



**COLLEGE PARK
JUDO CLUB**



College Park Judo Club

College Park Community Center

5051 Pierce Avenue

College Park, Maryland 20740

(301) 441-2647

A. College Park Judo Club, Inc.

I. Practice

The sport of Judo is practiced at the College Park Community Center twice a week on a two-inch thick, foam mat. The basic concept behind the sport of Judo is to use an opponent's strengths to one's own advantage and to take advantage of an opponent's weaknesses to achieve recognized control over that opponent. A couple of examples of recognized control over an opponent would be to throw the opponent to his/her back with force, speed, and control; or to immobilize the opponent on his back for twenty-five seconds.

The sport of Judo provides many benefits to the judoka, a person who practices judo. Judo provides physical fitness and mental fitness. Judo helps to develop a judoka's physical abilities, such as: coordination, strength, balance, and endurance. Judo helps to develop a judoka's mental abilities, such as: patience, concentration, memory, strategy, and organizational comprehension. Judo helps to develop a judoka's social abilities, such as: respect for others, respect for authority, friendship, teamwork, mentorship, teaching skills, and coaching skills.

A typical practice session is geared to train one's mind to recognize an opponent's weakness and to train one's body to take advantage of that perceived weakness. A practice session includes: calisthenics, ukemi (break falls), tachi waza (throwing techniques), and ne waza (grappling techniques). The calisthenics are stretching and strength exercises to provide physical fitness and conditioning. The calisthenics help to physically develop one's body and prevent injuries. Ukemi (break falls) is an exercise to teach one's body to take a fall or be thrown without injury. A practical example of ukemi outside the judo club is shown by a former judo student who fell off the roof of a house and walked away without injury because his judo reflexes forced his body to react to the fall so as to minimize the impact of the fall.

Tachi waza (throwing techniques) includes instruction and practice of more than 60 throws in the sport of Judo. Tachi waza includes various methods to use an opponent's strength, weight, or momentum to aid one's ability to throw an opponent to the mat with force, speed, and control. Ne waza (grappling techniques) includes methods to position our opponent onto his or her back and maintain that opponent on their back for an extended period of time. The older students are taught to subdue their opponents through submission holds, such as armlocks and chokes.

II. College Park Judo Club, Inc. - Organization

The College Park Judo Club, Inc. (CPJC) is a non-profit corporation registered in the State of Maryland. CPJC has applied for recognition as a 501(c)(3) organization to acquire tax-exempt and tax deductible status with the Internal Revenue Service.

CPJC was established on October 16, 2000 to teach the communities surrounding College Park, Maryland about the sport of Judo. CPJC currently has several certified instructors or senseis. The senseis volunteer their time

to the CPJC. The primary function of the senseis at CPJC is to teach judo to the club members. The senseis elect the members of the Board of Directors for CPJC. The Board of Directors carry two main obligations to the club and the senseis: to elect the Executive Committee and to oversee major disciplinary matters. The Executive Committee handles the daily operations of the CPJC. The Executive Committee conducts the business of the club, such as: establishing a practice schedule, establishing a dojo (a place where judo is practiced), coordinating events, fundraising, grant writing, paying bills, ordering equipment, and advertising.

III. Fees

1. Class fees

DUES ARE COLLECTED BY THE COMMUNITY CENTER ON TWO MONTH INCREMENTS(one registration cycle = 2 months).

- a. Beginners class: \$15/month.....\$30/registration cycle
- b. Advanced class:\$20/month.....\$40/registration cycle
- c. Drop in per class: \$5.....on a per class basis
- d. Family rate: \$50/month.....\$100/registration cycle

2. National Registration fees

All members of College Park Judo Club, Inc. are required to join one of the national judo organizations: either the United States Judo Federation(USJI) or the United State Judo, Inc.(USJI).

- a. Single membership fee: \$36
- b. Dual membership fee: \$52

3. Judo Gis

A judo gi can be ordered through the College Park Judo Club, Inc.. The average cost of a gi is \$30, with smaller gis being less expensive and an larger gi being more expensive. A judogi is required for the advanced class. See Appendix 5 for proper for proper care of your judogi.

4. Tournaments, Clinics, and Summer Camps

Tournaments, clinics, and summer camps are held through out the year at various locations. These events are optional. No member of the College Park Judo Club, Inc. is required to participate in these events. The fee for each event varies, typically a clinic is \$10-20, tournaments average \$20, and a week long summer camp is approximately \$300-400.

5. Promotionals

Promotion to judokas next rank/belt is determined by a board of examiners for the region(both USJI and USJF). Promotional fees are approximately \$20. A new belt is approximately \$5.

IV. Our Fearless Leaders

BOARD OF DIRECTORS

Karl Tamai (Chairman)

Anne Marie Grunberg (Secretary)

Kurt Tamai

Mary Stakem

EXECUTIVE COMMITTEE

Kurt Tamai (President)

Mary Stakem (Vice-President)

Anne Marie Grunberg (Secretary)

Karl Tamai (Treasurer)

Senseis and Yudansha

Kurt Tamai (Sandan)

Joan Tamai Smith (Sandan)

Karl Tamai (Nidan)

Mary Stakem (Shodan)

Don White (Shodan)

Renato Ferreira (Shodan)

Guy Kudio (Shodan)

V. Cross Training

The CPJC encourages cross training between sports, such as wrestling, football, basketball, cross-country, gymnastics, and dance. The members of CPJC will assist in the cross training of the members in any way possible.

