

Outline of Beginner Course

The beginner course is run once a month and is intended to give beginners a good grounding in the basics of Judo before they join the main class. You will spend a lot of time practicing falling techniques (ukemi), this may become a bit boring, but this skill is vital. If you cannot fall safely you are likely to be injured and may not be able to continue your study of Judo. Additionally, being confident in your ability to safely fall when thrown will allow you to progress more rapidly in Judo, without constantly holding back because of your fear of being thrown.

1. Observe at least two practices (you should order your Judo gi at this time)
2. Complete 3-4 week beginner course (attending class regularly)
 - a. Week 1- Basic Ukemi, Judo etiquette and History, wear and care of Judo gi, names of Judogi parts
 - b. Week 2-Ukemi, including being thrown, Judo stance, gripping and movement, introduction to newaza, review of Week 1 subjects
 - c. Week 3- Ukemi, learn 2-3 basic throws, Kuzushi and principles of throwing, newaza, review of Weeks 1 and 2
 - d. Week 4- Ukemi, continue with basic throws and movement, newaza, review of Weeks 1-3, test of basic skills

Before you can join the rest of the class you must demonstrate the following

1. Ukemi
 - a. Basic forward, back and side ukemi
 - b. Zenpo kaiten (forward rolling ukemi)
 - c. Ukemi to the front, back and sides while being thrown
2. Stance and movement
 - a. Demonstrate shizentai and jigotai (hon, migi and hidari)
 - b. Demonstrate tsugi ashi and ayumi ashi walking
 - c. Demonstrate basic grip
3. Throwing
 - a. Define the concept of kuzushi and give the eight basic directions
 - b. Name the three parts of a throw (kuzushi, tsukuri, kake)
 - c. Demonstrate the throws you learned during the beginner course
4. Newaza
 - a. Show 2 hold downs
 - b. Give a basic description of Newaza rules (holddown time, prohibited actions, tapping out)
5. Judo History and principles
 - a. Name the founder of Judo, and what martial art Judo was developed from (Jujutsu)
 - b. Name the official founding date of Judo (1882), the name of the Judo home dojo (Kodokan) and its location (Tokyo, Japan)
 - c. Name the two guiding principles of Judo

6. Judo etiquette

- a. Demonstrate proper wear of the Judo gi (including belt tying)
- b. Name the parts of the Judogi
- c. Demonstrate a proper standing bow
- d. Demonstrate seiza, and a proper kneeling bow
- e. Explain the times when you should bow during practice

If you pass the test, you will join the main class. If you do not pass the test you will continue in the beginner class until you can pass the test.

Main Class, Beginner Division

Once you join the main class you will practice with them. However, during randori (free practice) you will be limited to moving throwing and ukemi practice with brown belts or above. This is to allow you to further develop your ukemi and basic throwing skills before you participate in totally open randori. This period will last 2 weeks. At the end of this period you will be qualified to take the gokyu test (requirements for gokyu are listed at the end of this booklet. If you pass this test, you will be allowed to participate in open randori.

Beginner Class attendance checklist (Instructor must initial and date)

Session	Instructor Initials	Date
1		
2		
3		
4		
5		
6		
7		
8		
9		
10		
11		
12		

Instructor sign here when student completes beginner course

Name

Date

What is Judo

You can see people of both sexes, all professions, and all ages from six to over eighty years enjoying Judo. They all have their own purposes. Some of them want to be strong, some want to be healthy, some want to strengthen their mind, some want to appreciate the pleasant feeling after a good workout, some want to be able to defend themselves, some want to win championships, some want to become instructors of Judo, and some are already devoted to training others. Why is Judo attracting people of all ages and people with so many different purposes?

Judo is a martial art which is may also be practiced as a sport. It was derived from the ancient Japanese martial Art of Jujutsu (sometimes called jujitsu). The techniques of Judo include throws (nagewaza), groundwork (newaza), chokes (shimewaza), joint locks (kansetsu waza), and strikes (atemi waza). However, Judo is more than just an assortment of physical techniques.

The history of Judo

The late nineteenth century was a time of rapid change in Japan. The country had recently emerged from feudalism and isolation and many traditional things were being discarded in a drive to modernize Japanese society. The founder of Judo, Jigoro Kano, was born in 1860 and grew up in the midst of this modernization. A skinny kid who was sometimes picked on, he sought out some of the few remaining teachers of Jujutsu. Kano found that his study of Jujutsu provided benefits beyond self-defense. He found that Jujutsu training provided opportunities for mental and physical development useful in all aspects of life. Kano continued his jujutsu training, receiving teaching licenses (menkyo) in Tenshinshinyo ryu and Kito Ryu jujutsu. As the push for modernization continued, jujutsu and many of the other traditional martial arts began to disappear. They were no longer relevant to modern life and attracted few students. Kano felt that the benefits of Jujutsu training should be preserved in a form that was more relevant to modern life. He set out to develop a form of Jujutsu which focused on personal development rather than combat. Judo was born in 1882 when Kano sensei began training with a few students a small Buddhist temple called Eishoji. Kano sensei wrote:” The great benefit I derived from the study of it (jujutsu) led me to make up my mind to go on with the subject more seriously, and in 1882 I started a school of my own and called it Kodokan. Kodokan literally means *a school for studying the way*, the meaning of *the way* being the concept of life itself. I named the subject I teach Judo instead of Jujutsu. In the first place I will explain to you the meaning of these words. Ju means gentle or to give way, Jutsu, an art or practice, and Do, way or principle, so that Jujutsu means an art or practice of gentleness or of giving way in order to ultimately gain the victory; while Judo means the way or principle of the same.”

History of Obukan

Obukan Judo traces its beginnings to a demonstration of *Kito-ryu Jiu-jutsu* given by Bunzaemon Nii and an unknown partner at the Lewis & Clark Exhibition of 1905. With the help of Nii sensei, the Japanese communities of the Northwest formed four Judo clubs in 1926: Seattle Dojo, Portland Judo Club (later Obukan Judo Dojo, Inc.) Seikikan Dojo and Pacific Judo Academy, both in Spokane, Washington. Nii sensei was chosen as Obukan's first instructor.

Following the 1932 Olympics in Los Angeles, Dr. Jigoro Kano, the founder of Judo,



Professor Jigoro Kano visits Obukan. Aug. 20, 1932

visited Oregon while touring the United States. Portland Judo Club hosted a Shiai in his honor. At a meeting afterwards Kano shihan officially changed the name of Portland Judo Club to Obukan Judo Dojo. The "O" refers to Oregon; Oregon was called "O-shu" or O-state by Japanese immigrants. "Bu" means martial training; "Kan" means building or training hall. Literally translated the characters mean "O" center, "bu" warrior, "kan" training hall.

