



*Manual of Study
including
Requirements*



**INTERNATIONAL
KWANMUKAN**



General Information

History

Vocabulary

Decorum

What is Ju?

Newton's three laws of motion

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

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

Judo Protocols

How to Stand Up

How to lay down for ne-waza

How to Sit Down

The command to pay attention – MATTE!

Assertive verses Passive or Aggressive Body Language

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

General

Shizen Hantei

Natural Posture and natural left and right postures

Jigo Hantei

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

Tsugi Ashi

Walking by sliding one foot behind

Ayumi Ashi

Normal Walking

Happo no Kuzushi

Eight forms of off balancing (eight)

Anza

Sitting Cross-legged

Ukemi

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

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

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

Roll out Break falls

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

Twist Outs – From Fall Overs

Diving Rolls (over things)

Nage Waza Concepts

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

Use of arms, legs and head

Happo no Kushushi – off-balancing

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

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

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

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

Interrupting an attacking throw using body parts, space and lowering

Use of body parts, space and lowering center

Grips

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

Nage Waza

Seoinage – Ippon and Morote

Ogoshi and Uki Goshi

Ototogari

De Ashi Harai

Ouchi Gari

Sasae Tsuru Komi Ashi

Uke Goshi

Ogoshi

Control of opponents head, arms and legs

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

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

Practice Method

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

Ne-Waza - Hold Downs

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

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

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

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

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

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

Drills

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

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

When to Throw – The Unguarded Moment

Situations that provide the unguarded moment or loss of zanshin

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

Consider

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

KMK Judo rank and application fees

Notes for Nage Waza

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



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Table of Contents

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

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

Judo

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

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

Ranking System

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

Judo Technical Divisions

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

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

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

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

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

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

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

First push, relax the force then pull.

First pull, relax the force then push.

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

Parts of a Throw

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

How to apply a Judo throw

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

Falling Methods

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

Judo Questionnaire

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

Vocabulary Match

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

Judo Techniques
Throwing - Nage Waza

Hand Techniques - Te Waza

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

Hip or Loin Techniques - Koshi Waza

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

Foot & Leg Techniques - Ashi Waza

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

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

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

Holds and Escapes - Katame-Waza or Ne Waza

Pinning Techniques - Osaekomi-waza

Kesa Gatame - Scarf Hold	Kata Gatame - Shoulder Hold
Kamishiho Gatame - Upper 4 Corner Hold	Yokoshiho Gatame - Side 4 Corner or 4 Direction Hold

Strangle or Neck Lock Techniques - Shime-waza

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

Joint Techniques - Kansetsu-waza

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

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

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

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

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

Grips and Grip Breaking

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

Ukemi Waza

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

Throws - Nage Waza

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

Grappling

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

Defense Against Throws

Hiza Guruma		5th
Ogoshi		5th

Notes

General Requirements

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

Grips and Grip Breaking

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

Ukemi Waza

Side Falls	
Front Rolling Falls	
Front Falls	
Back Falls	

Throws - Nage-Waza

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

`Grappling

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

Defence Against Throws

Hiza Guruma	
Ogoshi	

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

Tai Sabaki	90° and 180° pivoting	Level 4th
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Grips and Grip Breaking

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

Throws - Nage Waza

Name	English Reference	GoKyo No Waza	
Kouchigari	Minor Inside Reap	Dai Nikyo	4th
Koshi guruma	Hip Wheel	Dai Nikyo	4th
Kosotogari	Minor Outside Reap	Dai Nikyo	4th
Tsurikomigoshi	Liftpull Hip throw	Dai Nikyo	4th

Defense Against Throws

Osotogari		4th
Seoinage		4th
Ouchigari		4th
Deashiharai		4th

Counters For Throws

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

Grappling

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

Entry Into Grappling

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

Kwanmukan Judo Requirements For 3rd Kyu

Grips and Grip Breaking

		Level
Low Lapel Grip	Snap out break through	3rd
High Lapel Grip	Inner sleeve counter grip	3rd