B. Basic Judo Fundamentals

Judo: translates to "Gentle Way". The sport has two slogans:

1. Seriyoku-zen Yo= Maximum Efficiency with minimum effort
2. Jita-kyo-ei = Mutual Welfare and Benefit

I. History

1. Founder of Judo : Dr. Jigoro Kano
2. Name of the first Judo School: Kodokan
3. Year Founded: 1882
4. Location of the first Judo School: Tokyo, Japan

II. Shisei: Posture

1. Shizenhontai: Basic Natural Posture: feet about 12 inches apart with toes slightly pointed outwards and with hands at your side in a relaxed position.
 - a. Migi Shizentai: Right Natural Posture: shizenhontai with the right foot forward.
 - b. Hidari Shizentai: Left Natural Posture: shizenhontai with the left foot forward.
2. Jigohontai: Basic Defensive Posture: feet about 18 inches apart with toes pointed slightly outwards and with hands resting on the thighs.
 - a. Migi Jigotai: Right Defensive Posture: jigohontai with right foot forward.
 - b. Hidari Jigotai: Left Defensive Posture: jigohontai with left foot forward.

III. Shintai: Directional Movement(forward, backward, left side, right side, diagonal, or circular)

1. Ayumi Ashi: Natural Walking
 - a. Migi Ayumi Ashi: start with right foot
 - b. Hidari Ayumi Ashi: start with left foot
2. Tsugi Ashi: Follow Foot. Toes of the following foot never passes lead foot's ankle.
 - a. Migi Tsugi Ashi: right follow foot. Start with right foot.
 - b. Hidari Tsugi Ashi: left follow foot . Start with left foot.

IV. Ukemi: Breakfalls

1. Ukemi is the method of falling and breaking the fall. A judoka should be able to fall correctly in any direction to prevent injury. The ability to ukemi relaxes the judoka during practice. Some basic essentials of ukemi are: striking the mat simultaneously with the back contacting the mat, arching the back, and keeping the head off the mat. There are four types of Ukemi:
 - a. Forward: falling forward to rest on hand and forearms.
 - b. left side: falling backward onto left side of back.
 - c. right side: falling backward onto right side of back.
 - d. forward roll(Zempo Katian): forward brake falls.

V. Bowing

1. Zarei: Sitting Salutation or Bow
 - a. Command to Bow when Sitting: "Seiza Rei", which means to sit in the formal sitting position(seiza) and bow(rei).
2. Ritzurei: Standing Salutation or Bow
 - a. Command to bow when Standing: "Kiotsuki Rei", which means to come to attention(kiotsuki) and bow(rei).
3. Appropriate times to bow: when entering/leaving the Dojo, when stepping on to/leaving the mat area, before/after a class, and before/after working out with a partner.

VI. Judo Terminology:

1. Sensei: instructor or honored teacher
2. Judoka: a person who practices judo
3. Dojo: a place where judo is practiced
4. Shiajo: a place where a tournament is held
5. Joseki: place of honor. Where the instructor sits in the dojo.
6. Judogi: the judo costume(with four parts)
 - a. uwagi: jacket
 - b. shitagi: pants
 - c. obi: belt
 - d. zori: slippers
7. Taisobaki: turning movements
8. Yudansha: a Judoka who holds a rank of black belt
9. Mudansha: a Judoka who holds a rank other than black belt
10. Yudanshakai: an association of black belt holders
11. Shufu: capitol
12. Shufu Yudanshakai: capitol black belt association
13. Hikite: pulling hand which off-balances an opponent
14. Gyaku: reverse
15. Tachi waza: standing techniques
16. Ne waza: mat work or grappling with an opponent on the ground
17. Age Groups:
 - a. yonen: judoka 12 years of age and under
 - b. shonen: judoka 13-16 years of age
 - c. seinen: judoka 17 years of age and older
18. Judo Practice: two types.
 - a. randori: "free exercise". Practicing of judo without predefined movements.
 - b. kata: "form". Prearranged movements that teach the fundamentals of attack and defense.
19. tori: taker of the action(also known as thrower, defender, victor)
20. uke: receiver of the action(also known as attacker, opponent, victim)

VII. Belt Ranking:

1. Judo ranking system is based on experience and knowledge regarding the sport, rather than on gender, race, ethnic origin, or religious preference.

2. Mudunsha ranks:

<u>Japanese term</u>	<u>Junior(Yonen and Shonen)</u>	<u>Senior(USJI)</u>	<u>Senior(USJF)</u>
Rokkyu	white	white	white
Gokyu	yellow	green	white
Yonkyu	orange	blue	green
Sankyu	green	brown	brown
Nikyu	blue	brown	brown
Ikkyu	purple	brown	brown

3. Yudansha ranks: (degrees of black belt)

<u>Japanese term</u>	<u>Degree of black belt</u>	<u>color</u>
Shodan	first	black
Nidan	second	black
Sandan	third	black
Yodan	fourth	black
Godan	fifth	black
Rokudan	sixth	red & white or black
Shichidan	seventh	red & white or black
Hachidan	eighth	red & white or black
Kudan	ninth	red or black or double white
Judan	tenth	red or black or double white

VIII. Judo Techniques(three types)

1. Nage Waza: throwing techniques(two types)

a. Tachi Waza: Standing techniques(three types)

i. ashi waza: foot techniques

ii. koshi waza: hip techniques

iii. te waza: hand techniques

b. Sutemi Waza: Sacrifice techniques(two types)

i. masutemi waza: rear or back sacrifice

ii. yokosutemi waza: side sacrifice

2. Katame Waza: grappling techniques(three types). Ne waza(mat work) is specifically the Katame Waza performed on the mat. A standing armlock or strangle is not part of ne waza.