The practice of Judo expanded quickly in Oregon. During these years before World War II the Portland - Salem areas boasted seven full time dojos. Combined with those in Seattle, our Yudanshakai had more than 10 dojos. In 1936 the Portland Judo Club practiced in the Foster Hotel on Portland's NW 3rd with Mochizuki sensei as its head instructor. By then another club had already opened in the Mayport area of Portland.

Kano sensei visited Portland again in 1938, on the way home from an International Olympic Committee meeting in Cairo, Egypt. He observed Judo practice, gave a speech and presented the Obukan with calligraphy of the club name and the judo principles. A young Onchi sensei can be seen in the photo of this visit.

With the start of World War 2 Judo in the Northwest was put on hold. The tragedy of Japanese-American internment during the war made it impossible for Judo to continue in Portland (though some Judoka continued to practice in the camps). When the Japanese-Americans were finally released, they returned home to find that they had to totally rebuild their lives. There was no time for Judo, and the doors of Obukan remained closed.

In 1952 Muller sensei, who began his judo studies in California, met with the the senior members of the judo community, to form a judo club. Drawing on his considerable experience, each year Muller sensei taught classes of 20 to 30 college students at Reed.

Seeing how well judo was received by the community, in 1953 Muller sensei and his supporters persuaded the former members of Obukan Judo Dojo to reactivate our club. Jim S. Onchi sensei then took over Obukan. Onchi sensei contributed greatly to the development of Judo both in the northwest and throughout the U.S. playing key roles in the development of the Northwest Yudanshakai and United States Judo Federation.

For more than 50 years since its post-war revival, Obukan Judo has continuously offered Judo instruction and training to the people of Portland.



Jigoro Kano, founder of Judo

The Principles of Judo

Jigoro Kano was not only a capable martial artist, he was also a respected educator. He was determined to develop Judo as an art that would provide a healthy and safe way to develop oneself based on a rational and logical principles. In his study of Jujutsu he set out to discover a single unifying principle that would apply to all attacks. This is how he described it:

“Judo is a study and training in mind and body as well as in the regulation of one's life and affairs. From the thorough study of the different methods of attack and defense I became convinced that they all depend on the application of one all-pervading principle, namely: "Whatever be the object, it can best be attained by the highest or maximum efficient use of mind and body for that purpose". Just as this principle applied to the methods of attack and defense constitutes Jiu-jitsu, so does this same principle, applied to physical, mental and moral culture, as well as to ways of living and carrying on of business, constitute the study of, and the training in, those things.”

We typically refer to this principle as “maximum efficient use of energy”, in Japanese it is “sei ryoku zen yo”

The second principle is “mutual welfare and benefit”, in Japanese “jita kyoei”. That is, by working together we both learn and benefit. This principle takes the form of showing respect for one another, our teachers and ourselves. It also means that when we practice together we give each other the opportunity to practice and learn techniques by acting as uke, the person who “receives” the technique (is thrown, choked, pinned, etc.).

Other principles

Ju- Yeilding A main feature of Judo is the application of the principles of nonresistance hence the name jujutsu (literally soft or gentle art), or Judo (doctrine of softness or gentleness). Here is an example to explain this principle: Suppose we estimate the strength of a man is ten units, whereas my strength, less than his, is seven units. Then if he pushes me with all his force, I shall certainly be pushed back or thrown down, even if I use all my strength against him. This would happen from opposing strength to strength. But if, instead of opposing him, I withdraw my body just as much as he pushes, at the same time keeping my balance, he will naturally lean forward and lose his balance. In this new position he may become so weak (not in actual physical strength, but because of his awkward position) as to reduce his strength for the moment, say to three units only instead of ten. Meanwhile, by keeping my balance, I retain my full strength available for any emergency. But there are cases in which this principle does not apply. Suppose for instance, my opponent takes hold of my right wrist and I do not resist him, then there is no means of releasing it from his hold. The best way would be to move my arm so that my whole strength is used to counteract his hand grip, the strength which is of course far inferior to my concentrated strength and therefore gives way to it. In such a case I used my strength against his, contrary to the principle of nonresistance.

Kuzushi-Off balance. This is the principle of moving your partner from a strong balanced position to the point where he loses his balance and becomes weak before attacking. The eight basic directions of kuzushi are: forward, right front corner, right side, right rear corner, straight back, left rear corner, left side, left front corner.

Dojo Etiquette or Reigi

Apart from just good sense and good manners the reasons for Reigi are safety and awareness of your surroundings and getting in the correct mental state to train and learn. It is also an expression of the principle of mutual welfare and benefit.

Sensei

Teachers in Judo are addressed as sensei (sen-say) or using either their first or last name and sensei (“Bob sensei”). The word sensei means teacher. This title should be used when addressing or referring to senior black belts, especially those that actively teach.

Juniors and Seniors

This can have two meanings, children (under 16) that do Judo are often referred to as “juniors”, with everyone older being referred to as “seniors”. The second meaning relates to how long one has been training in Judo. In Japanese the terms sempai (senior)

and kohai (junior) are used. Adults are always senior to children, no matter how long they have been practicing. Sempai have an obligation to help and look after their juniors, kohai should listen to their sempai and treat them with respect and gratitude. Sempai do not have any particular authority, and are not allowed to “boss” their kohai around.

Bowing

Though unfamiliar to most westerners, the bow is a common show of respect among Japanese and other Asian cultures. Bows in Judo have no religious meaning or indication of subservience and are meant to show respect to ones peers, teachers and dojo (club).

Standing bow- proper bowing form- stand up straight, maintain a straight back and neck bow to about a 30 degree angle, bow in a calm non rushed fashion (no head bobs) The hands start on the sides of the thighs and slide toward the front of the thighs as you bow. {helps focus the mind, projects a strong confident image, maintains the body in a strong position to be ready to defend ones self}

Bow upon entering or leaving dojo {shows respect for the place, your teacher, and your fellow Judoka, something to help you switch from thinking about the outside world to thinking about Judo}

Bow before entering or leaving mat (also make sure sensei sees you){a signal that you are joining or leaving practice on the mat, helps sensei keep track of what is going on}

Bow to greet your sensei {He or she is a nice person, be polite and greet them, didn't your mother teach you anything?}

