judo Association. Bentley Sensei is also a senior member of the Board of Directors for the Yawara

In 1970, Bentley Sensei began teaching a student named Charlie Laney. Mr, Laney worked hard and in 1974 he was promoted to Shodan. He became an assistant instructor for Bentley Sensei teaching at the Texas Karate Institute.

In 1976, Bentley Sensei was teaching English and other subjects at Justin F. Kimball High School In Dallas, Texas. That same year he began a Judo Club at the high school where he saw many students come and go. Two students from that club went on to work out at an area recreation facility. The two students Were brown belts and had no Intention of teaching however, others came. It was decided, by Bentley Sensei, that a black belt must take over the class Laney Sensei was the chosen student instructor and that doJo is in operation to this day at Martin Weiss Park and Recreation Center.

Later, in 1977, Laney Sensei was Promoted to Nidan. As time went on Bentley Sensei relocated and Laney Sensei became heir to many students of Bentley Sensei, to include the two brown belts that started participating at the center. In 1981 Laney Sensei was promoted to San Dan and one of the two brown belts, Gary Cotton, was promoted to Shodan. As Laney Sensei worked to build greater Yawara organization time passed and in 1984 he was promoted to Yon Dan. He was promoted to Go Dan In 1989. In 1991 he began teaching at another location, Fretz Park and Recreation in Dallas. And, in 1993, he was honored with a promotion to Roku Dan. During that same year he started another club at the First Baptist Church, Grand Prairie. To this day Laney Shihan (teacher of teachers) teaches at all three locations and oversees the Judo Association operations. Laney Shihan is Bentley Sensei senior student and has also touched many lives with his Judo instruction.

Gary Cotton went on to teach at another Dallas recreation center and then relocated to Palestine, Texas where he is the Chief Instructor of MASSUGU JUDO/JUJITSU RYU. Cotton Sensei was promoted to Go Dan in 1994. The three Judoka are the Executive Promotional Committee members of the Yawara Judo Association. It is our goal to continue to share Judo with every one that is willing to learn the discipline.

There were and are many other very important students and instructors that played important roles in the development of the Yawara over the years. To those people that I have had the pleasure of training with and learning from, I thank you very much. To my first Judo Sensei I would wish to tell you "Thank You" for your time and effort. Bentley Sensei gave me the start and basics I needed to become a Judo Sensei. Laney Shihan continued that tradition and taught me and paved the way for me to promote. Laney Shihan and I have shared good and bad times and he has never failed to be teacher to me. I along with many other instructors in this association, I would wish to share our gratitude.

YAWARA JUDO ASSOCIATION MEMBERSHIP

Everyone is invited to be a member of the Yawara Judo Association. Membership requires application and payment of an annual fee. The annual fee is \$7.00 and is payable when you join and then in January of each year thereafter. We encourage your involvement in the YJA and welcome you to any and all learning opportunities. Your annual dues go to improve and maintain the quality of Judo in Texas and even in the United States. We have members in many different states and you will be joining these many fine Judoka in support of this association.

There are seminar/clinics, tournaments, and belt promotions throughout the year. So you can see the minimal annual fee is well worth the investment.

The YJA was founded by Loren Bentley Sensei. Bentley Sensei is the senior member of the Executive Promotional Committee. Charlie Laney Shihan is the senior student of Bentley Sensei. Laney Shihan is the second member of the Executive Promotional Committee. Gary Cotton Sensei is the third member of the Executive Promotional Committee and began his Judo study with Bentley Sensei and then studied with Laney Shihan. The Executive Promotional Committee governs all promotions in the Yawara Judo Association. All black belt instructors are authorized to promote students through the rank of Ik kyu (1st brown belt). You must have permission from your Sensei for promotion to any rank.

All member dojos of the YJA teach and follow the same basic promotion standard. The YJA provides growing assistance to all member dojos. It is through the support by the YJA members that the YJA continues to grow. Seminars, open to everyone, are held throughout the year and all students are encouraged to attend. Instructor Seminars are also held throughout the year and those students of Ni Kyu (2nd brown belt) and above are eligible to attend. These seminars are open to any art and to any school. We suggest that all students attend at least one Instructor Seminar prior to their promotion to Shodan (1st black belt).

CHAPTER III

About Teachers
Etiquette Regarding Sensei

SENSEI-TEACHER

Your Sensei is someone with whom you have entered into a relationship of mutual trust. You trust your Sensei to teach you the art of Judo to the best of their ability. Your Sensei is trusting you to practice safely and diligently. Sensei literally means "one who is born before". This does not refer to age because your Sensei, in fact, may be younger than you. "Born before" means that your Sensei entered the path of Judo before you and has already passed where you are going. Your Sensei is committed to sharing with others and assisting in the development of each student that enters their dojo.

When your Sensei speaks listen completely and watch intently. Your Sensei will not verbally explain everything to you as words alone are the signs of an unskilled Sensei.

ETIQUETTE TO THE SENSEI

Address your instructor as Sensei at all times. Bow to your Sensei when you greet them and when you leave them or at the end of a conversation. When your Sensei calls on you, answer "yes" or "Hai" quickly. When you speak to your Sensei look at him/her and speak plainly and directly. When walking with your Sensei offer to carry bags or other things that he or she may be carrying. Japanese tradition calls for the student to walk slightly behind and to the left of the instructor. The back left corner was the hardest place for a swordsman to defend quickly if attacked, thus the student would walk here to protect his teacher. It is your responsibility to help and protect in any way possible.

When you have a question for the Sensei or one of the assistant instructors there are specific ways you should do so. Always bow to your partner before you leave them and approach the Sensei. Bow respectfully to the Sensei and wait for him/her to recognize you. When you are recognized speak directly and clearly. Once you have been given an answer and/or you have seen a demonstration for your answer you should bow to the Sensei again which is the same as saying "thank you for your help". If you return to your partner to continue work you should bow to them again. Remember you can never show your appreciation too much. An old saying that I learned many years ago, "When in doubt, bow.", could be useful to help you remember.

CHAPTER IV

Injuries and Training
Rules of Practice

INJURIES AND TRAINING

If you become sick during training you should report this to your Sensei. You should not train while you are sick. If you have any doubt about an injury and/or an illness you should consult your doctor. You should follow his/her advice with regard to your recovery. You may consult your doctor to find out his/her views regarding your study of Judo. Remember that some doctors are not sports or exercise minded so you may invite your doctor to practice so he/she may develop a greater knowledge of what you do.

Judo students often will train before an injury is fully healed because they are eager to return to the dojo. While this spirit and attitude is great it can prove to be detrimental to your training. Your body is your tool, and a great part of Judo training is learning how to take care of it. Be sure to train hard and frequently but always allow your body time to heal and regain strength.