a. Osekomi Waza: holding techniques

b. Shime Waza: choking techniques

c. Kansetsu Waza: arm lock techniques

3. Atemi Waza: striking techniques(two types)

a. ude waza: arm strikes

b. ashi ate: leg strikes

IX. Tachi Waza: Standing Techniques

1. terminology:

a. Parts of a Throw: there are three parts to a throw:

1) Kuzushi: off-balancing an opponent

2) Tsukuri: fitting into a throw

3) Kake: finishing a throw

- b. Hikete: pulling hand to off-balance an opponent
 - c. Kumi Kata: method of grasping
 - d. Hairi Kata: method of entry
 - e. Nogare Kata: method of escaping
 - f. Fusegi: defense
 - g. Kaeshi: reverse or counter
 - h. Renraku: combination techniques
2. techniques
- a. Ashiwaza (Leg Techniques)
 - Ashi Guruma (Leg wheel)
 - Deashi Barai (Forward foot sweep)
 - Harai Tsurikomi Ashi (Pull-lift foot sweep)
 - Hiza Guruma (Knee wheel)
 - Ko-Soto Gake (Minor outer hook)
 - Ko-Soto Gari (Minor outer reap)
 - Ko-Uchi Gari (Minor inner reap)
 - Ko-Uchi Makikomi (Minor inner winding throw)
 - O-Guruma (Major wheel)
 - Okuri Ashi Barai (Sliding foot sweep)
 - O-Soto Gari (Major outer reap)
 - O-Soto Guruma (Major outer wheel)
 - O-Uchi gaeshi (Major inner reaping throw counter)
 - O-Uchi Gari (Major inner reap)
 - Sasae Tsurikomi Ashi (Supporting foot lift-pull throw)
 - Uchimata (Inner-thigh reaping throw)
 - b. Koshiwaza (Hip Techniques)
 - Hane Goshi (Hip spring)
 - Harai Goshi (Hip sweep)
 - Ko-Tsuri Goshi (Minor lifting hip)
 - O-Goshi (Major hip)
 - O-Tsuri goshi (Major lifting hip)
 - Sode Tsurikomi goshi (lifting-sleeve-pull hip)
 - Tsurikomi goshi (lifting-pull hip)
 - Uki Goshi (Floating hip)
 - Ushiro Goshi (Rear hip)
 - Utsuri Goshi (Hip shift)
 - c. Tewaza (Hand Techniques)
 - Ippon Seoi Nage (One-arm shoulder):
 - Kata Guruma (Shoulder wheel)
 - Koshi Guruma (Hip Wheel)
 - Morote Gari (Two-hand reap)
 - Morote Seoi Nage (Two-arm shoulder)
 - Sukui Nage (Scoop throw)
 - Sumi Otoshi (Corner drop)

Tai Otoshi (Valley drop)
Uki Otoshi (Floating drop)

- d. Ma Sutemiwaza (Rear body-drop throws)
 - Obitori Gaeshi (Belt-grab reversal)
 - Sumi Gaeshi (Twisting Corner throw)
 - Tawara Gaeshi (Rice-bag reversal)
 - Tomoe Nage (Circular throw)
 - Ura Nage (Back Throw)

- e. Yoko Sutemiwaza (Side body-drop throws)
 - Hane Makikomi (Springing wrap-around throw)
 - Hikikomi Gaeshi (Back-Fall reversal)
 - Soto Makikomi (Outside wrap-around throw)
 - Tani Otoshi (Valley Drop)
 - Ukiwaza (Floating Throw)
 - Yoko Gake (Side Hook)
 - Yoko Guruma (Side Wheel)
 - Yoko Otoshi (Side Drop)
 - Yoko Wakare (Side split)

X. Katame waza

- 1. Osaekomi waza (Holding Techniques)
 - Makura Kesa Gatame (Pillow scarf hold)
 - Kami Shiho Gatame (Upper four-corner hold)
 - Kata Gatame (Shoulder hold)
 - Kesa Gatame (Scarf hold)(aka: hon-kesa gatame)
 - Kuzure Kami Shiho Gatame (Modified upper four-corner hold)
 - Kuzure Kesa Gatame (Modified scarf hold)
 - Kuzure Tate Shiho Gatame (Modified straight four-corner hold)
 - Kuzure Yoko Shiho Gatame (Modified side four-corner hold)
 - Sankaku Gatame (Triangular hold)
 - Tate Shiho Gatame (Straight four-corner hold)
 - Yoko Shiho Gatame (Side four-corner hold)
 - Ushiro Kesa Gatame (Reverse scarf hold)
- 2. Shimewaza (Strangle Techniques)
 - Gyaku Juji Jime (Reverse cross strangle)
 - Hadaka Jime (Naked strangle)
 - Katate Jime (One Handed strangle)
 - Jigoku Jime (Hell strangle)
 - Kataha Jime (Single-wing strangle)
 - Kata Juji jime (Half cross strangle)
 - Katate Jime (One hand strangle)
 - Nami Juji Jime (Normal cross strangle)
 - Okuri Eri Jime (Sliding collar strangle)
 - Omote Sankaku jime (Front triangular strangle)