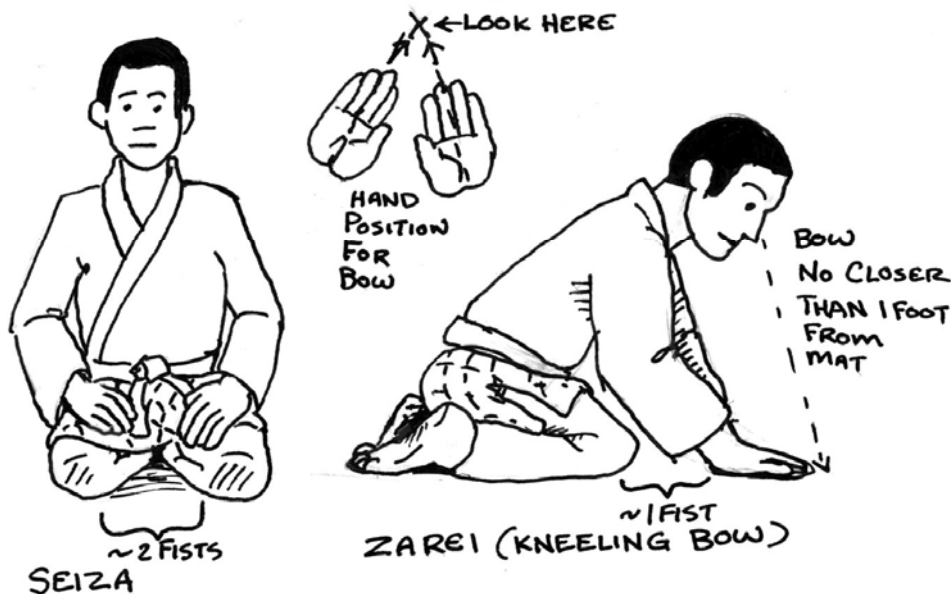
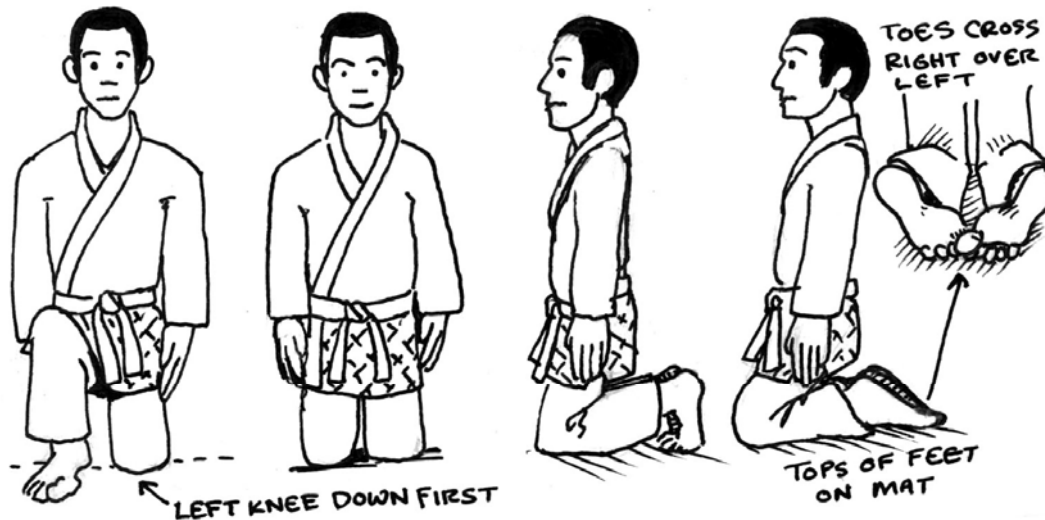
Bow towards front of dojo and to sensei at beginning and end of practice {shows respect to Judo and sensei, as well as marking the official beginning and end of practice}

Bow to your partner before and after training together {safety-signals that you are ready to practice, or are done practicing-once you have bowed, you should be ready to be thrown, choked, etc. at all times until you bow again at the end of your practice together}



Kneeling bow-proper form-stand up straight, go down on left knee, then right, toes are curled under- lay feet down flat and settle back on your heels-knees roughly 2 fists apart, back straight hands on thighs, to bow place hands out in front of knees (left then right) about 1 fist out, bow without lifting your butt off your heels, imagine an equilateral triangle with your hands as the two angles at the base, when bowing look at where the apex of the triangle would be, bow in a calm unhurried manner. To recover-toes up, right leg up, left leg up, stand {The systematic method of kneeling moves from one relatively strong position to another with a short transition time, this maintains your readiness if you are attacked, placing the left knee down first and up last keeps the left side open so a weapon could be drawn, all of this is to help train you to be alert to your environment, body position and situation}

A bow is sign of mutual respect and should never be a hurried bob of the head
 Always bow at the same level (i.e. both standing or kneeling) {different levels implies one is inferior}

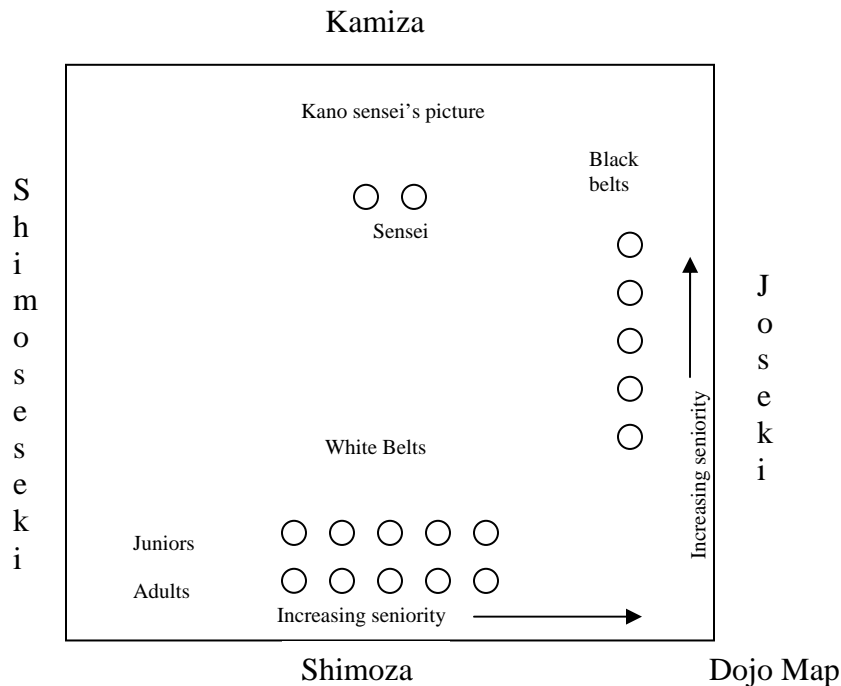


Start and End of Practice

At the beginning and end of practice, a senior black belt will call you to line up. Make sure your gi is neat and your belt is tied before you line up. White belt ranks (everyone below white belt) line up facing Kano sensei's picture (front of dojo). You line up in order of seniority, with the most senior person on the far right. Juniors (below 16) line up in front of adults in the same order. The black belts will be in a line to your right, and the head instructors will be in front of you with their backs to the front of the dojo. Stand up straight with your hands at your sides and focus your attention towards the front of the dojo (this is often a time when announcements or instructions are given).