There are many things you can do at home to continue training during a period of recovery. Ask your Sensei what those things are and what would best serve your needs. You should always feel welcome to visit the dojo during your time of recovery. It is good to do so in order to feel part of the growing process. You should come and, as always, sit quietly while listening and watching intently. There are things you can learn by doing this. Treat your injury or illness as your training ground by working on proper breathing and meditation. Understand your limitations and work within them. During your meditation, envision your body healing itself. This will serve as important training for you to use for the rest of your life. For more information and greater understanding of this ask your Sensei.

RULES OF PRACTICE (Proper Etiquette)

1. Remove all jewelry prior to practice, leave it at home if possible.
2. Maintain neatly trimmed finger and toe nails.
3. Maintain proper hygiene and grooming.
4. Wash your GI (uniform) often.
5. Three minutes before class, line up and wait while meditating.
6. When Sempai or High Kyu calls, "Rei!" (bow to the front), bow. The commands will vary from dojo to dojo. When Sempai calls out, "Sensei Rei!" (bow to the teacher), bow and say, "Onegaishimasu!" (please be so kind as to teach).
7. If you are late to class, change into your gi, bow upon entering the practice area, and sit quietly off to the side until you Sensei gives you permission to join class. He/she will expect you to bow and they will return this bow to you.
8. Bow to your Sensei when called upon, bow again to your Sensei before you sit down.
9. Bow when the instructor has finished demonstrating and directs the class to practice.
10. When your Sensei claps his/her hands or calls, "Matte" (stop), line up in proper formation and in straight lines.
11. When your Sensei advises you on a technique during practice, thank him/her and bow.
12. Do not talk while your Sensei is instructing or lecturing.
13. If you need to be excused during practice you should bow to your partner and then bow to your Sensei, ask him/her for permission to leave the mat area. It is a good idea to notify the Sensei prior to class that you will need to leave early.
14. Bow to your partner when you begin practice and when you end with that person.
15. At the end of class the Sempai will give the same commands to bow as they did to begin class. You should say "Arigato gozaimashita" (thank you very much). A new custom to many of you would be that you bow to every one you worked with during the course of the class. This should be done from a kneeling bow. It is an additional way of extending your gratitude to class members.
16. When you practice you should tap loudly with your hand or foot should you feel excessive pain; this is a signal for your partner to stop what they are doing, and it is faster than saying "ouch" or "stop".
17. Do not practice a technique you have not been taught by a Sensei.
18. Do not try to teach anyone until your Sensei directs you to do so. Do not teach non-Judoka any techniques of any kind. This will prevent misuse and injury. Always use your place and the role you should play as a student and when called on to assist.
19. Always practice safely.

CHAPTER V

The Dojo
Dojo Interior
Dojo Responsibility

THE DOJO (TRAINING PLACE)

Dojo literally translates as "Place of the Way", or "Place of Enlightenment". It should be understood that this would refer to the dojo as being more than a place of exercise. The Bushi (warrior class) found in Zen Buddhism to be a philosophy suitable to their every day trials. Furthermore, a training useful for developing the discipline of mind and body that warriors have always felt to be imperative. Zen teachers also used martial analogies and references in their teachings for the pragmatic-minded Bushi. The warrior and the monk required the same qualities: fearlessness, lack of material things to self, energetic laboring, and a commitment to follow a course of action to the very end. Both sought a free state of mind that was free of ail restraints, flowing without hindrance; both submitted themselves to severe training. As Zen became more widely accepted and finally patronized by the ruling authorities its influence on the martial arts grew. Soon the martial arts were understood as methods to cultivate the self and not just for fighting. Judo is Budo, and as such it has inherited the tradition of Budo. Students train to learn self defense techniques and, in so doing, we fashion ourselves into productive members of society. The dojo is a place recognized for its perfection of human character through strict discipline of mind and body training. For this we are indebted to the Bushi and to the teachings of Zen. The dojo is the special place we train for victory over self.

DOJO INTERIOR

All dojos are different in some way than others. However, they all have mats that are permanently placed on the floor or mats that are placed during practice and then picked up afterward. The mat area is formally know as "tatami". Tatami technically are woven straw mats, the traditional floor covering in Japanese dojo as well as their homes.

The students are to line up according to rank, age, and sex in an area called the "Shimoseki" the "low" seat. This area is directly across from the "kamiza" which means the "god" seat. This area traditionally is decorated with a photograph of O-Sensei, Jigaro Kano and a flower arrangement. The "Joseki" is the "high" seat and is generally between the low seat and the god seat. This may vary depending on the Sensei preference. The Joseki is reserved for senior ranked black belts, however, invitations are often given to lower black belt students to sit on the Joseki during

special occasions. Lower black belts should always consider it an honor to be afforded the privilege to be asked. Normally the lower black belts line up to the left of the Joseki, in order of rank, the senior of them will be closest to the Kamiza. Formal bowing is done from these positions.

One may find other things in your dojo such as office space, changing areas, and lavatories. It will serve you well to become familiar with all these areas in your dojo.

STUDENT RESPONSIBILITY IN THE DOJO

As a member of your dojo you enjoy certain privileges and you bear many responsibilities, it is wrong of you to think of the dojo as some sort of health club where you pay for your instruction and expect to get as much as you can. You do not pay for your instruction at a dojo: the teachings you will receive are the result of much time and effort spent learning by the Sensei. This is beyond any price you could pay. Your dojo fees simply insure that the facility can continue to exist viably. Pay your dues on time without being asked. Do not put your instructor in the uncomfortable position of having to ask you for money. Late or negligent payment is a sign of disrespect not only to your Sensei but to the dojo and your fellow students.

As a member of the dojo, you will be called upon to assist in the cleaning and maintenance of the facility. This is not an attempt to take advantage of your labor it is a purely practical need. On the other hand, it is very much part of your training. Be involved in every aspect of your dojo. Put your hands and hard work into every inch of it. It is very nice to talk about concepts like "Masakatsu agatsu" which is "victory over the self but if the toilets are always dirty it is plain that our words are very empty.

CHAPTER VI

Practice
Posture
Body Movement

WHEN TO PRACTICE

Most of your practice will be done in class when there is at least one instructor (black belt) on the mat. However, there may be times that you wish to practice when class is not scheduled. There are some limitations and/or restrictions that proceed your doing so. You may never practice on or with a person that is not a student unless you are of Sho Dan (1st black belt) rank or above. Someone may get hurt and you may be giving wrong direction or information. A person must be of at least Sho Dan rank before they are certified to teach students. There may be isolated circumstances in which a brown belt may be allowed to teach, however, this would be the exception to the rule. Leave the instructing to the instructors.

Kyu ranks (below black belt) may practice when a brown belt is present. We do this to ensure your safety as well as the safety of everyone else involved. The brown belt must be dressed in a Judo gi (formal practice uniform) and his/her attention must be completely on the practice.

We suggest you do not practice ukemi (break falls) without supervision of a black belt until you reach the rank of rokku kyu (green belt, 1st step). You will have much more fun and you will progress faster if you learn properly, do not develop bad technique, and especially if you do not injure yourself. Most of our dojos (practice halls) are open with classes conducted several times weekly. You should have plenty of time to practice during those times. I would encourage you to attend class often and regularly.