- Ryote Jime (Two hand choke)
- Sankaku Jime (Triangular strangle)
- Sode Guruma (Sleeve Wheel)
- Tsukkomi Jime (Thrusting/Poking Strangle)
- Ura Sankaku Jime (Back triangular strangle)
- Yoko Sankaku Jime (Side Triangular strangle)
- 3. Kansetsu waza (Armlock Techniques)
 - Hara Gatame (Stomach armlock)
 - Sankaku Garami (Triangular entanglement)
 - Ude Garami (Entangled armlock)
 - Ude Gatame (Armlock)
 - Ude Hishigi Ashi Gatame (Leg armlock)
 - Ude Hishigi Hara Gatame (Stomach armlock)
 - Ude Hishigi Hiza Gatame (Knee armlock)
 - Ude Hishigi Juji Gatame (Cross armlock)
 - Ude Hishigi Hara Gatame (Hand armlock)
 - Ude Hishigi Ude Gatame (Arm armlock)
 - Ude Hishigi Waki Gatame (Armpit armlock)
 - Zenpaku Gatami (Forearm armlock)

XI. Atemiwaza (Striking Techniques, not allowed in contest)

- Ude Waza(Arm strikes)
 - Hiji-ate (Elbow strikes)
 - Yubisaki-ate (Fingertip strikes)
 - Kobushi-ate (Fist stikes)
 - Tegatana-ate (Knife hand strikes)
- Ashi-ate(leg strikes)
 - Hiza-gashira-ate (Knee strikes)
 - Kakato-ate (Heel strikes)
 - Sekito-ate (Ball of foot strikes)

XII. Judo Tournaments

1. Tournament Terminology:
 - a. shiai: contest
 - b. Hajime: begin, start
 - c. Matte: stop
 - d. Sonomama: freeze
 - e. Soremade: that is all, end of contest
 - f. Yoshi: continue
 - g. Osaekomi: hold down, time being
 - h. Toketa: escape from hold, stop time
 - i. Hantai: request for judges decision
 - j. Hiki-waki: draw
 - k. sogogachi: compound winner, by violation and score
 - l. kikengachi: winner by injury during a contest
 - m. fusengachi: winner by default, the opponent does not show up.

2. Scoring
 - a. Ippon: full point. A score for a throw largely on an opponents back with force, speed, and control; a hold which lasts 25 seconds; or to make the opponent submit in an armbar or choke.
 - b. Wazari: almost an ippon. A score for a throw which lacks one of the four elements of an ippon throw, or a hold which lasts 20-24 seconds.
 - c. Yuko: almost a wazari. A score for a throw which is not largely on the opponents back and lacks force or speed or a hold which lasts 15-19 seconds.
 - d. Koka: minor score. A score for a throw on the opponents thigh, buttocks, or shoulder; or a hold which lasts 10-14 seconds.

3. Penalties
 - a. Hansoku-make: loser by violation
 - b. Keikoku: a severe warning penalty, opponent awarded a wazari
 - c. Chui: a warning or caution penalty, opponent awarded a yuko
 - d. Shido: a minor infraction penalty, opponent awarded a koka

4. Osaekomi:
 - a referee announces osaekomi when tori positions uke on his back(one or two shoulders) through a kesa(hurdlers position) or shiho (chest to chest)technique with at least one portion of tori's body within the contest area; for a specified time:
 - a. ippon: 25 seconds
 - b. wazari: 20-24 seconds
 - c. yuko: 15-19 seconds
 - d. koka: 10-14 seconds

XIII. Kata

1. Nage-No-Kata (forms of throws)

Nage No Kata is a set form of highly formalised throwing techniques. It consists of five sets of three throws. Each throw is performed both left and right side.

 - Te Waza - Hand Techniques
 - Uki Otoshi - floating drop
 - Ippon Seio Nage - one arm shoulder throw
 - Kata Guruma - shoulder wheel
 - Koshi Waza - Hip Techniques
 - Uki Goshi - floating hip
 - Harai Goshi – hip sweep
 - Tsurikomi Goshi - lifting pulling hip
 - Ashi Waza - Ankle Techniques
 - Okuri Ashi Barai – sliding foot sweep
 - Sasae Tsuru Komi Ashi - forward lift pulling ankle
 - Uchi Mata - inner thigh

Ma Sutemi Waza - Sacrifice Techniques

Tomoe Nage - stomach throw

Ura Nage - back throw

Sumi Gaeshi - corner twist throw

Yoko Sutemi Waza - Side sacrifice Techniques

Yoko Gake - side hook

Yoko Guruma - side wheel

Uki Waza – side drop

2. Katame-No-Kata (forms of grappling)

The Formal Techniques of Grappling of Kodokan Judo consists of fifteen representative techniques, five from each of the three categories of grappling techniques.

Osae-Komi-Waza (Holding Techniques)

Kesa-gatame (Scarf hold)

Kata-gatame (Shoulder hold)

Kami-shiho-gatame (Upper four-corner hold)

Yoko-shiho-gatame (Side locking four-corner hold)

Kuzure-kami-shiho-gatame (Modified upper four-corner hold)

Shime-Waza (Strangling Techniques):

Kata-juji-jime (Half-cross strangle)

Hadaka-jime (naked strangle)

Okuri-eri-jime (Sliding collar strangle)

Kata-ha-jime (Single-wing strangle)

Gyaku-juji-jime (reverse cross strangle)

Kansetsu-Waza (Armlock Techniques):

Ude-garami (Entangled armlock)

Ude-hishigi-juji-gatame (Cross armlock)

Ude-hishigi-ude-gatame (Arm armlock)

Ude-hishigi-hiza-gatame (Knee armlock)

Ashi-garami (Entangled leglock)

3. Kime-No-Kata (Forms of Decision)

Kime no Kata is designed to teach the fundamentals of attack and defense in combat situation. Its twenty techniques, which include strikes at vital spots. The techniques are not used in randori. They are divided into two groups, idori, where the basic position is kneeling, and tachiai, where techniques are executed in a standing position.