To open or close practice we do two bows, one towards Kano sensei's picture, and one to the head instructors. These indicate respect and gratitude towards the instructors, and towards Kano sensei, and all the other people who have contributed to Judo. We will do

either a standing or kneeling bow (usually a kneeling bow). A senior black belt will call out “kiotsuke” (kee-oats-kay “attention!”) and then either “rei” (ray “bow”) or seiza (say-zaw “kneel)-sometimes seiza is called without calling kiotsuke. If seiza is called kneel in seiza according to the manner described and sit with your back straight. Then “rei” will be called twice, execute a kneeling bow (zareii) each time. Sometimes at the end of practice while you are sitting in seiza, the command mokuso (moke-sew “meditate”) will be given. This means you should sit quietly with your eyes closed and think about the things you learned during training. Then the command “moksuo yame” (moke-sew ya-may “stop meditating) will be given, open your eyes and sit up straight. Then the command rei will be given twice. After the bowing is done people rise in order of seniority, be sure to get up properly.



General Dojo behavior {some of the reasons for these rules are given in brackets}
 Keep all of your street clothing neatly put away, bags zipped up, etc. {looks bad, dangerous, people lose things, shows respect for yourself and the place}
 Check your gi to be sure it is adjusted properly, keep it in this condition as much as possible {shows respect for dojo, teaches you to pay attention to details}
 Come to practice with a clean gi and body {nobody likes a stinker, very inconsiderate and disrespectful to your dojo and training partners}
 Juniors work towards the back of the dojo, seniors to the front, sensei in the very front {keeps seniors and juniors somewhat separated so sensei can keep track of them}
 When bowing, the junior stands on the left side, the senior on the right (judged from facing the front of the dojo) }some of the positional things such as where seniors and juniors stand seem a bit arbitrary and in themselves may not have particular significance, but as a whole they provide people with an understanding of where they belong in the dojo and prevents milling around and confusion}
 Avoid turning your back on the front of the dojo {sensei, who is typically in the front of

the dojo, cannot see what you are doing, keeps everyone working in more or less the same direction}

Do not walk in front of a sensei without excusing yourself {Sensei is teaching, supervising or watching, and does not need you to block him}

Do not walk between two people who have bowed and are practicing {would you walk between two people who are fighting?}

Do not turn your back on someone you are practicing with until you have bowed out (especially true in randori) {helps prevent injuries from unexpected actions, teaches awareness, zanshin, turning your back indicates that you really aren't worried about your partner because he is a wimp}

Sit only cross legged (anza) or kneeling (seiza) {safety, if you are fallen on in this position you are less likely to be injured, no legs hanging out for people to trip over, compact position that does not waste mat space}

When you stand, stand up straight, do not lean on anything, focus your attention on your partner or the sensei {helps teach proper posture and awareness}

No speaking when sensei speaks (no interrupting!) {rude, other people can't hear including you}

No unnecessary talking or chatting {you need to focus on what you are doing, makes it hard to control class, hard to hear sensei}

Only the sensei teaches { Sensei knows what he is trying to teach and you may not, even if your technique or suggestion is good it is much easier for people to learn from one person at a time}

Take it upon yourself to keep the dojo neat and clean {It is your place too, keep it clean and safe}

Wear shoes if you take a bathroom break (wash your hands too!) {do you want what is on the bathroom floor on your face?}

Do not wipe your brow on your sleeve or tail of your gi (bring a hand towel) {not respectful to Judo gi, also doesn't work very well, looks vulgar}

Kohai to sempai behavior

Show your sempai respect out of gratitude for their guidance {they are helping you to learn, don't be an ingrate}

If you see a sempai (or sensei) cleaning the dojo, carrying a heavy load, etc. offer to do it for them or at least help them {same as above}

Listen to your sempai {they are trying to help you learn}

Ask when you do not understand something {otherwise you will never learn, also helps prevent mistakes and accidents}

Sempai to kohai behavior

Make sure your kohai know proper dojo behavior {Set the example and make sure they know so they are not embarrassed or injured}

Do not allow your kohai to behave badly or make mistakes without correcting them, {they may not know, and if allowed to continue bad behavior or mistakes it will be bad for them and the dojo}

Make sure that you provide the opportunity for your kohai to learn, be sure they do not miss opportunities that they may not be aware of {Jita kyoei}

You are not to “boss” your sempai around, they are not your servants
Only sensei teaches

General

Do not contradict sensei, if you think he is in error, couch it in the form of a question (be indirect) {rude, confuses other students}

Do your best to do what the sensei instructs you to do {you often have some preconception that is actually wrong and limits your ability to properly do a technique}

Greet your sensei when you first meet {basic, besides he/she is a really cool person}

Zori must be worn around the dojo not shoes. {indoor shoes, controls dirt tracked in from inside, easily slipped on and off preventing accidents, etc}

No drink (except water in hot weather) or food in the dojo. {makes a mess, not in line with the purpose of being there-to practice Judo, distractions, choking}

Ask as many questions as you can. {obvious, if you don't ask you probably won't learn, don't be shy there are usually about 10 other people wondering the same thing}

Enjoy your judo. {if not, why come}

Discuss things with your sensei. He/she is your friend. {They really want you to learn proper Judo or they wouldn't bother to teach}

Understand why you do what you do. There is always a reason behind a point in judo.

{Judo avoids empty gestures or actions, knowing the reason why can help you understand the significance and importance of an action, and thus better understand Judo}

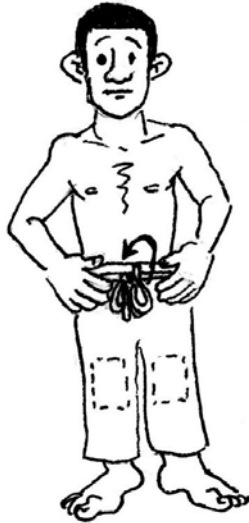
Do not wear your Judogi while travelling to and from practice, or for non-Judo purposes outside of practice.

Care and wearing of the Judo gi

The Judo practice uniform or “Judo gi” was developed to provide safe and sturdy clothing for Judo training. Originally, people trained in street clothing, which did not last long under the strain of Judo training.

Components of the gi

The judo gi comprises a jacket (uwagi), belt (obi) and drawstring pants (shitabaki). The uwagi is held closed with the obi which is passed around the body twice before being tied in a square knot. Judo uwagi are heavier than those used for karate, with stitching that increases the strength of the fabric. You may purchase a gi that is adequate for Judo training through your sensei.

