

柔道

**Welcome to the World  
of**

**Judo**



## **Judo Dojo Etiquette**

- **When entering or leaving the Dojo, a judoka will stop and bow. The bow will be done facing into the Dojo.**
- **Before stepping onto the mats and when stepping off the mats, a judoka will stop and bow at the mat edge. The bow will be done facing into the mat area.**
- **A judoka must wait at the corner of the mat area for permission by the Sensei before stepping on and joining the class. Once allowed the judoka will bow at the edge and step onto the mat.**
- **Before the lesson begins and at the end of the lesson the class will line up for a kneeling bow.**
- **When partnered with a new partner a judoka when instructed will bow to their partner before commencing training with that partner and will bow again when training with that partner is completed.**

## **Club Dojo Rules**

- **A judoka will attend class with clean feet, hands and Nails.**
- **A judoka must wear shoes to class and wear them whenever they leave the Dojo during a lesson.**
- **A judoka will ask the Sensei's permission before leaving the Dojo or engaging with parents/caregivers on the side of the mat.**
- **A judoka will follow the Sensei's instructions at all times.**
- **Girls must wear T-shirt under their Judo jacket.  
Boys will not have clothing under their Judo jacket.**
- **Long hair to be tied up with non-metallic hair ties.**
- **All jewellery and watches must be removed before lesson and preferably removed at home prior to coming to class.  
Ear studs can be taped over.**
- **No shoes in the Dojo and bare feet only on the mat area.**

## **Before leaving for Judo checklist.**

- 1. Clean Gi (Judo Suit).**
- 2. Clean Feet.**
- 3. Trim and Clean Nails.**
- 4. Jewellery / Watches Removed.**
- 5. Good Attitude.**



# DOJO SAFETY

**Matte =**

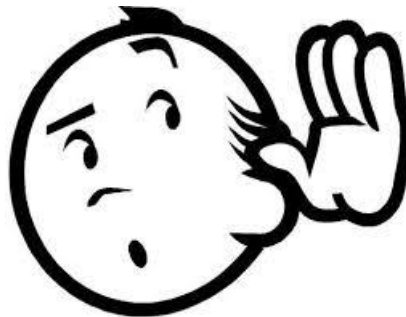


**When the Sensei says "Matte!" you Must STOP what you are doing IMMEDIATELY!**

**TAP-TAP =**



**If your partner TAPS twice with their hand or feet you must STOP & RELEASE IMMEDIATELY!**



**Keep talking to a minimum and quiet during class so Sensei can hear if someone needs help.**



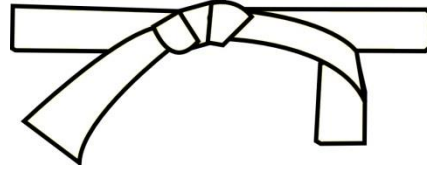
**Report to Sensei any liquids spilt on the mats**



**Let Sensei know immediately if you feel unwell or have been injured.**

# GRADE REQUIREMENTS

## 6<sup>TH</sup> KYU (White Belt)

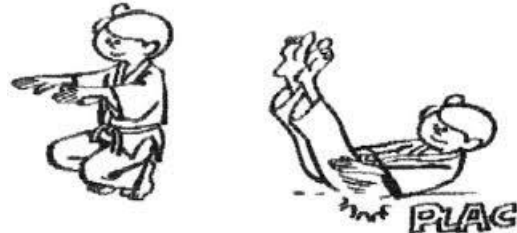


### TERMINOLOGY

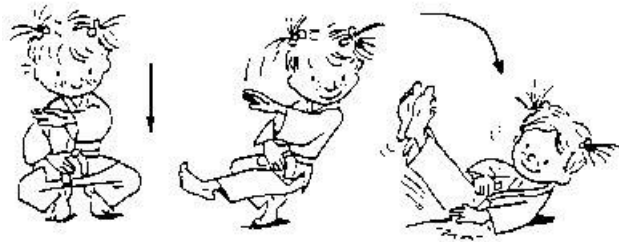
<b>DOJO</b>	- Training Hall
<b>JUDO</b>	- The Gentle Way
<b>JUDOKA</b>	- Judo Player
<b>JUDOJI</b>	- Judo Suit
<b>REI</b>	- Bow

### UKEMI (Breakfall)

#### KOHO UKEMI Backwards Breakfall



#### YOKO UKEMI Sideways Breakfall



### COUNTING

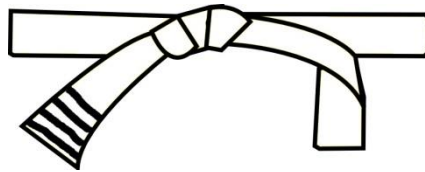
<b>1</b> 一	- <b>Ichi</b>	<b>6</b> 六	- <b>Roku</b>
<b>2</b> 二	- <b>Ni</b>	<b>7</b> 七	- <b>Shichi</b>
<b>3</b> 三	- <b>San</b>	<b>8</b> 八	- <b>Hachi</b>
<b>4</b> 四	- <b>Shi</b>	<b>9</b> 九	- <b>Kuu</b>
<b>5</b> 五	- <b>Go</b>	<b>10</b> 十	- <b>Juu</b>