Idori (techniques from kneeling posture)

UKE
Ryote-dori Two-hand hold

TORI
Waki gatame

Tsukkake	Stomach punch	Hara gatame
Suri-age	Forehead thrust	Hiza gatame
Yoko-uchi	Side blow at left temple	Duck under/chest strike
Ushiro-dori	Seizure from behind	Drop seonage/groin strike
Tsukkomi	Dagger thrust at stomach	Hara gatame
Kiri-komi	Downward cut with dagger	Waki gatame
Yoko-tsuki	Dagger thrust to side	270 spin/hara gatame

Tachiai (techniques from a standing posture)

Ryote-dori	Two-hand hold	Waki gatame
Sode-dori	Sleeve grab	Osoto gari
Tsukkake	Punch to face	Hadaka jime
Tsuki-age	Uppercut	Waki gatame
Suri-age	Forehead thrust	Uki goshi
Yoko-uchi	Side blow	Okuri-eri jime
Keage	Groin kick	Ankle grab/groin kick
Ushiro-dori	Hold from behind	Ippon seonage
Kiri komi	Downward cut with dagger	Waki gatame
Nuki gake	Sword unsheating	Kata-ha jime
Kiri oroshi	Downward cut with sword	Hara gatame

4. Ju-No-Kata (Form of suppleness)

Ikkyu

Tsuki Dashi (to transpierce with the hand)
 Kata Oshi (to push the shoulder)
 Ryota Dori (both hand seizure)
 Kata Mawashi (rotation of the shoulders)
 Ago Oshi (to push side of the face)

Nikyu

Kiri Oroshi (split the head with a weapon)
 Ryo Kata Oshi (to press on both shoulders)
 Naname Uchi (to split obliquely)
 Katae Dori (to hold with one hand)
 Katate Age (to raise the hand to strike)

Sankyu

Obi Tori (hold of the belt)
 Mune Oshi (to push back the chest)
 Tsuki Age (uppercut)
 Uchi Oroshi (downwards blow with fist)
 Ryogan Tsuki (to strike the eyes)

APPENDIX ONE

United States Judo Federation and United States Judo Inc.

Junior Promotional requirements:

Any applicant testing for a belt should have a complete understanding of the previous belts, so a person testing for Ikkyu, must be able to demonstrate the requirements of Ikkyu, Nikyu, Sankyu, Yonkyu, Gokyu, and Rokyū. A person testing for Yonkyu must know the terminology and demonstration for both Gokyu and Yonkyu. Demonstration of Ukemi, Shintai, Shisei, and Taisabaki is usually required in every examination.

Rokkyū (White Belt)

The rank is assigned to individuals of good moral character, who have been accepted as students in a Judo club or class.

Gokyu (yellow belt)

Age Requirement: minimum age of 6 years old.

Terminology:

Founder of Judo:	Dr. Jigoro Kano
Year Judo Founded:	1882
Name of first school:	Kodokan
Location of first school:	Tokyo, Japan
Hajime:	begin, start
Osaekomi:	hold down, time begin
Matte:	stop
Soremade:	end of contest

Terminology and Demonstration:

Taisabaki:	turning movements
Shisei:	posture
Shintai:	directional movement(forward, backward, circular, sideways)
Ukemi:	breakfalls
Zempo Kaitan	forward breakfalls
Shizenhontai:	natural posture
Jigohontai:	defensive posture
Ayumi Ashi:	natural walking
Tsugi Ashi:	follow foot walking
Nage Waza:	throwing techniques
O Goshi:	major hip throw
O Soto Gari:	major outer reap throw
Ippon Seoi Nage:	one arm should throw
Osaekomi waza:	holding techniques
Kesa Gatame:	scarf hold
Yoko Shiho Gatame:	side locking four corner hold

Yonkyū (orange belt)

Age Requirement: minimum age of 8 years old.

Terminology:

Judoka:	a person who practices judo
Yonen:	Judoka 12 old and under
Shonen:	Judoka 13 to 16 years old
Toketa:	hold broken
Sonomama:	freeze
Yoshi:	continue
Ippon:	full point
Wazari:	half point
Yuko:	more than a koka, less than a wazari
Koka:	less than a yuko

Terminology and Demonstration:

Zempo Kaitan:	forward breakfalls
Migi Shizentai:	right natural posture
Hidari Shizentai:	left natural posture
Migi Jigotai:	right defensive posture
Hidari Jigotai:	left defensive posture
Myote Seoi Nage:	two hand shoulder throw
Deashi Harai:	advanced foot sweep throw
Ouchi Gari:	major inner reap throw
Kami Shiho Gatame:	upper four corners hold
Kuzure Kami Shiho Gatame:	modified upper four corners hold

Sankyu (green belt)

Age Requirement: minimum age of 10 years old.

Terminology:

Nage Waza:	throwing techniques
Osekomi Waza:	holding techniques
Kuzushi:	off balancing opponent
Tsukuri:	fitting into a throw
Kake:	completing the throw
Toketa:	hold broken
Shido:	slight infringement – opponent awarded a koka
Chui:	serious infringement – opponent awarded a yuko
Keikoku:	grave infringement – opponent awarded a wazari
Hansoku Make:	loser by violations – opponent awarded an ippon
Hiki Wake:	draw

Terminology and Demonstration:

Uki Goshi:	floating hip throw
Sasai Tsurikomi Ashi:	support foot lift-pull throw
Hiza Guruma:	knee wheel throw
Tate Shiho Gatame:	straight four corners hold
Kata Gatame:	shoulder hold

Nikyu (blue belt)

Age Requirement: minimum age of 12 years old.