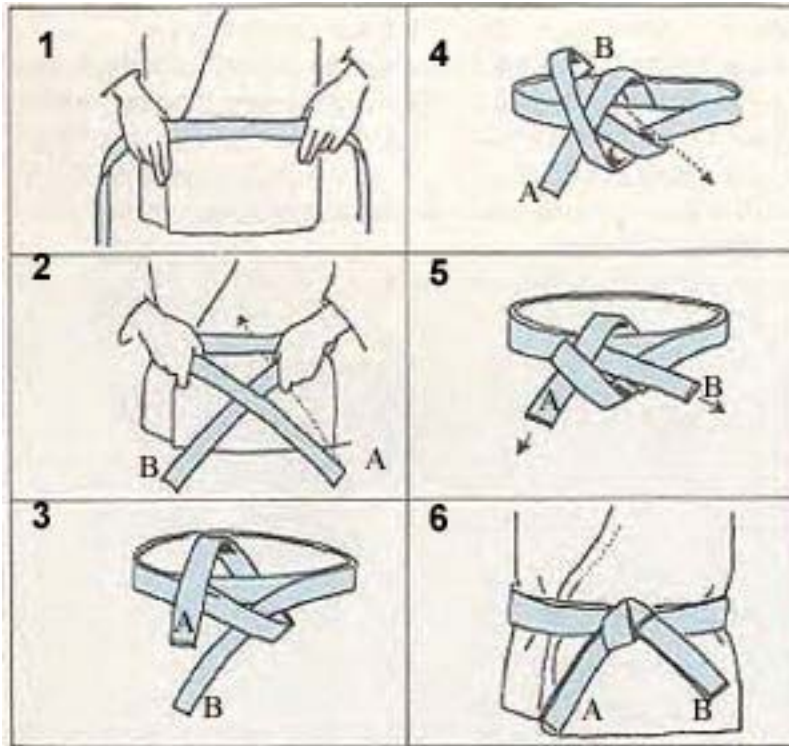


Wearing the Judo gi

First put on your pants. The side of the pants with one or two loops attached should face to the front. Tighten up the pants by pulling alternately on the drawstrings (himo), pass the himo through the loops, tie with a bow knot and tuck the excess inside of the pants. You may wear whatever underclothes you find comfortable for athletic activities under the pants, a protective cup is not necessary. Put the uwagi on with the left side over the right side (never reverse this as, right side over left is the way they put kimonos on the dead). Men do not wear anything under the uwagi, women wear a t-shirt (must be white for competitions) along with whatever additional support they find comfortable for athletic activity.

Tying the obi (belt)

Find the center of the obi. Place it in the center of your body at your natural waist (a few inches below your



navel). Pass the ends behind your back and back around so you are holding them in front of your body in both hands. Cross your belt at the center of your body, pass the end of the top tail under both wraps of the belt (tail a). Then cross the ends, with tail a on bottom. Pass the end of tail b through the space formed by the crossed tails and pull the ends straight out to the sides. You should now have your belt tied in a square knot with the tails sticking out more or less straight to the sides.

Fit of the judo gi

The sleeves should end within an inch or two of your wrists, and the pants legs within an inch or two of your ankles. Rolling up sleeves or pants legs is not acceptable because it presents the danger of catching fingers and toes and causing injury. There are specific rules governing the fit of Judo gi used in competitions.

Care of the Judogi

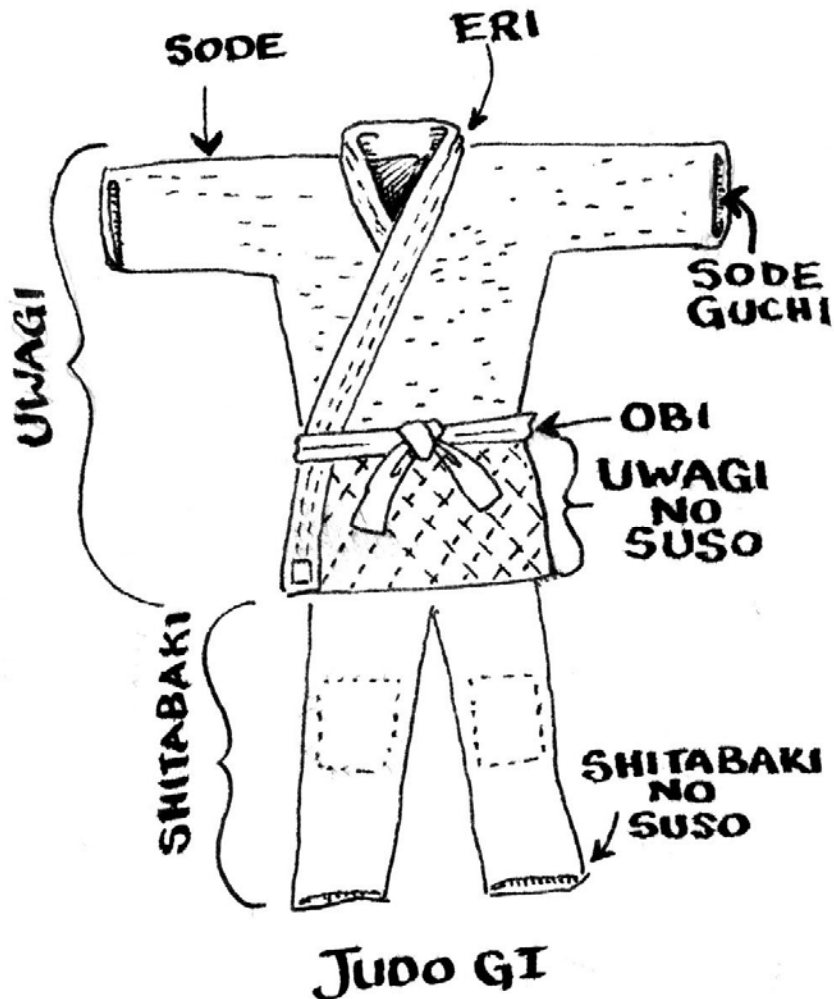
Traditionally, the white Judo gi represents the ideals of simplicity and purity associated with Judo training. Markings or patches are kept to a minimum, with typically only a small patch or embroidery showing club affiliation. In the last few years, blue gi have been adopted for competition. However, these are only required at national level or higher tournaments. If you have a blue gi, it may be worn at practice. However, mixing different colored pants and jackets is not acceptable.