When you practice with fellow students you should always be helpful, encouraging, and willing to be a good partner. Always practice safely and never cause your partner injury. Everyone is different and will progress at their own pace. Do not expect other students to do techniques they have not yet been taught by their Sensei (teacher).

ATTITUDE

You should always maintain a positive attitude during practice. We all have seen times that we were too tired, lazy, or lacked the drive to practice for one reason or another. However, we must press on and force ourselves to go and practice at the dojo because we will find that we are refreshed and relieved after doing so. The founder of Aikido advises his students to "train joyfully". There is no question about the strength of this advice.

Training is not reserved for the dojo. You are encouraged to train continually in your mind. Therefore, you can always maintain your center. You must always apply the principles you have been taught and practiced in class.

POSTURES AND STANCES

When in class you are to direct all your attention to the Sensei and all that is going on around you. While your Sensei teaches, or a visiting Sensei teaches, you should sit in Seiza. Seiza is a familiar Japanese manner of sitting with your legs folded under and the buttocks resting on the heels. Most people will find this position very uncomfortable at first but you should practice at home so that you will begin to relax while sitting in this position. This position of sitting encourages attentiveness and is recommended for every class. You should be mindful that while sitting in this position you should not slouch or over arch your back.

ANZA

Those that may tire of sitting in seiza position may sit in Anza. This position is much like the Indian style of sitting. However, it is recommended that you do not cross your legs. You should sit with your right leg laying in front of your left leg. With your left leg behind your right leg, lay them both flat on the mat. You should continue to be mindful never to slouch while sitting in either position. When you have rested you should return to seiza. Anza position is not a formal sitting position and is sometimes referred to as "Agura no Shisei"

STANDING

Always be aware of your posture when sitting or standing. Bad habits are very hard to break. Learn the proper method and practice them with diligence. There are a few postures you will find to be the basics of practice.

Shizen-Tai (Natural Posture)

1. Shizen-Hontai (Fundamental/Basic Natural Posture)
2. Migi - Shizentai (Right Natural Posture)
3. Hidari-Shizentai (Left Natural Posture)

Balance should be on both legs in these positions and your feet should be approximately one foot apart. The body is straight, yet relaxed. The designation of right or left indicates which foot should be forward.

Jigo-Tai (Defensive Posture)

1. Jigo-Hontai (Fundamental/Basic Defensive Posture)
2. Migi-Jigotai (Right Defensive Posture)
3. Hidari-Jigotai (Left Defensive Posture)

The reason for these defensive postures is to defend oneself, however, it is very difficult to move quickly from this position. This position is a wider step than Shizen-Hontai. You will find that you will be more effective in your techniques from Shizen-Hontai.

The half body stance used in defense is called "Hanmi no Kamae" in some dojos. Keep in mind that you should tend your awareness while in this and other stances. This is a defensive posture and you should never slouch with the body or the mind.

SHINTAI AND TAISABAKI (Body and Foot Movement)

You will practice several movements and steps. The basics of these must be practiced over and over again until they are mastered. You will find that with them you will stay centered and the energy in your Hara will be best utilized. Establish good posture and you will be able to adjust to attacks from any direction.

Shintai: There are two methods of walking in Judo. Tsugi Ashi means that one foot follows the other foot without passing the first foot. Ayumi Ashi means ordinary walking. Both of these walking methods should be done with Suri Ashi (sliding steps).

Taisabaki: There are three forms of Taisabaki; Mae Sabaki (front movement), Ushiro Sabaki (rear movement), and Mae Mawari (front turn). Taisabaki means to change the position and direction of all the parts of the body with stabilized posture for offensive and defensive techniques.

THREE ELEMENTS: NAGE WAZA (Throwing Techniques)

You can not throw someone that has good posture, therefore, you must off balance them. Kuzushi means to break balance. There are eight basic directions that you may use to break balance: Straight forward, straight behind, directly to the right, directly to the left, and to each of the four corners.

Tsukuri means to enter or set up your opponent as well as yourself. After breaking balance you must immediately adjust your body to your opponent so that you can throw them.

Kake means execution or application of a technique. You must have all three elements in place in order for the technique to be at its most efficient level. Practice Kuzushi, Tsukuri, and Kake continuously until it becomes a single movement. Always strive to be supple as the "Cherry Blossom".

The Cherry Blossom is the symbol of Judo. It implies suppleness and it has petals that indicate the eight directions in which balance can be broken.

CHAPTER VII

Competition
Shiai
Kata

SHIAI (Competition)

As a Judoka you may go to competitions, and then again, you may not. These are sometimes referred to as tournaments. They are held throughout Texas and the United States year round. Shiai can be an effective method to test your skill from one perspective. However, some people are not interested in tournaments. This is fine, too.

As long as you remember what part of your training is affected by competition you should learn through this experience. Some Judo schools demand that you devote all your practice time to competition preparation. This is not recommended because you will be limited in your learning of what Judo is all about. Remember that shiai is only a measuring tool. You will meet many wonderful Judoka at tournaments with whom you may develop long lasting friendships.

There are many jobs you can do at a tournament to assist and they are as equally important as the actual competition. It is recommended that all people over the age of 30 abstain unless it is your true desire. You should prepare yourself with plenty of exercise and practice. You must learn and practice a wide variety of techniques so that you will do well at tournaments.

You can work score tables, time keeping, referee, judging, and many other functions of a tournament. Visit with your Sensei to determine what is best for you. Whatever you do, enjoy it.

KATA COMPETITION

Kata has just recently returned to the competition mat. You have many good competitors entering these events. It pays to have been practicing Judo for a couple of years before you try to tackle such a thing. Kata is an examination of techniques. When you study Kata you should break each technique down to see how and why it works. Thus, you will gain a better understanding of Judo. You do not have to compete in Kata but promotion to the brown and black belt level requires that you learn and practice Kata regularly.

CHAPTER VIII

Randori
Renraku Waza

RANDORI (Free Practice)

Randori literally means "Seize Chaos", allow technique to flow. In some dojos you will find that they use this term when practicing shiai type situations. I recommend that you use this term when working two types of practice. The first one I would recommend would be used when everyone works independently. Everyone is free to practice on what ever they want.

The second method of randori is when one or more students are attacking another student, self defense. This gives you a sure way of practicing and demonstrating your technique against aggressive attacks. The purpose is to freely and confidently defend as your attacker builds in intensity and complexity. This is a good time to work your Renraku waza.

RENRAKU WAZA (Combination Techniques)

In the beginning you will work on one technique at a time. It will take some time to get to the place where you can do a variety of techniques. However, in time you will begin to work on several techniques at a time. The idea is that you 100% attempt a technique and if missed you move smoothly into another and so on. Moving from one technique to the next without pause and thought. Also you may complete a throw and then move directly into a hold, choke, or arm lock. These are also methods of renraku waza. Think of it as water running in a stream. When the water is met by a rock or other obstacle the water does not stop but yet it finds the path of least resistance. This is the way all of our techniques should be. Never force with strength. Always take uke in the direction of least resistance, blend, and move in harmony with uke.