Written Test: senior (senien) gokyu

Terminology:

Kumikata:	method of grasping
Shisei:	posture
Shintai:	directional movement
Kuzushi:	off balancing opponent

Taisabaki: turning movement

Terminology and Demonstration:

Tai Otoshi: body drop throw
Kouchi Gari: minor inner reap throw
Koshi Guruma: loin wheel throw
Makura Kesa Gatame: pillow scarf hold
Ushiro Kesa Gatame: rear scarf hold
Shime Waza: strangling techniques
Nami Juji Jime normal cross strangle/choke
Kata Juji Jime half cross strangle/choke
Hadaka Juji Jime naked strangle/choke
Okuri Eri Jime sliding collar strangle/choke

Ikkyu (purple belt)

Age Requirement: minimum age of 14 years old.

Written Test: senior(senien) yonkyu

Terminology/Demonstration:

Okuri Ashi Barai: sliding foot sweep throw
Kosoto Gari: minor outer reap throw
Tsurikomi Goshi: lifting hip throw
Sankaku Jime: triangular strangle/choke
Tsukkomi Jime: thrust strangle/choke
Ryote Jime: two hand strangle/choke
Kataha Jime: single wing strangle/choke
Eri Jime: collar lock strangle/choke
Ude Hishigi Juji Gatame: cross armlock
Ude Hishigi Ude Gatame: arm armlock
Ude Garamme: entangled armlock

APPENDIX TWO

United States Judo Federation and United States Judo Inc.

Senior Promotional requirements:

Any applicant testing for a belt should have a complete understanding of the previous belts, so a person testing for Ikkyu, must be able to demonstrate the requirements of Nikyu, Sankyu, Yonkyu, Gokyu, and Rokyū.

CONTEST POINTS

Promotion Points Awarded According to Opponent Rank and Type of Win

	Opponents Rank	2 Ranks Lower	1 Rank Lower	Same Rank	1 Rank Higher	2 Ranks Higher	3 Ranks Higher
Win By							
IPPON	1/3	1/2	1	1-1/2	2	3	
WAZARI	1/6	1/4	1/2	3/4	1	1-1/2	

A Shiai or Kata competitor may obtain up to 1/4 of his/her promotional points from the other category. For example, a Shiai competitor who is a candidate for Shodan, may use 5 points from Kata competitions and 15 points from Shiai competitions to complete the minimum of 20 required.

Consideration for promotion will be given in attending designated clinics, training camps and teacher's institutes as well as refereeing or working as an off mat official.

Rokkyū (USJF: white Belt, USJI: white belt)

This rank is assigned to individuals of good moral character, who have been accepted as students in a Judo club or class.

Gokyu (USJF: white belt, USJI: green belt)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade: 3 months

Contest Points: none, limited tournament experience.

Demonstration:

- Ukemi, Kumikata, Shisei, Shintai, Kuzushi, Taisabaki.
- 2 Waza from the DAI-IKKYO (must know all eight throws).
- 2 Osaekomi Waza (selected from Kesa Gatame, Kata Gatame, Yoko Shiho Gatame, and Kami Shiho Gatame).
- 1 Shime Waza (Mae - front).
- 1 Shime Waza (Ushiro - rear).

Yonkyū (USJF: green belt, USJI: blue belt)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade:

Non-competitor (over 35): 6 months

Non-competitor (under 35): 1 year

Shiai competitor: 3 months

Kata competitor: 3 months

Contest points: 3

Demonstrate:

- Ukemi, Kumikata, Shisei, Shintai, Kuzushi, Taisabaki.
- 2 Waza each from the DAI-IKKYO and the DAI-NIKYO (must know all 16 throws).
- 3 Osaekomi Waza (selected from Kesa Gatame, Kata Gatame, Yoko Shiho Gatame, Kami Shiho Gatame, Kuzuri Kesa Gatame and Kuzuri Kami Shiho Gatame).
- 2 Shime Waza (Mae - front).
- 2 Shime Waza (Ushiro - rear).
- 1 Kansetsu Waza.
- 1 Renraku Waza.

Sankyu (USJF/USJI: brown belt, 3rd degree)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade:

Non-competitor (over 35):	9 months
Non-competitor (under 35):	1 year
Shiai competitor:	6 months
Kata competitor:	6 months

Contest points: 5

Demonstrate:

- Ukemi, Kumikata, Shisei, Shintai, Kuzushi, Taisabaki.
- 2 Waza each from the DAI-IKKYO, DAI-NIKYO and the DAI-SANKYO (must know all 24 throws).
- 4 Osaekomi Waza (selected from Kesa Gatame, Kata Gatame, Yoko Shiho Gatame, Kami Shiho Gatame, Tate Shiho Gatame, Kuzuri Kesa Gatame (2), Kuzuri Kami Shiho Gatame (2)).
- 3 Shime Waza (Mae - front).
- 3 Shime Waza (Ushiro - rear).
- 2 Kansetsu Waza.
- 1 Renraku Waza.
- 1 Kaeshi Waza.

Kata:

- Non-competitor - Nage-No-Kata (Uke) 3 sets with an average score of 4.
- Competitor - Nage-No-Kata (Uke) 3 sets with an average score of 3.