# GRADE REQUIREMENTS

## 6<sup>TH</sup> KYU

**White Belt + Black Tabs**



### NOTE.

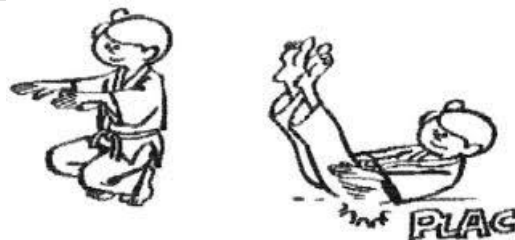
**A judoka will earn up to 4 Black Tabs, depending on their ability to show the following.**

### TERMINOLOGY

<b>SENSEI</b>	- <b>Teacher</b>
<b>OBI</b>	- <b>Belt</b>
<b>MATTE</b>	- <b>Stop</b>
<b>HAJIME</b>	- <b>Start</b>
<b>MIGI</b>	- <b>Right</b>
<b>HADARI</b>	- <b>Left</b>
<b>UKEME</b>	- <b>Breakfalls</b>

### UKEMI (Breakfall)

**KOHO UKEMI**  
**Backwards Breakfall**



**YOKO UKEMI**  
**Sideways Breakfall**





## **NAGE WAZA (Throwing Techniques)**

### **OSOTO GARI** **Major Outer Reaping**



### **O GOSHI** **Major Hip Throw**



### **TAI OTOSHI** **Body Drop**



## **OSAE WAZA (Holding Techniques)**

### **KESA GATAME** **Scarf Hold Down**



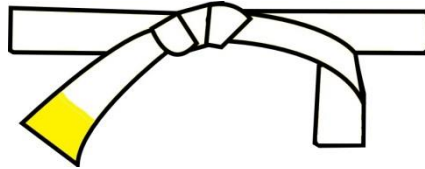
### **KATA GATAME** **Shoulder Hold Down**



# GRADE REQUIREMENTS

## 6<sup>TH</sup> KYU

**White Belt + 1 Yellow Slip**



### NOTE.

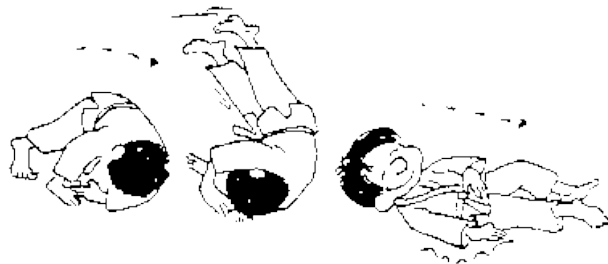
**A judoka will be required to show the techniques shown previously plus the following for a Yellow Slip.**

### TERMINOLOGY

<b>HIZA</b>	- <b>Knee</b>
<b>KO</b>	- <b>Small/minor</b>
<b>MOROTE</b>	- <b>Both Hands</b>
<b>GOSHI</b>	- <b>Hips</b>
<b>TOKETA</b>	- <b>Hold Broken</b>

### UKEMI (Breakfall)

**ZEMPO UKEMI**  
**Forward Breakfall**



## **OSAE WAZA (Holding Techniques)**

**TATE SHIHO GATAME**  
**Horizontal four**  
**quarter hold**



**YOKO SHIHO**  
**GATAME**  
**Side four quarter hold**



## **NAGE WAZA (Throwing Techniques)**

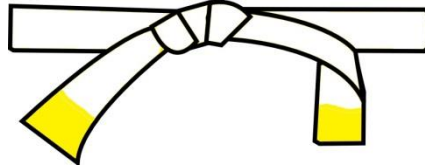
**O UCHI GARI**  
**Major Inner Sweep**



# GRADE REQUIREMENTS

## 6<sup>TH</sup> KYU

**White Belt + 2 Yellow Slips**



### NOTE.

**A judoka will be required to show the techniques shown previously plus the following and name them for two Yellow Slips.**