UKE & TORI RELATIONSHIP

Uke means "attacker" and Tori means "defender". Uke must put his heart into his attacks. If uke does not do so then tori will not learn and execute techniques effectively. There are times when uke should not resist your techniques. He should give you the chance to learn them and become confident in doing them before he/she resists. Learn to be what tori needs you to be in any given practice. Uke should always be practicing good ukemi when being thrown. Ukemi is the first thing you begin to learn in Judo. That should indicate just how important it is. If uke puts his/her heart into their attacks then they will maximize their practice on ukemi too. Everything you practice has more than one purpose. Do not practice with the same person all of the time, if possible. You should get as much variety in partners as you possibly can. If you are attacked on the street you can not expect them to be like your partner was in class. We must learn to be ready for anything, walking with focus and control.

CHAPTER IX

Promotional Tests
Committees

PROMOTIONAL TESTS

Ranks below black belt are called "kyu". Ranks are awarded as a physical recognition for your achievements. They are an indication of your progress. To ensure a high standard of proficiency the Yawara Judo Association has written out minimal requirements for every kyu rank. These minimum requirements shall serve as the Sensei's teaching guide. As a student you should not forget that these requirements are the minimum. You may, in fact, know more than the minimum requirements suggest when your Sensei promotes you. Nor do the minimum requirements indicate that you are finished learning. You must continue to learn, practice, and develop your skill. Each promotion indicates one more piece of the puzzle of your progress. The techniques listed as requirements are far from comprehensive. You should apply each level of learning to the big picture of mastery. You should know that it will take many years of study and hard work to perfect your technique. You should use the minimums as structure for your training and do not make promotions your sole goal of practice.

You should not focus on rank promotions. You should focus your attention on learning and practice. The promotions will come as you are ready for them. Practice internally as well as physically.

The promotion test is required by the Yawara Judo Association for all kyu ranks and Dan (black belt) ranks. You will find a copy of the kyu requirements at the end of this manual. You will find a copy of the Dan requirements in the Instructor Manual. From time to time a Sensei may promote someone without a formal test. This is rare and should not be expected.

The test requires the student to demonstrate and display his/her knowledge in front of a test committee. The committee is comprised of qualified black belt instructors, who vote on the test results. Test committees may vary in size. Some have many black belts on them and some may have only one black belt.

The test is also part of your training. Most students are nervous about testing. It is normal for you to feel tense and or frightened when you test. However, the confidence you have gained in your training should carry over during testing times. It is an opportunity to bring the principles of the martial arts to use. Concentration, courage, relaxation, and intensity are qualities that should be visible. Public promotional testing is proof that you can show your technique at any time. It also serves as a statement of your status as a Judo practitioner. Demonstrate with pride and enjoyment. It also indicates how hard you have worked.

Put your whole self into the test. You're a martial artist, therefore, you must act like one. Approach your tests as if they were going to be the last thing you will ever do in your life. If you make mistakes let them pass and focus on the rest of the test. Your reaction to your mistakes are very important to your training. When you are done with your test you are not really done. You should bow and return to your place in line. Maintain good posture because you are still being watched. In reality you are never finished testing. Your Sensei watches you every time he/she sees you. Maintain a proper attitude at all times.

PROMOTIONAL EXAMINATIONS (Belt Tests)

There are a few things you must do prior to testing. It is most important that you follow the steps to ensure no delay. The following must be done prior to and during each promotion:

1. Be certain that you are familiar with the techniques you are responsible for and remember that all YJA tests are cumulative.
2. You must have authorization from your Sensei to test for each rank.
3. Make sure you are current with all dues at your dojo and ensure that your annual YJA dues are paid.
4. You must fill out any application for promotion (if required) and pay promotional fees prior to the test. This does not in any way guarantee promotion. Promotion fees are not refunded no matter if the student should pass or fail.
When others are testing offer to take ukemi or be uke for them during ground work.
Be ready to be called upon to help in administering the test in any way.
6. When it is your turn to be tested answer clearly and loudly enough to be heard.
Answer all questions to the best of your ability.
7. Follow the directions of the Test Committee without hesitation.
8. Always bow to the Joseki when called upon.
9. Always bow to your partners before and after you work with them.
10. When demonstrating or assisting be quiet. Talk when asked a question or when you have one for the Joseki. You must bow to the Joseki first then wait to be recognized.
Then you may ask your question.
11. Do not give up at any time during your test.
12. If the Test Committee stops you to give direction, sit in seiza and listen carefully.
Bow to them when they finish, before you continue.
13. When you are finished demonstrating and answering questions for the Joseki bow to them and return to your place in line. Walk back the same route in which you came.
14. Maintain a sober attitude as you return to your place in line and continue through the rest of the examination.
15. Be prepared as you may be called upon to demonstrate more or to be uke for someone.

EXECUTIVE PROMOTIONAL COMMITTEE

The Executive Promotional Committee (ENC) for the Yawara Judo Association is the senior promoting body in the YJA. The members are comprised of high ranking black belts. These members have final say in any given promotion. It is preferred that at least one of the committee members chair any and all Dan promotions. The committee members are as follows:

Loren Bentley Sensei, Rokku Dan - Senior Member
Charlie Laney Shihan, Rokku Dan
Gary Cotton Sensei, Go Dan

All promotions must be approved and certified by one of these committee members. All Sho Dans are authorized to promote students through Ik kyu (1st brown belt). Promotions are generally held at each respective dojo as needed. The YJA holds kyu promotions two to three times per year in various locations. Students are welcome to attend these testing sessions to watch, participate, and/or test. Students must have authorization from your Sensei to test for any rank.

Dan promotions are held throughout the year as needed. One or more members of the Executive Promotional Committee must chair the Joseki of all Dan testing. The ENC ensures that strict standards are maintained. It is these standards that have proved time and time again that the highest of quality is of the utmost importance. It is our desire to keep these standards alive and strong. The ENC also ensures that all promotional examinations are conducted properly and in accordance with YJA requirements.

During promotional examinations it has been customary to invite brown belts, Ik kyu rank, to sit on the Joseki as part of their training. Brown belts are not allowed to ask any questions and they do not have a vote in the promotional decision. Brown belts take notes for the members of the Joseki and may be called on to do many other tasks.

DAN PROMOTIONS

The "Dan" promotion, or black belt test, is one of the most difficult experiences you will ever have, however, it should be one of the most positive. It is the policy of the Yawara Judo Association for every Dan promotion that there must be a test. The test process is considered grueling, but will give you the opportunity to display what you have learned through your own hard work.

Some view the black belt as a sign of mastery. This is far from the truth. The word Shodan means "beginner". It is simply a mark of your recognition as a Judo student. You will have added responsibility as a black belt and you will have specific privileges too. Be proud of your black belt achievement, but keep in mind what it truly represents. It takes many years to develop your skill and the path to mastery is life long.