Nikyu (USJF/USJI: brown belt, 2nd degree)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade:

Non-competitor (over 35):	1 year
Non-competitor (under 35):	1 year
Shiai competitor:	6 months
Kata competitor:	6 months

Contest points: 7

Written Test: 50 (minimum score)

Demonstration (minimum average score of 6):

- Ukemi, Kumikata, Shisei, Shintai, Kuzushi, Taisabaki.
- 2 Waza each from the DAI-IKKYO, DAI-NIKYO, DAI-SANKYO and the DAI-YONKYO (must know all 32 throws).

- 6 Osaekomi Waza (selected from Kesa Gatame, Kata Gatame, Yoko Shiho Gatame, Kami Shiho Gatame, Tate Shiho Gatame, Kuzuri Kesa Gatame (2), 1
- Kuzuri Kami Shiho Gatame (2) and Kuzuri Tate Shiho Gatame).
- 5 Shime Waza (Mae - front).
- 5 Shime Waza (Ushiro - rear).
- 4 Kansetsu Waza.
- 3 Renraku Waza.
- 3 Kaeshi Waza.

Kata:

- Non-competitor - Nage-No-Kata (Uke) 3 sets with an average score of 4.
- Competitor - Nage-No-Kata (Uke) 3 sets with an average score of 3.

Ikkyu (USJF/UFJI: brown belt, 1st degree)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade:

Non-competitor (over 35):	1.5 years
Non-competitor (under 35):	2 years
Shiai competitor:	6 months
Kata competitor:	1 year

Contest points: 12

Written test: 70 (minimum)

Demonstration (minimum average score of 6):

- Ukemi, Kumikata, Shisei, Shintai, Kuzushi, Taisabaki.
- 2 Waza each from the DAI-IKKYO, DAI-NIKYO, DAI-SANKYO, DAI-YONKYO and the DAI-GOKYO (must know all 40 throws).
- 6 Osaekomi Waza (selected from Kesa Gatame, Kata Gatame, Yoko Shiho Gatame, Kami Shiho Gatame, Tate Shiho Gatame, Kuzuri Kesa Gatame (2), Kuzuri Kami Shiho Gatame (2) and Kuzuri Tate Shiho Gatame).
- 5 Shime Waza (Mae - front).
- 5 Shime Waza (Ushiro - rear).
- 4 Kansetsu Waza.
- 3 Renraku Waza.
- 3 Kaeshi Waza.

Kata:

- Non-competitor - Nage-No-Kata (Uke) 5 sets with an average score of 5 and Nage-No-Kata (Tori) 3 sets with an average score of 4.
- Competitor - same as non-competitor.

Shodan (black belt)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade:

Non-competitor (over 35):	3 years
Non-competitor (under 35):	4 years
Shiai competitor:	6 months
Kata competitor:	1.5 years

Contest points: 20

Written test: 70 (minimum)

Demonstration (minimum score of 7):

same as Ikkyu with the addition of Ne-waza: form, entry, escape, and defense.

Kata:

- Non-competitor - Nage-No-Kata (tori) 5 sets with an average score of 5, Katame-No-Kata (uke) 3 sets with an average score of 5, and Ju-No-Kata (uke) 3 sets with an average score of 5.
- Competitor - Nage-No-Kata (tori) 5 sets with an average score of 5, Katame-No-Kata (uke) 2 sets with an average score of 5, and women only Ju-No-Kata (uke) 3 sets with an average score of 4.

Nidan(black belt)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade:

Non-competitor (over 35): 6 years

Non-competitor (under 35): 8 years

Shiai competitor: 2 years

Kata competitor: 3 years

Contest Points: 28 points

Ability to demonstrate and teach any part of the requirements for the previous ranks.

Ability to demonstrate counters and combinations in ne-waza.

Ability to referee.

Kata:

- Non-competitor - Katame-No-Kata (tori) 3 sets with an average score of 5, Juno-No-Kata (tori) 3 sets with an average score of 5, and Kime-No-Kata (uke) first set with an average score of 5.
- Competitor - Katame-No-Kata (uke) 3 sets with an average score of 5, Katame-No-Kata (tori) 2 sets with an average score of 5, and women only Juno-No-Kata (tori) 3 set with an average score of 4.

Sandan(black belt)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade:

Non-competitor (over 35): 8 years

Non-competitor (under 35): 10 years

Shiai competitor: 3 years

Kata competitor: 5 years

Contest Points: 36 points

Ability to demonstrate and teach any part of the requirements for the previous ranks.

Kata:

- Non-competitor - Kime-No-Kata (uke) both sets and Kime-No-Kata (tori) first set.
- Competitor - Katame-No-Kata (tori) 3 sets with an average score of 5. Must be able to explain and/or teach the following three katas: Nage-No-Kata, Katame-No-Kata (tori), and Kime-No-Kata.

Yodan(black belt)

Good Moral Character and maturity

Regular Practice and Attendance

Time in Grade:

Non-competitor (over 35):	10 years
Non-competitor (under 35):	to be determined
Shiai competitor:	4 years
Kata competitor:	7-9 years

Contest Points: 42 points

Ability to demonstrate and teach any part of the requirements for the previous ranks.

Kata:

- Non-competitor - Kime-No-Kata (tori) both sets.
- Competitor - Kime-No-Kata (uke) both sets and Kime-No-Kata(tori) first set.