The Judo gi should be washed, or at the very least hung out to dry after each practice. Never come to practice with a stinky gi. Using bleach on gi is not advised as it weakens

the fabric. Since Judo gi are 100% cotton, some shrinking will occur. If the gi is washed in hot water or put in the dryer it will increase the shrinkage. Hanging the gi up to dry is also preferable to putting it in a dryer, as rolling around in the dryer will cause the gi to wear out faster. Any holes in the gi must be repaired before practice as they present a safety hazard (catch fingers and toes). This is also true of any loose patches. The Judo gi should be neatly folded and placed in a bag to be carried to and from practice. You should not wear your Judo gi outside of the dojo. If you are practicing at a place without dressing facilities, rather than wearing your Judo gi to and from practice, wear shorts and a t-shirt (for ladies) under your clothes so you can change without embarrassment,

Parts of the Judo gi

These are the Japanese names for parts of the Judo gi



Judo Hygiene

You should show up to Judo practice with your nails (fingers and toes) trimmed short. Though you will probably get sweaty and stinky during practice you should not show up for practice in that condition. No rings or other jewelry or any other hard objects or things that form a loop may be worn during Judo practice. Hair should either be short, or gathered up in a fashion where it will not get in the way during practice (pony tail, bun, etc). Facial makeup will likely end up smeared all over both partners during practice and should be removed before practice. Open wounds or other injuries should be covered with a bandage and athletic tape. If you are injured during practice and start to bleed, stop immediately and bandage the injury (if possible) and clean up the blood with a spill kit. If you contract a contagious skin disease such as impetigo, athlete's foot, or staph infection, you should not practice until the condition clears up. You should also notify the sensei of any sort of communicable skin disease you think you might have picked up at Judo.

Injuries

If you are injured at Judo you should stop immediately and notify a sensei. This is also true if you simply do not feel well, do not wander off to the bathroom by yourself (where you may collapse with no one the wiser). If you are injured and cannot practice, you should still try to attend practice. Much can be learned from watching practice and how people do throws and there may be opportunities to help with the kids or beginners classes.

Judo Ranks

The familiar system of martial arts ranks indicated by colored belts was actually started by Kano sensei for Judo. Old-fashioned martial arts (koryu) used licenses, only awarded after long periods of study. Kano sensei adopted the kyu ("white belt")- dan ("black belt") system from fine arts such as calligraphy and music to provide a more structured approach to teaching and learning Judo. Each step in the system indicates that the student has grasped certain skills and techniques and devoted a certain amount of time to Judo training.

Mudansha (white belt) ranks			Yudansha (black belt) ranks		
Rank (Japanese)	English	Belt color	Rank (Japanese)	English	Belt color
Gokyu	5 th kyu	Green	Shodan	1 st dan	Black
Yonkyu	4 th kyu	Blue	Nidan	2 nd dan	Black
Sankyu	3 rd kyu	Brown	Sandan	3 rd dan	Black
Nikyu	2 nd kyu	Brown	Yodan	4 th dan	Black

Mudansha (white belt) ranks			Yudansha (black belt) ranks		
ikkyu	1 st kyu	Brown	Godan	5 th dan	Black
			Rokudan	6 th dan	Red and white*
			Shichidan	7 th dan	Red and white*
			Hachidan	8 th dan	Red and white*
			Kudan	9 th dan	Red*
			Judan	10 th dan	Red*

* May wear a black belt for practice

Judo Training and Techniques

Ukemi

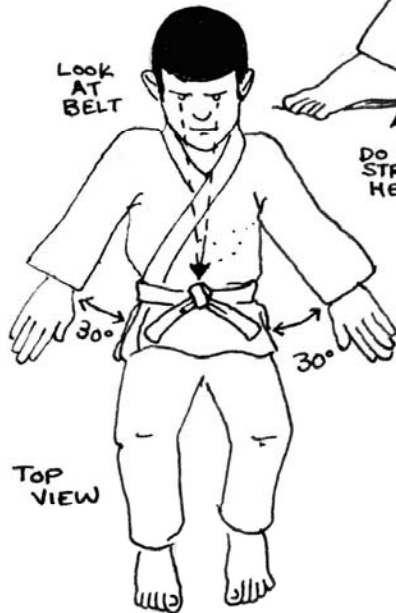
The first Judo techniques you learn will be ukemi. Ukemi are the techniques we use to avoid being injured when thrown, they are often referred to as “breakfalls”. Ukemi involves controlling your body so you fall in a manner which spreads and dissipates the impact of a fall. The importance of ukemi is summed up in the following quote from Kano sensei:

“As I have often said if one hates to be thrown, one cannot expect to become a master of the art. By taking throws time after time, one must learn how to take falls and overcome the fear of being thrown. Then one will become unafraid of being attacked and be able to take the initiative in attack. Only by following this manner of training can one learn true Judo waza.”

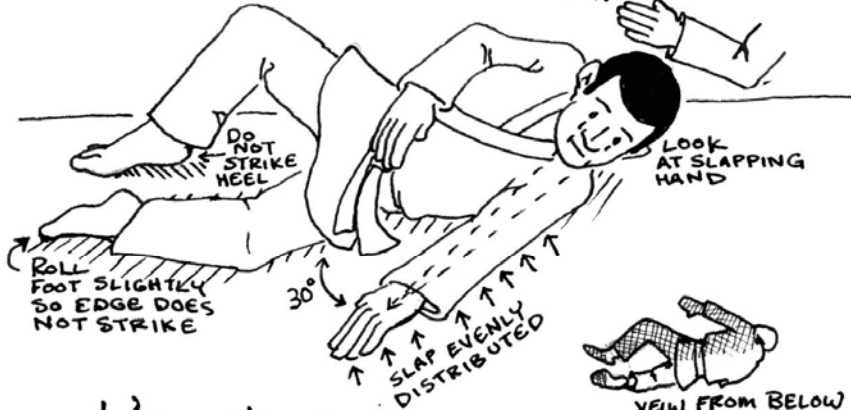
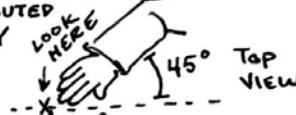
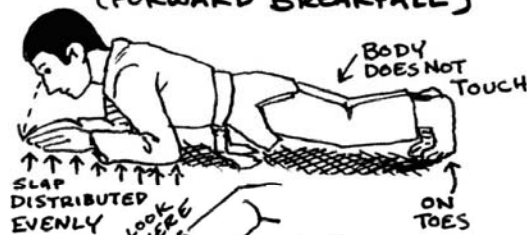
There are three basic forms of Ukemi, ushiro ukemi-used when you are thrown backwards, yoko ukemi-used when you are thrown forwards and can roll into the position, and mae ukemi, used when you are thrown forwards and cannot roll.