## TERMINOLOGY

**KAMI**

- **Upper or top**

**O**

- **Large/big**

**KUZURE**

- **Broken/modified method**

**NEWAZA**

- **Groundwork**

**MUNE**

- **Chest**

## OSAE WAZA (Holding Techniques)

**KAME SHIHO**

**GATAME**

**Side four quarter hold**



## **NAGE WAZA (Throwing Techniques)**

### **IPPON SEONAGE Full Shoulder Throw**



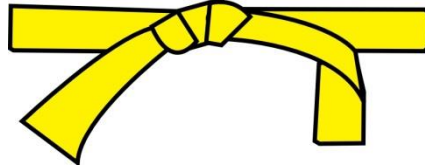
## **TURNOVERS AND ESCAPES**

- 2x Turnovers**
- **Propping Arm (Laying Position)**
  - **Arm Scoop (Crouching Position)**

- 1x Escape**
- **Escape from between the legs into Yoko Shiho Gatame.**

# GRADE REQUIREMENTS

## 5<sup>TH</sup> KYU YELLOW BELT



### NOTE.

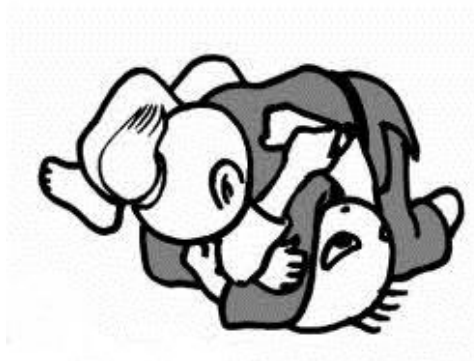
A judoka will be required to demonstrate the techniques shown previously plus the following at a high skill level and name them for a Yellow Belt.

### TERMINOLOGY

<b>HAI</b>	- <b>Yes</b>
<b>SORE-MADE</b>	- <b>That is all</b>
<b>KOKA</b>	- <b>Almost a Yuko</b>
<b>YUKO</b>	- <b>Almost a Wazari</b>
<b>WAZARI</b>	- <b>Almost an Ippon</b>
<b>IPPON</b>	- <b>Full Point</b>

### OSAE WAZA (Holding Techniques)

#### MUNE GATAME Chest hold



## **NAGE WAZA (Throwing Techniques)**

### **MOROTE SEONAGE Both Hands Shoulder Throw**



## **TURNOVERS AND ESCAPES**

### **3x Turnovers**

- **Propping Arm (Laying Position)**
- **Prop Leg (Laying Position)**
- **Arm Scoop (Crouching Position)**

### **1x Escape**

- **Escape from between the legs into Yoko Shiho Gatame - Escape from Yoko Shiho Gatame**



## **GLOSSARY**

<b>Aite</b>	<b>Opponent, partner</b>
<b>Ashi</b>	<b>Leg or Foot</b>
<b>Ashi-Guruma</b>	<b>Leg Wheel</b>
<b>Ashi-Waza</b>	<b>Leg or Foot Technique</b>
<b>Atemi-Waza</b>	<b>Hitting or Punching Technique</b>
<b>Butsukari</b>	<b>See Uchikomi</b>
<b>Chitsai</b>	<b>Small</b>
<b>Chikara</b>	<b>Strength</b>
<b>Chui</b>	<b>Caution</b>
<b>Dan</b>	<b>Black Belt</b>
<b>Dojo</b>	<b>Room in which Judo is practiced</b>
<b>Eri</b>	<b>Jacket Collar</b>
<b>Gaeshi</b>	<b>Counter</b>
<b>Gake</b>	<b>To hang, hook or block</b>
<b>Garami</b>	<b>To entangle, wrap, bend</b>
<b>Gari</b>	<b>Sweep, Reap</b>
<b>Gokyo</b>	<b>Judo Syllabus</b>
<b>Gyaku</b>	<b>Reverse, upside down</b>
<b>Hajime</b>	<b>Start</b>
<b>Hane</b>	<b>Spring</b>
<b>Hansoku</b>	<b>Disqualification</b>
<b>Harai Barai</b>	<b>Sweep, Reap</b>
<b>Harai-Goshi</b>	<b>Sweeping Hip</b>
<b>Hidari</b>	<b>Left (direction)</b>
<b>Hiji</b>	<b>Elbow</b>
<b>Katame</b>	<b>Grappling</b>
<b>Katame-Waza</b>	<b>Grappling Techniques</b>
<b>Kiri</b>	<b>Cut</b>
<b>Ko</b>	<b>Small, minor</b>
<b>Kodokan</b>	<b>Headquarters of Judo in Japan</b>