PROMOTIONAL RANKING SYSTEM

KYU (Ranks below Dan grades)

1St White	Ju kyu	10th kyu
2nd White	Ku kyu	9th kyu
1St Yellow	Haichi kyu	8th kyu
2nd Yellow	Shichi kyu	7th kyu
1St Green	Rokku kyu	6th kyu
2nd Green	Go kyu	5th kyu
Purple	Yon kyu	4th kyu
1St Brown	San kyu	3rd kyu
2nd Brown	Ni kyu	2nd kyu
3rd Brown	Ik kyu	1St kyu

Dan (Black Belt Ranks)

1St Black	Shodan; color belt	BLACK
2nd Black	Ni Dan; color belt	BLACK
3rd Black	San Dan; color belt	BLACK
4th Black	Yo Dan; color belt	BLACK
5th Black	Go Dan; color belt	BLACK
6th Black	Roku Dan; color belt	RED/WHITE or BLACK
7th Black	Shichi Dan; color belt	RED/WHITE or BLACK
8th Black	Hachi Dan; color belt	RED/WHITE or BLACK
9th Black	Ku Dan; color belt	RED or BLACK
*10th Black	Ju Dan; color belt	RED/WHITE or BLACK

* Indicates this rank will never be presented to anyone in the Yawara Judo Association.
This rank, being one of several honorary, is reserved for the ten original students of O-Sensei,
Professor Jigoro Kano.

CHAPTER X

Gokyo no Waza
Classification of Judo Throws
Kyu Requirements

Gokyo no Waza

GOKYO NO WAZA: GROUP 1

DEASHI HARAI	FORWARD FOOT SWEEP
HIZA-GURUMA	KNEE WHEEL
SASAE TSURIKOMI ASHI	SUPPORTING FOOT LIFT-PULL THROW
UKI-GOSHI	FLOATING HIP THROW
OSOTO-GARI	LARGE OUTER REAP
OGOSHI	LARGE HIP THROW
OUCHI-GARI	LARGE INNER REAP
SEOI NAGE	SHOULDER THROW

GOKYO NO WAZA: GROUP 2

KOSOTO-GARI	SMALL OUTER REAP
KOUCHI-GARI	SMALL INNER REAP
KOSHI-GURUMA	HIP WHEEL
TSURI KOMI-GOSHI	LIFT-PULL HIP THROW
OKURI ASHI HARAI	FOOT SWEEP
TAI-OTOSHI	BODY DROP
HARAI-GOSHI	HIP SWEEP
UCHI MATA	INNER-THIGH REAPING THROW

GOKYO NO WAZA: GROUP 3

KOSOTO-GAKE	SMALL OUTER HOOK
TSURI-GOSHI	LIFTING HIP THROW
YOKO OTOOSHI	SIDE DROP
ASHI-GURUMA	LEG WHEEL
HANE-GOSHI	HIP SPRING
HARAI TSURI KOMI ASHI	LIFT-PULL FOOT SWEEP
TOMOE NAGE	CIRCULAR THROW
KATA-GURUMA	SHOULDER THROW

GOKYO NO WAZA: GROUP 4

SUMI-GAESHI	CORNER TI-IROW
TANI OTOSHI	VALLEY DROP
HANE MAKIKOMI	SPRINGING WRAP-AROUND THROW
SUKUINIAGE	SCOOPING THROW
UTSURI-GOSHI	HIP SHIFT
O GURUMA	LARGE WHEEL
SOTO MAKIKOMI	OUTER WRAP-AROUND THROW
UKI OTOSHI	FLOATING DROP

GOKYO NO WAZA: GROUP 5

OSOTO-GURUMA	LARGE OUTER WHEEL
UKI WAZA	FLOATING THROW
YOKO WAKARE	SIDE SEPARATION
YOKO-GURUMA	SIDE WHEEL
USHIRO-GOSHI	BACK HIP THROW
URA NAGE	BACK THROW
SUMI OTOSHI	CORNER DROP
YOKO-GAKE	SIDE BODY DROP

CLASSIFICATION OF JUDO THROWS

NAGE WAZA (Throwing Techniques)

Tachi Waza - Standing Techniques

Te Waza: Hand Techniques

Seoi Nage	Shoulder Throw
Ippon Seoi Nage	One Point Shoulder Throw
Tai Otoshi	Body Drop Throw
Kata Guruma	Fireman's Carry
Sukui Nage	Scoop Throw
Uki Otoshi	Floating Drop Throw
Sumi Otoshi	Corner Drop Throw

Koshi Waza: Hip Techniques

Uki Goshi	Floating Hip Throw
O Goshi	Major Hip Throw
Koshi Guruma	Loin Wheel Throw
Tsuri Komi Goshi	Lifting/Pulling Hip Throw
Tsuri Goshi	Lifting Hip Throw
Hane Goshi	Spring Hip Throw
Utsuri Goshi	Changing Hip Throw
Ushiro Goshi	Rear Hip Throw
Harai Goshi	Sweeping Hip Throw

Ashi Waza: Foot Techniques

Deashi Barai	Advancing Foot Throw
Hiza Guruma	Knee Wheel Throw
Sasae Tsuri Komi Ashi	Lifting Propping Ankle Throw
O Soto Carl	Major Outside Reap
O Uchi Carl	Major Inside Reap
Ko Soto Carl	Minor Outside Reap
Ko Uchi Carl	Minor Inside Reap
Okuri Ashi Barai	Side Sweeping Ankle Throw
Uchi Mata	Inner Thigh Throw
Ko Soto Gake	Minor Outside Hook
Ashi Guruma	Ankle Wheel Throw
O Guruma	Major Wheel Throw
O Soto Guruma	Major Outside Wheel

Sutemi Waza (Sacrifice Techniques)

Ma Sutemi Waza: Forward Sacrifice Techniques

Tomoe Nage	Circle Throw
Sumi Gaeshi	Corner Throw
Ura Nage	Back Throw
Yoko Sutemi Waza	Side Sacrifice Techniques
Yoko Otoshi	Side Drop Throw
Tani Otoshi	Valley Drop Throw
Uki Waza	Floating Throw
Yoko Wakare	Side Separation Throw
Yoko Guruma	Side Wheel Throw
Yoko Kake	Side Hook Throw

KATAME WAZA

Osae Komi Waza

Hon Kesa Gatame	Scarf Hold
Kuzure Kesa Gatame	Modified Scarf Hold
Makura Kesa Gatame	Pillow Scarf Hold
Ushiro Kesa Gatame	Rear Scarf Hold
Kata Gatame	Shoulder Hold
Yoke Shiho Gatame	Side Four Quarters Hold
Kame Shiho Gatame	Upper Four Quarters Hold
Kuzure Kami Shiho Gatame	Modified Upper Four Quarters Hold
Tate Shiho Gatame	Vertical Four Quarters Hold
Uki Gatame	Floating Hold
Ura Gatame	Rear Hold