Important concepts of ukemi include relaxation and spreading the impact. The body positions of the different forms of ukemi are intended to spread the impact out over as wide an area as possible, while protecting the vital organs and head. Never stick out your arm in an attempt to “catch yourself”, or land on your elbows. A slap with one or both arms helps dissipate the force of the fall.

Koho Ukemi (BACKWARDS BREAKFALL)



Zempo Ukemi (FORWARD BREAKFALL)



YOKO UKEMI (SIDE BREAKFALL)

Do's and Don'ts in Learning Judo

By Yoshitsugu (Yoshiaki) Yamashita, The First 10th Degree Black Belt



1. Study the correct way of applying the throws. Throwing with brute force is not the correct way of winning in JUDO. The most important point is to win with technique.
2. First learn offensive. You will see that defense is included in offensive. You will make no progress learning defense first.
3. Do not dislike falling. Learn the timing of the throw while you are being thrown.
4. Practice your throws by moving your body freely as possible in all directions. Do not lean to one side or get stiff. A great deal of repetition in a throw will be rewarded with a good throw.
5. Increase the number of practices and contests. You will never make any progress without accumulating a number of practices.
6. Do not select your opponents (which means do not say that you do or don't like to practice with a certain person). Everyone has his own specialty. You must try to learn all of them and make them your own.
7. Never neglect to improve the finer points. Practicing without any effort to improve will result in slow progress. Always recall your habits, as well as those of your opponent, while making improvement.
8. In practice put your heart and soul into it. It will interfere with your progress in practice if you keep on without this spirit.
9. Never forget what your instructor or higher ranking members teach you. During practice you will make great progress if you keep in mind what they have said to you.
10. Try to continue your practice as much as possible. Applying half-way will result in a very grave situation in your progress.
11. Watch and study throws as much as possible when trying to improve and advance. The technique and mind are just like the front and back of one's hand, meaning they are very closely related.
12. Refrain from overeating and drinking. Remember that overeating and drinking will bring an end to your practice and JUDO.
13. Always try to think of improvement, and don't think that you are too good. The latter is very easy to do while learning JUDO.
14. There is no end in learning JUDO.

Three divisions of technique

Judo technique is divided into three major divisions: nage waza-throwing techniques, ne-waza techniques applied on the ground, atemi-waza striking techniques (only practiced in kata). You should never “try out” techniques that you have not been taught on your partner, this quickly leads to unexpected and dangerous situations. If you are curious ask your sensei to teach you the technique.

Nage waza: Judo throws are based on principles of leverage, balance, and timing. They use skillful manipulation of these factors to throw your opponent rather than simply relying on strength (there is always going to be someone stronger than you out there). There are 67 officially recognized throws in Kodokan Judo, each with a number of variations.

Ne waza- Grappling on the ground. The same principles as standing are applied in newaza to immobilize your opponent with a hold down or gain a submission through a choke or joint lock. Newaza is typically divided into three categories: Katame waza- pinning or hold-downs, Shime waza- chokes, Kansetsu waza- Joint locks (only applied to the elbow)

Types of training

Judo training is divided into three broad categories: kata-pre arranged exercises, randori-free practice, and shiai-contest. We start learning techniques with each partner having a specific role, one partner is known as tori-this person tries the technique, the other partner is known as uke, they allow tori to practice the technique without offering resistance. As skill increases, or to explore specific situations uke’s role may become more complicated, adding movement, slight resistance or a specific response to tori’s actions. One of the most common types of this practice is known as uchikomi. In uchikomi uke stands still or moves as tori practices the movements of a throw (in this form of training tori stops just short of actually throwing uke). The more formal forms of kata, typically learned at brown or black belt, involve uke making a specific attack, to which tori responds in a specific manner.

In randori, partners move about freely, usually without either partner designated as uke or tori. They may freely apply any technique that is appropriate. Randori may be practiced at all levels from alternating throws between partners to practice contests. However, randori is not just a watered-down contest. It is a chance to practice applying your techniques, one should never be afraid to be thrown in randori, just get back up and keep going.

Shiai, or contest is the part of Judo that familiar to most people. In shiai, the first person to score a decisive technique (throw, pin, choke, or arm lock) wins. This is the competitive aspect of Judo, but also serves as a place to test what you have learned. Can you apply what you have learned quickly and decisively under the pressure of contest?

A typical practice at Obukan

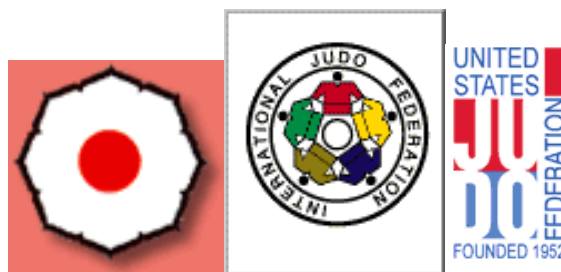
Bow in (announcement about dojo business will often be made at this time), Warm up-10 minutes, ukemi-10 minutes, uchikomi 15 minutes, Instruction 20 minutes, randori 20 minutes, bow out

Judo Glossary

Japanese pronunciation: 1. Pair up vowels and constanants where possible 2. Soft vowels, a as in father, e as in net, i as in feet, o as in toe, u as in soup

Japanese	English	Japanese	English
counting		Mata	thigh
Ichi	1	Matte	Stop!
Ni	2	migi	right
San	3	mune	chest
Shi or yon	4	Nage	throw
Go	5	newaza	mat technique
Roku	6	O	big
Shichi or nana	7	Okuri	to follow
Hachi	8	Otoshi	to drop
Ku	9	randori	free practice
ju	10	rei	bow
General terminology		seiza	formal sitting position
Ashi	foot or leg	sensei	teacher
ashi waza	leg techniques	Seoi	to carry on the back
atama	head	Shizen hontai	Straight natural stance
ayumi ashi	natural walking	Soto	outside
dan	grade (black belt rank)	Sukai	to scoop
dojo	Practice hall, club	Sumi	corner
H(B)arai	reap or sweep	Suri ashi	sliding steps
Hane	to spring	Tai	body
Hajime	Start, go!	tai sabaki	body movement
hidari	left	Tani	valley
Hiza	knee	Tatami	mat
Jigotai	defensive stance	te	hand
Joseki	high seat, senior side of dojo	Tomoe	comma shape
Judogi or gi	Judo practice uniform	tori	person doing the technique
jutsu	art or practice	Tsukuri	Preparatory movements
K(G)aeshi	to avoid, counter-technique	tsugi ashi	following step
K(G)ake	to hook	Tsuri	lifting pull
K(G)ari	to cut, like a sickle	Tsurikomi	lifting pull and come in
K(G)oshi	hip	Uchi	inside
K(G)uruma	wheel	ude	hand
Kake	Throwing action	uke	person who receives the technique
Kata	shoulder	ukemi	falling technique
Kata	form	Uki	float
Kiai	Shout used to focus energy	Utsuri	to switch
kiotsuke	attention	Yoko	side
Ko	small	Zenpo Kaiten	Forward rolling ukemi practice
koshi	hip		