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

Defense Against Throws

Uki Goshi	3rd
Sasaetsurikomiashi	3rd
Kouchigari	3rd
Koshiguruma	3rd

Counters For Throws

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

Combinations of Throws

Ouchi	To Ogoshi	3rd
Kouchigari	To Seoinage	3rd
Seoinage	To Kouchigari	3rd

Grappling

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

Entry Into Grappling - Hairi Kata

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

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

		Level
Double sleeve grip	double sleeve conter grip	2nd
High lapel grip	Pull down break through	2nd

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

Defense (Bogyo) Against Throws

Okuriashiharai	2nd
Harai Goshi	2nd
Taitoshi	2nd
Uchimata	2nd

Counters (Kaeshi) For Throws

Kouchigari	2nd
Koshiguruma	2nd
Okuriashiharai	2nd
Haraigoshi	2nd

Combinations (Renraku) of Throws

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

Name	Grappling - Osaekomi English Reference	Escape - Fusegi	Level
Tateshiho gatame	Verticle 4 corner hold	Leg out escape	2nd
Yokoshiho gatame	Side 4 corner hold	Uphill turn escape	2nd

Entry Into Grappling

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

Name	Grappling - Shimewaza English Reference	Escape - Fusegi	Level
Hadaka jime	Naked strangle		2nd
Okurieri jime	Sliding lapel strangle		2nd
Kataha jime	One side strangle		2nd

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

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

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

Defense (Bogyo) Against Throws

Kosotogake	1st
Tsurigoshi	1st
Haraitsurikomiashi	1st
Hane goshi	1st

Counters (Kaeshi) For Throws

Taiotoshi	1st
Uchimata	1st
Kosotogake	1st
Tsurigoshi	1st

Combinations (Renraku) of Throws

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

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

Entry Into Grappling

Holding opponents legs together	1st
Knee in entry	1st

Name	Grappling - Shimewaza English Reference	Escape - Fusegi	
Namijuji jime	Natural cross strangle		1st
Katajuji jime	Half cross strangle		1st
Gyakujuji jime	Reverse cross strangle		1st

Name	Grappling - Kansetsuwaza English Reference	Escape - Fusegi	
Juji gatame	Cross armlock		1st
Ude gatame	Arm lock		1st
Ude garami	Entangled arm lock		1st

Kwanmukan Judo Requirements For 1st Dan

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

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

Demonstrate Nage-no-kata - First Nine Techniques

Nage No Kata

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

Judo Kata Listing

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

Judo Drills

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

Go Kyo No Waza

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Osotoguruma - Like a haraigoshi. Step for classic osotogari but a little further. Then extend the attacking leg.

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

Shinmeisho No Waza

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

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

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

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

January 2011 Judo Seminar

Strongsville, Ohio

Notes for Clinic

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

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

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

What is Ju?

Newton's three laws of motion

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

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

To every motion there is an equal and opposite reaction.

Unguarded Moment

Situations that provide the unguarded moment or loss of zanshin.

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

Attacking on an angle

Mental Feints

Anticipation

Unguarded

Not trained

Off peak

Mental or physical fatigue

Absent-minded - mind is absent

Upset - emotional

Get opponent to focus attention on one thing and do another

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

Angle attacks - hard to recognize movement

At his inhale

When off balance -- mentally or spiritually

Attack when posture is wrong or loses control of breathing

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

Long Term training must consider

Tactical - space determination - distance

Strategic

Parts of a match: Beginning, Middle, End

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

When do you do what

Void - no attacks

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

Location awareness

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

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

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

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

KMK Judo rank and application fees

1st two rank requirements

2nd two rank requirements

January 2011 Judo Seminar Strongsville, Ohio

9 am First Hour – Making the Uke Safe

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

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

11 am Third Hour – Tripping and Foot Sweeps

Noon: Lunch Break

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

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

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

4 pm Seventh Hour – Introduction to Randori

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