APPENDIX THREE

Tachi Waza

Dai Ikkyo (1st group)

1. Deashi Harai (A) : sweep uke's moving foot in front of uke's supporting foot/leg
2. Hiza Guruma (A) : foot block the uke's knee
3. Sasae Tsurikomi Ashi (A) : foot block the uke's ankle
4. Uki Goshi (K) : twisting body throw
5. Osoto Gari (A) : outside sweep uke's right foot/leg with tori's right foot/leg
6. Ogoshi (K) : arm around the waist hip throw
7. Ouchi Gari (A) : inside step sweep uke's near leg with tori's near leg
8. Seoi Nage (T) : one arm shoulder throw

Dai Nikyo (2nd group)

1. Kosoto Gari (A) : outside sweep uke's right foot with tori's left foot
2. Tsurikomi Goshi (K) : straight arm hip throw
3. Kouchi Gari (A) : inside sweep uke's right foot with tori's right foot
4. Koshi Guruma (K) : head hunter throw/head and arm throw
5. Okuri Ashi Hara (A) : sweep both feet together
6. Tai Otoshi (T) : throw over the tori's leg
7. Harai Goshi (K) : tori's leg/hip lifts outside uke's leg
8. Uchi Mata (A) : tori's leg lifts inside uke's thigh

Sankyo (3rd group)

1. Kosoto Gake (A) : outside hook uke's right foot with tori's left leg
2. Tsurikomi Goshi (K) : belt lift throw(o: over the back, ko: around the side)
3. Yoko Otoshi (YS) : tori sacrifices to hurdlers position and tosses uke directly to the side
4. Ashi Guruma (A) : corkscrew to uke's knee
5. Hane Goshi (K) : tori's leg/hip lifts uke's leg with tori's leg bent leg on uke's leg
6. Harai Tsurikomi Ashi (A) : sweep uke's moving foot behind uke's supporting foot/leg
7. Tomoe Nage (MS) : captain kirk throw. rear sacrifice with a lift at uke's gut
8. Kata Guruma (T) : fireman's throw

Yonkyo (4th group)

1. Sumi Gaeshi (MS) : rear sacrifice with a lift at the knee
2. Tani Otoshi (YS) : tori drops to a hurdlers with extended leg at uke's ankles
3. Hane Makikomi (K) : initiate hane goshi, wrap ukes arm and body around tori's w/reap to mat
4. Sukui Nage (T) : scoop at the knees throwing backwards
5. Utsuri Goshi (K) : block uke's hip throw, lift, swing around hip and unroll uke to the mat
6. O Guruma (A) : corkscrew to uke's hip
7. Soto Maki Komi (T) : wrap uke arm/elbow and hip roll to the mat
8. Uki Otoshi (T) : first throw of nage no kata.(variation: pull uke forward,tiaotoshi w/o leg)

Gokyo (5th group)

1. Osoto Guruma (A) : osoto gari but sweep one then both legs
2. Uki Waza (YS) : step across, sit to hurdlers, and throw to the corner
3. Yoko Wakare (YS) : step across in front of uke, roll uke in tori's gi, toss over tori chest.jap wizzer
4. Yoko Guruma (YS) : slide tori's leg between ukes
5. Ushiro Goshi (K) : block uke's hip throw, lift, and bring uke down directly in front of tori
6. Ura Nage (MS) : pinch uke's hips from the front, lift and throw over tori's back
7. Sumi Otoshi (T) : throw uke to back corner, push uke back, osoto gari using hand & no sweep
8. Yoko Gake (YS) : side hook/thrust sacrifice

Rokukyo (6th group)

1. Obi Otoshi
2. Seoi Otoshi
3. Yama Arashi
4. Osoto Otoshi
5. Daki Wakare
6. Hikikomi Gaeshi
7. Tawara Gaeshi
8. Uchi Maki Komi

Shinmeisho No Waza (newly accepted techniques)

1. Morote Gari
2. Kuchiki Taoshi
3. Kibisu Gaeshi
4. Uchi Mata Sukashi
5. Dakiage
6. Tsubame Gaeshi
7. Kouchi Gaeshi
8. Ouchi Gaeshi
9. Osoto Gaeshi
10. Harai Goshi Gaeshi
11. Uchi Mata Gaeshi
12. Hane Goshi Gaeshi
13. Kani Basami
14. Osoto Maki Komi
15. Kawazu Gake
16. Harai Maki Komi
17. Uchi Mata Makikomi
18. Sode Tsurikomi Goshi
19. Ippon Seoinage

College Park Judo Club Judo Gi Care



- You should be sweaty after a good, hard practice. Hang your judo gi up to air dry after practice. Don't leave it rolled up or bundled up after practice.
- FACT: Judo Gis shrink in heat. The amount of shrinkage reduces with each wash/dry.
- Machine wash your gi.
- Hang your gi to air dry after washing.
- Sensei Kurt washes and dries the gis with a dryer when he gets them. That way we can get the bulk of the shrinkage done before you buy one. This enables us to size the gi to the student better. This step is dependent on when the order arrives and when the student picks up the gi. Check with Sensei Kurt to verify that the gi has been shrunk once.
- Some gis get frayed collars from the dryer. This could cause the collar to wear out before the rest of the jacket. This is another reason to air dry your gis.
- Club patches are to be sewn on to the gi on the left lapel over your heart.

JUDO GI CONTAINS:

UWAGI = Jacket

SHITAGI = Pants

OBI = Belt

ZORIS = Slippers or flip flops

(you must purchase separate from the rest of the gi)

NOTE: when you outgrow your gi. Please donate it back to the judo club. We will start a collection of used gis to loan to students during beginner's class.