Japanese	English		Japanese	English
kubi	neck			
Kuzushi	Off balancing			
kyu	class (white belt rank)			
Makikomi	wrapping entry			



Judo Governing Bodies

The home dojo of Judo is the Kodokan Judo Institute, located in Tokyo, Japan. The Kodokan is the “brain” of Judo and is the final authority on Judo technique, principles, and philosophy. The international governing body for Judo is the International Judo Federation (IJF), who manage all international competitions and set the rules for Judo competition throughout the world. In the United States there are three recognized Judo governing bodies. Obukan is a member of the United States Judo Federation (USJF). The other two organizations are United States Judo Inc., and The United States Judo Association. To practice Judo at Obukan, you are required to pay annual dues to the USJF. This money provides supplemental injury insurance as well as going towards putting on seminars, tournaments, and other activities that help teach Judo throughout the United States. The USJF also oversees promotions and officially grants Judo rank. Our local USJF governing body is the Northwest Yudanshakai.

Other sources of information

The Internet:

www.obukan.org	Our club website
www.nwjudo.org	Northwest Yudanshakai website
www.usjf.com	United States Judo Federation Website
www.intjudo.com	International Judo Federation Website
www.kodokan.org	Kodokan Judo Institute Website
www.judoinfo.com	Judo information site

Recommended Books

Kodokan Judo by Jigoro Kano

Mind Over Muscle: Writings from the Founder of Judo by [Jigoro Kano](#)

Kodokan Judo Throwing Techniques by [Toshiro Daigo](#)
Best Judo by [Isao Inokuma](#) and [Nobuyuki Sato](#)



Competition in Judo

Competitions in Judo are held at the local, national and international levels and Judo has been a part of the Olympics since 1964. Judo competitions usually take the form of tournaments where people from a number of different dojo come together to compete. Competition is divided up by sex, rank, and weight. There are typically divisions for juniors (under 16), green belt and below, brown belts, and black belts.

A Judo match lasts 5 minutes with no rest breaks (may be shorter at some tournaments). The competition area is a square 8-10 meters (about 30 feet) on a side. There is a referee and two corner judges. To help identify competitors, one wears a blue sash and one wears a white sash. To start the match both competitors bow and step onto the edge of the mat, then they proceed to their start lines at the center of the mat (2 meters apart). Both competitors bow and then step forward and the referee calls hajime (start).

The objective of competition is to throw your opponent to his back, or hold them on their back for 25 seconds, or gain a submission through a choke or arm-bar (elbow lock). Competitors start the match standing, and transition to ground work must be through a legitimate technique (not just drag them down to the mat). Once matwork has started, unless there is some progress towards a decisive technique (pin, choke, etc.) matte (stop) is called and competitors are restarted in a standing position. If the competitors go out of bounds they are also restarted in a standing position.

Scoring in Judo is non-linear and a bit confusing at first. Since the contest represents an actual fight, it is easiest to understand it in those terms. A score of ippon ends the match (like a pin in wrestling). An ippon represents a decisive attack that would end a fight. Ippon are scored by throwing an opponent to his back with force and speed, holding the opponent on their back for 25 seconds, or gaining a submission from a choke or armbar. Waza-ari are “half-points”, two waza-ari add up to an ippon, ending the match. Presumably a waza-ari represents an attack that while causing some injury to an opponent, does not end the fight (though two such attacks would probably do so) Waza

ari are gained by a throw that lacks force or speed or puts uke on his side or holding uke on his back for 20-24 seconds.

Originally, ippon and waza-ari were the only scores given. If there was no score, the match was decided by a vote of the referee and corner judges. To reduce the number of decisions, in 1974 two additional score categories were added yuko, and koka. The system was modified again in 2009 with the elimination of the koka, leaving only the yuko as a score less than a waza-ari. A yuko is scored by a throw that lacks 2 of the 3 requirements for an ippon throw, or holding the opponent on his back for 15-19 seconds. A waza ari defeats any number of yuko (and no number of yuko add up to a waza-ari).

Penalties are given for various prohibited actions. These take the form of shido. One shido increases the non-penalized competitor's score by a koka, the second shido gives the non penalized competitor a yuko, the third a waza-ari, on the fourth shido the penalized competitor loses the match. Serious infractions may result in hansoku-make, resulting in immediate loss, and may result in being expelled from the tournament.

Obukan Instructors



James Onchi 8th Dan



Mark Hirota 5th Dan



Toshio Ichinoe 7th Dan



Dick Middlebrooks 5th Dan



Richard Mueller 6th Dan

- Mike Arnold 4th Dan
- Dick Brenneke 4th Dan
- Julie Koyama 4th Dan
- George Bechtold 3rd Dan
- Blane Bellerud 4th Dan
- Tom Koyama 3rd Dan



Rod Conduragis 5th Dan

United States Judo Federation Gokyu
(5th kyu) requirements

General Requirements:

1. Good moral character and maturity
2. Regular practice and attendance

General Knowledge

1. Basic Judo Etiquette
2. Basic Judo hygiene
3. Purpose and correct forms of breakfalls (ukemi)
4. Correct forms of sitting, standing and kneeling
5. Correct fundamentals of
 - a. Gripping (kumi kata)
 - b. Posture (shisei)
 - c. Natural posture (shizen hontai)
 - d. Defensive posture (jigotai) right, left, neutral
 - e. Basic fundamentals of throwing (kuzushi, tsukuri, kake)
 - f. Eight forms of unbalancing (eight directions of kuzushi)

Ability to Demonstrate

1. Throwing techniques
 - a. O-soto-gari
 - b. O-goshi
 - c. De-ashi-harai
 - d. Hiza guruma
2. Newaza techniques
 - a. Kesa gatame
 - b. Kata gatame

United States Judo Federation yonkyu
(4th kyu) requirements

General Requirements:

3. Good moral character and maturity
4. Regular practice and attendance

General Knowledge

6. Difference between Judo and Jujutsu (Jujitsu)
7. Knowledge of the fundamental principles of Judo
8. Improved degree of skill with lower rank requirements

Ability to Demonstrate

3. Throwing techniques
 - a. Seioi-nage
 - b. Tai-otoshi
 - c. Ko-uchi gari
 - d. Uki goshi
4. Newaza techniques
 - a. Kami shiho gatame
 - b. Yoko-shiho gatame