Shime Waza

Nami JuJi Jime	Normal Cross Lock
Kata JuJi Jime	Half Cross Lock
Gyaku JuJi Jime	Reverse Cross Lock
Hadaka Jime	Naked Strangle
Okuri Eri Jime	Sliding Lapel Strangle
Kata Ha Jime	Single Wing Strangle
Katate Jime	One Hand Choke
Ryote Jime	Two Handed Choke
Sode Guruma Jime	Sleeve Wheel Choke
Tsuki komi Jime	Thrust Choke
Sankaku Jime	Triangular Choke
Yoke Sankaku Jime	Side Triangular Choke

Ura Sankaku Jime
Kesa Gatame Jime
Kataha Jime

Rear Triangular Choke
Cross Chest Choke
Half Side Choke

Kansetsu Waza

Ude Garami	Entangled Arm Lock
Ude Hishigi Juji Gatame	Cross Arm Lock
Ude Hishigi Ude Gatame	Arm Taking Arm Lock
Ude Hishigi Hiza Gatame	Arm Taking Knee Lock
Ude Hishigi Waki Gatame	Arm Pit Arm Lock
Ude Hishigi Hara Gatame	Stomach Arm Lock
Ude Hishigi Ashi Gatame	Leg Arm Lock
Ude Hishigi Te Gatame	Hand Arm Lock
Ude Gatame	Straight Arm Lock
Ude Hishigi Sankaku Gatame	Triangular Choke Lock
Morote Ude Gatame	Double Arm Lock

JUDO KYU REQUIREMENTS

GENERAL: The kyu grades shall be based on the Japanese system of six kyu grades and 12 Dan grades. The kyu ranks are divided into 3 white belts and 3 brown belts. The variance is that the 3 white belt grades are sub-divided into 7 levels. At the instructor's discretion the white belt grades may be used in either form. The belt colors, however, shall conform to the following standards: 10-9 White; 8-7 Yellow (or Orange); 6-5 Green; 4 Purple; 3-2-1 Brown. Women students shall wear white stripe lengthwise through the center of the belt. Instructors of Dan grades may promote to the next lower rank through Ik kyu. Dan grade promotions are addressed in another section. It is recommended that judoka of Ik kyu grade sit on promotional boards in an advisory capacity as a learning experience.

10th Kyu Ju kyu): All beginners start here -- no test.

9th Kyu (kukyu): (White Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association.
2. Have his/her instructor's permission to attempt the test.
3. Be willing to undergo an examination of both physical skill and character.
4. Demonstrate the following falls:
 - a. standing right and left shoulder rolls
 - b. squatting right and left side falls
 - c. squatting back fall
 - d. kneeling front fall
5. Demonstrate the following throws:
 - a. De Ashi Harai (right side only)
 - b. O Goshi (right side only)
6. Should know the following judo terms:
ichi ni
san shi
go dojo
rei
7. Should know the following personalities:
Dr. Jigaro Kano
his/her sense's name

8th Kyu (hachi kyu): (Yellow Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association and have attended class regularly for at least 2 months since his/her last promotion.
2. Have his/her instructor's permission to attempt the test.
3. Be willing to undergo an examination of both physical skill and character.
4. Demonstrate the following ukemi:
 - a. running right and left shoulder rolls
 - b. standing right and left side falls
 - c. standing back fall
 - d. standing front fall
5. All previous throws including the following:
 - a. Tai- otoshi (right side only)
 - b. Ippon- seoi Nage (right side only)
 - c. Ko Soto Gari (right side only)
6. Demonstrate all previous osae-komi waza, including the following:
 - a. Kesa Gatame
 - b. Kata Gatame
7. Should know the following judo terms:

rokku	shishi
hachi	ku
ju	gi
obi	hajime
matte	sonomama
ippon	wazari
yoshi	

7th Kyu (shishi kyu): (Yellow Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association and have attended class regularly for at least 3 months since his/her last promotion.
2. Have his/her instructor's permission to attempt the test.
3. Be willing to undergo an examination of both physical skill and character.
4. Demonstrate the following ukemi:
 - a. running right and left shoulder rolls
 - b. standing right and left side falls
 - c. standing back fall
 - d. standing front fall
5. All previous throws including the following:
 - a. Hiza Guruma (right side only)
 - b. O Soto Gari (right side only)
 - c. O Uchi Gari (right side only)
 - d. Ko Uchi Gari (right side only)
6. Demonstrate all previous osaekomi- waza including the following:
 - a. Kami-shiho-gatame
 - b. Yoko-shiho-gatame
 - c. Kuzure-kami-shiho-gatame
 - d. Tate-shiho-gatame
7. Should know all previous terminology including the following:
Osae Komi-waza, Shime-waza,
Kansetsu-waza, Te-waza,
Koshi-waza
8. Should be able to answer questions about the history of judo.

6th Kyu (rokku kyu): (Green Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association and have attended class regularly for at least 4 months since his/her last promotion.
2. Have his/her instructor's permission to attempt the test.
3. Be willing to undergo an examination of both physical skill and character.
4. Demonstrate the following ukemi:
 - a. leaping right and left shoulder rolls
 - b. leaping right and left side falls
 - c. leaping back fall
 - d. leaping front fall
 - e. running shoulder roll to a stance
5. All previous throws to right and left sides along with the following:
 - a. Sasae Tsurikomi Ashi
 - b. Uki Goshi
 - c. Harai Goshi
 - d. Uchi Mata
 - e. Tomoe Nage
6. Demonstrate all previous osaekomi waza including the following:
 - a. Kata Juji Jime
 - b. Gyaku Juji Jime
 - c. Nami Juji Jime
7. Should know all previous terminology including the following:

Ashi-waza	Ma-sutemi-waza
Yoko-sutemi-waza	kuzushi
tsukuri	kake
kata	Randori
Seiryoku	Zen yo
Jita Kyoei	

5th Kyu (go kyu): (Green Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association and have attended class regularly for at least 5 months since his/her last promotion.
2. Have his/her instructor's permission to attempt the test.
3. Be willing to undergo an examination of both physical skill and character.
4. Demonstrate all ukemi in exemplary fashion.
5. All previous throws to right and left sides along with the following:
 - a. Koshi Guruma
 - b. Tsuru Komi Goshi
 - c. Okuri Ashi Harai
6. Demonstrate all previous osaekomi waza including the following:
 - a. Hadaka Jime
 - b. Okuri Eri Jime
 - c. Kata Ha Jime
7. Demonstrate a knowledge of kata by:
 - a. memorizing the throws, in order, of the Nage No Kata
 - b. practice, as uke, the first two sections of the Nage No Kata.
8. Should know all previous terminology including the following:
tori uke
Ju do
judogi tachi rei
zarei

4th Kyu (yen kyu): (Purple Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association and have attended class regularly for at least 5 months since his last promotion.
2. Have his/her instructor's permission to attempt the test.
3. Be willing to undergo an examination of both physical skill and character.
4. Demonstrate all ukemi in exemplary fashion.
5. All previous throws to right and left sides plus:
 - a. Ko Soto Gake
 - b. Tsuru Goshi
 - c. Yoko Otoshi
6. Demonstrate all previous osaekomi waza plus:
 - a. escape from Kesa Gatame (2)
 - b. escape from Kata Gatame (2)
 - c. escape from Yoke Shiho Gatame (2)
 - d. escape from Kami Shiho Gatame (2)
 - e. escape from Kuzure Kami Shiho Gatame (2)
7. Demonstrate a knowledge of kata by:
 - a. memorizing the moves, in order, of the Kamate No Kata
 - b. practice, as uke, all five sections of the Nage No Kata
8. Demonstrate the following self-defense techniques:
 - a. escape from rear arm pin
 - b. counter from right lapel grab
 - c. wrist lock
 - d. hip throw from side position
 - e. Tomoe Nage from a two handed choke
9. Be able to answer questions posed about the nature of the student's judo career and hopes.

3rd Kyu (san kyu): (Brown Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association and have attended class regularly for at least 6 months since his last promotion.
2. Have his/her instructors permission to attempt the test.
3. Be willing to undergo an examination of both physical skills and character.
4. Demonstrate all ukemi in exemplary fashion.
5. Demonstrate all the throws in the first three sections of the Go Kyo No Waza.
6. Demonstrate all previous osaekomi waza plus:
 - a. Ude Garami
 - b. Ude Hishigi Juji Gatame
 - c. Ude Hishigi Zempaku Gatame
 - d. Ude Hishigi Hiza Gatame
7. Demonstrate a knowledge of kata by:
 - a. demonstrating, as tori, the first 3 sections of the Nage No Kata
 - b. demonstrating, as uke, all five sections of the Nage No Kata
8. Demonstrate the following self-defense techniques:
 - a. 20 techniques from a frontal attack
 - b. 20 escapes from various holds
9. Be able to answer questions posed about the nature of kata and its relationship to contest judo and explain how the practice of kata will affect the student's judo style.
10. Demonstrate a competence in contest judo by attendance at and participation in at least two tournaments since achieving the green belt. The student's Sensei must validate that the student's performance at contest meets with acceptable standards for his rank and experience.

2nd Kyu (ni kyu): (Brown Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association and have attended class regularly for at least 6 months since last promotion.
2. Have instructors permission to attempt this test.
3. Be willing to undergo an examination of both physical skill and character.
4. Demonstrate all ukemi in an outstanding fashion.
5. Demonstrate all the throws in the first four sections of the Go Kyo No Waza.
6. Demonstrate all previous osaekomi waza plus:
 - a. escapes from all three of the Jiji Jime (3)
 - b. escapes from Hadaka Jime (3)
 - c. escapes from Kata Ha Jime (3)
 - d. escapes from Okuri Eri Jime (3)
7. Demonstrate a knowledge of kata by:
 - a. demonstrating, as tori, the first 4 sections of the Nage No Kata
 - b. demonstrating, as uke, all five sections of the Nage No Kata
8. Demonstrate the following self-defense techniques:
 - a. 20 techniques from a lateral attack
 - b. 40 variations in techniques from other attacks
9. Be able to answer questions posed about contest judo and demonstrate a thorough grasp of the rules for a judo contest.
10. Demonstrate a competence in contest judo by attendance at and participation in at least two tournaments since achieving the purple belt. The student's Sensei must validate that the student's performance at contest meets with acceptable standards for his rank and experience.

OR

Participate in a Batsungun with six students of purple or brown belt grade and emerge with 4 points.

1St Kyu (Ik kyu): (Brown Belt)

1. Be a member in good standing of the club affiliated with the Yawara Judo Association and have attended class regularly for at least 6 months since last promotion.
2. Have instructors permission to attempt the test.
3. Be willing to undergo an examination of both physical skill and character.
4. Demonstrate all ukemi in an outstanding fashion.
5. Demonstrate all the throws in the Go Kyo No Waza
6. Demonstrate all previous osaekomi waza plus:
 - a. escapes from Ude Garami (2)
 - b. escapes from Ude Hishigi Juji Gatame (2)
 - c. escapes from Ude Hishigi Zempaku Gatame (2)
 - d. escapes from Ude Hishigi Hiza Gatame (2)
7. Demonstrate a knowledge of kata by:
 - a. demonstrating, as tori, the Nage No Kata
 - b. demonstrating, as uke, the Nage No Kata
8. Demonstrate the following self-defense techniques:
 - a. 20 techniques from a rear attack
 - b. 100 variations from any attack
9. Be able to answer questions posed about the history of judo explicating the differences between oriental and occidental thought.
10. Demonstrate a competence in contest judo by attendance at and participation in at least two tournaments since achieving the brown belt. The student's Sensei must validate that the student's performance at contest meets with acceptable standards for his rank and experience.

OR

Participate in a Batsungun against six players of brown belt rank or above and gain a total of 4 points.

CHAPTER XI

Kata

NAGE-NO-KATA

TE WAZA

UKI OTOSHT
SEOI NAGE
KATA-GURUMA

KOSHI WAZA

UKI-GOSHI
HARAI-GOSHI
TSURIKOMI-GOSHI

ASHI WAZA

OKURI ASHI HARAI
SASAE TSURTKOMI ASHI
UCHI MATA

MA SUTEMI WAZA

TOMOE NAGE
URA NAGE
SUMI-GAESHI

YOKO SUTEMI WAZA

YOKO-GAKE
YOKO-GURUMA
UKI WAZA

KATAME NO KATA

OSAE-KOMI WAZA

HON KESA-GATAME
KATA-GATAME
KAMI SHIO-GATAME
YOKO SHIO-GATAME
KUZURE KAMI SHIO-GATAME

SHIME WAZA

KATA JUJI-JIME
HADAKA-JIME
OKURI ERI-JIME
KATAHA-JIME
GYAKU JUJI-JIME

KANSETSU WAZA

UDE-GARAMI
UDE HISHTGI JUJI-GATAME
UDE HISHIGI UDE- GATAME
UDE HISHIGI HIZA-GATAME
ASHI-GARAMI

CHAPTER XIII

HISTORY
VOCABULARY

COUNTING

ichi	one
ni	two
san	three
shi (yon)	four
go	five
roku	six
shichi	seven
hachi	eight
ku	nine
ju	ten
Ju ichi	eleven
Hyaku	one hundred

WORDS FOR GREETING

konniciwa:	hello
sayonara:	good-bye
hai:	yes
ie	no
Onegai shimasu:	please
demo:	thanks
arigato:	thank you
arigato gozai mashita:	thank you very much
onegaishimasu:	please be so kind (as to teach)

HISTORY SUMMARY'

Judo founded -1882

Founder - Dr. Jigoro Kano

Name of first dojo - Ni pon den Kodokan Judo

Location- Tokyo, Japan

Unarmed combat before Judo - Jujutsu

Jujutsu and similar acts have been around since approximately - 249 AD

First known Judo Dojo in USA - White House, President T. Roosevelt

Symbol of Judo - Cherry Blossom

Ultimate goal as defined by Dr. Kano - Harmonious development of mind, body, and spirit

VOCABULARY

A

Aite - partner, opponent
Aka- red
Anza- informal sitting (cross leg)
Ashi- foot, leg
Ashi waza - foot, leg technique
Atama- head
Atemi Waza - striking technique
Ayumi Ashi - natural walking

B

Barai - sweep
Bokken - wood sword
Bu-martial
Budo - martial way
Bushi - warrior class
Bushido - way of the warrior

C

Chui - penalty 1/4 point

D

Dan-grade
De-advancing
Do - way
Dogi - training uniform
Dojime - leg scissors to the opponent's trunk
Dojo - practice hall
Dori- seize, grasp

E

Eri - collar, lapel

F

Fusegi- escape

G

Gaeshi - reversal
Gake- hook
Gari- reap
Gatame - hold
Go Dan - fifth step, 5th black belt
Go Kyo No Waza - five groups of instruction
Goshi- hip
Guruma- wheel

H

Hachi Dan - eighth step, 8th black belt
Hajime- begin
Hane - spring
Honsoku Make - disqualify equal to one point
Hontei - decision
Hara - lower abdomen: the seat of correct breathing and internal power
Harai - sweep
Hidari -left
Hiji - elbow
Hiki Wake - draw (match)
Hishigi - crush
Hitai - forehead
Hiza- knee
Hoho - cheek
Hen- basic
Hontai - basic posture
Hoppe No Kuzushi - forms of off balancing

I

Ie - no
Ikkyo - first teaching
Ik kyu - 1St brown belt
Ippon - one point

J

Jigo- defensive
Jigo Hontai - basic defensive posture
Jigo Tai - defensive posture
Jikan - time (as in a match)
Jita Kyoei - mutual benefit and welfare
Joseki - seat of honor
Ju - gentleness
Ju Dan - tenth step, 10th black belt
Judo - way of gentleness
Judo Gi -judo uniform
Judoka -judo practitioner
Junbi Undo - warm up exercises
Juji - cross
Jujitsu - gentle art, techniques used for combat
Jujutsu - gentle art (different spelling)
Jutsu- art, practice
Ju No Kata - women form

K

Kachi - win
Kaeshi Waza - counter techniques
Kaiso - founder
Kaite - rotary
Kake- execution
Kansetsu- joint
Kappo - resuscitation technique
Kata- form, shoulder
Katame Waza - pinning or grappling techniques
Katana - long sword
Katate - forearm
Katsu- resuscitation
Keikoku - 1/2 point penalty
Kesa- scarf
Kenka Yotsu - fighting grip
Ki-mental power
Kiai - shout with spirit and focus
Kiotsuke - attention
Ko - small, minor
Kodokan - original dojo established 1882 in Tokyo, Japan
Komi - pull
Koho Ukemi - back fall
Koshi -loin, hip
Kubi- neck
Ku Dan - ninth step, 9th black belt
Kumikata - forms of gripping ones opponent
Kuzure- modified (hold)
Kuzushi - off balancing
Kyu - belt below black belt, class

M

Ma- direct, flat
Mae - front, forward
Maitta - "I give up", surrender
Makikomi - winding pulling
Mata- thigh
Matte- stop
Meiso - meditation
Meiso Ho - meditation exercise
Men- head
Migi - right
Morote - two armed
Mudansha - levels below black belt
Memo -thigh
Mune- chest
Mushin - no mind, a state of mind free from obstruction

N

Nage -throw

Nami - normal

Ne Waza - mat techniques

Ni - two, a directional indicator e.g. "bow to the front"

Ni Dan - second step, 2nd black belt

Nikyu - 2nd brown belt

No-of

O

O-big, major

Obi -belt

Okuri - to send or slide

Osae- pin

Osae Komi Waza - pinning techniques

O Sensei - venerable teacher; refers to Dr. Jigoro Kano

Otagai - each other

Otoshi- drop

R

Randori - free practice, multiple man attack

Rei- bow

Renraku Waza - combination techniques

Ritsu Rei - standing bow

Roku- six, sixth

Roku Dan - sixth step, 6th black belt

Roku Kyu - sixth level

Ryote - both hands

Ryotetori - grasping both hands

S

San-three

San Dan - third step, 3rd black belt

San Kyu - third level

Sasae - lower propping

Seiryoku Zenyo - maximum efficient use of energy

Seiza - sitting on heels. knees folded under

Senpai - senior (as in student)

Sensei - teacher

Seoi - shoulder

Shiai- tournament

Shichi Dan - seventh step, 7th black belt

Shichikyu- seventh level

Shido - 1/8 point penalty

Shihan - teacher of teachers

Shiho - four quarters

Shikko - walking on knees

Shime- choke, strangle

Shinkan Shobu - a fight to the death, figuratively - as in concentration

Shintai - movement forward

Shinto - the native Japanese religion

Shisei- posture

Shizen- natural

Shizen Hontai - basic natural posture

Shodan - first step, 1St black belt

Shomen- front

Shugyo - intense physical/mental training to perfect character

Shumatsu Undo - cooling off exercise

Shuto - cutting strike with the edge of the hand

Sode- sleeve

Sono Mama - freeze

Sore Made - stop, end of match

Soto- outside

Suki - opening, weakness, mental or physical in opponents defense

Sumi- corner

Suriashi - sliding foot

Sute Geiko - timing practice

Sutemi Waza - sacrifice technique

T

Tadoku Renshu - individual practice
Tachi Waza - standing throwing techniques
Tai - body
Taijitsu - unarmed body arts
Tai Sabaki - body change, pivoting
Tani - valley
Tanto - knife
Tatami - mat
Te - hand
Tekubi- wrist
Te Waza - hand technique
Toketa - hold down broken (referee call)
Tokuiwaza - one's favorite or best technique
Tori - defender
Toshu - without a weapon
Tsugi Ashi - circle sliding step
Tsuki - thrusting attack, with fist or weapon
Tsukuri - entry, position to throw
Tsurite - lifting hand
Tsure- lift

U

Uchi - inside
Uchideshi - "inner disciple", student living in a dojo and committed to full-time practice, 24
hours a day
Uchikomi - form practice
Ude- arm
Uke- attacker, receiver
Ukemi - break falls
Uki- floating
Undo - exercise
Ura- rear, back
Ushiro - rear, backward
Uwagi - judo gi jacket

W

Waki - armpit
Waza- technique
Waza Ari - 1/2 point

Y

Yawara- jujutsu
Yoke - side
Yon Dan - fourth step. 4th black belt
Yoshi - continue
Yubi - fingers
Yubisaki Ate - fingertip strikes
Yudansha - black belt holder

Yudansha Kai - association of black belt holders

Yuko - less than a waza ari (competition)

Yume No Uchi - dreaming

Yusei Gachi - "decision win"

Z

Za Rei - kneeling bow

Zempo Kaiten Ukemi - forward rotary fall

Zen - religious meditation, dhyana

Zori- sandals

NOTES