<b>Koka</b>	<b>A score, almost Yuko</b>
<b>Koshi (Goshi)</b>	<b>Hips</b>
<b>Guruma</b>	<b>Wheel</b>
<b>Kuzure</b>	<b>Break</b>
<b>Kuzushi</b>	<b>The balance broken</b>
<b>Kyu</b>	<b>Student grade</b>
<b>Matte</b>	<b>Stop</b>
<b>Migi</b>	<b>Right (Direction)</b>
<b>Morote</b>	<b>Both hands or two hands</b>
<b>Mune</b>	<b>Chest</b>
<b>Nage</b>	<b>To Throw</b>
<b>Nage-Waza</b>	<b>Throwing Technique</b>
<b>Nage-No-Kata</b>	<b>The forms of throwing.</b>
<b>Ne</b>	<b>To lie down</b>
<b>Newaza</b>	<b>Technique performed in a lying down position</b>
<b>O</b>	<b>Major</b>
<b>Obi</b>	<b>Belt</b>
<b>O-Goshi</b>	<b>Major Hip Throw</b>
<b>Oki</b>	<b>Big</b>
<b>Okuri</b>	<b>Send forward</b>
<b>Osaekmoi</b>	<b>Hold is on.</b>
<b>Oshi</b>	<b>To push</b>
<b>Otoshi</b>	<b>To drop</b>
<b>Randori</b>	<b>Free Practice</b>
<b>Rei</b>	<b>Bow</b>
<b>Renraku</b>	<b>Connection, contact</b>
<b>Renrakuwaza</b>	<b>Combination technique</b>
<b>Renshu</b>	<b>To Practice</b>
<b>Ritsurei</b>	<b>Standing Bow</b>
<b>Sasai</b>	<b>To support prop</b>
<b>Sasae-Tsuri-Komi-Ashi</b>	<b>Propping Drawing Ankle</b>
<b>Senaka</b>	<b>The back (of the body)</b>

<b>Sensei</b>	<b>Teacher</b>
<b>Seoi</b>	<b>To carry on the back</b>
<b>Shiai</b>	<b>Contest</b>
<b>Shiajio</b>	<b>Contest Area</b>
<b>Shido</b>	<b>Note (Penalty; equivalent to 3 points)</b>
<b>Shiho</b>	<b>Four quarters, four directions</b>
<b>Shime</b>	<b>To tighten, strangle</b>
<b>Shimewaza</b>	<b>Technique of neck-locking</b>
<b>Sono-mama</b>	<b>Freeze, do not move</b>
<b>Sore-made</b>	<b>Referee's command; That is all.</b>
<b>Soto</b>	<b>Finish</b>
<b>Tachi</b>	<b>Outside</b>
<b>Tachiwaza</b>	<b>To stand</b>
<b>Tatami</b>	<b>Technique done in the standing position</b>
<b>Tate</b>	<b>Rice straw mats used in Dojo's and Japanese houses</b>
<b>Te</b>	<b>Vertical</b>
<b>Te-Waza</b>	<b>Hand</b>
<b>Toketa</b>	<b>Hand Techniques</b>
<b>Tomoe</b>	<b>Hold Broken</b>
<b>Tori</b>	<b>Turning over</b>
<b>Tsukuri</b>	<b>The thrower</b>
<b>Tsuri</b>	<b>The action of breaking the opponent's balance</b>
<b>Tsutoi</b>	<b>To fish</b>
<b>Uchikomi</b>	<b>Strong</b>
<b>Ude</b>	<b>A repetitive exercise where the throwing technique is taken to point of kake.</b>
<b>Uke</b>	<b>Arm</b>
<b>Ukemi</b>	<b>The throwee</b>
	<b>Break fall</b>

<b>Ukemi-Waza</b>	<b>Break-falling Techniques</b>
<b>Uki</b>	<b>Buoyant</b>
<b>Ura</b>	<b>Back, rear, reverse</b>
<b>Ushiro</b>	<b>Behind</b>
<b>Utsuri</b>	<b>To change</b>
<b>Waza</b>	<b>Technique</b>
<b>Waza-ari</b>	<b>A score, almost an Ippon</b>
<b>Wara-</b>	
<b>Ari Awasete</b>	<b>Ippon Achieve by having scored</b>
<b>Ippon</b>	<b>two Waza-Aris</b>
<b>Yoko</b>	<b>Side</b>
<b>Yoshi</b>	<b>Carry on.</b>
<b>Yuko</b>	<b>A Score, almost Waza-Ari</b>
<b>Zarei</b>	<b>Kneeling bow</b>

## TECHNIQUE CHECKLIST

NAME. \_\_\_\_\_ GRADE. \_\_\_\_\_

<b>Rei (Bow)</b>						
Zerai (Kneeling)						
Rai (Standing)						

<b>Ukemi (Breakfalls)</b>						
Koho Ukemi (Back)						
Yoko Ukemi (Side)						
Zempo Ukemi (Forward)						
Zempo Kaiten Ukemi						

<b>Osae Waza (Hold Downs)</b>						
Kesa Gatame						
Kata Gatame						
Tate Shiho Gatame						
Yoko Shiho Gatame						
Kami Shiho Gatame						
Mune Gatame						

<b>Turnovers &amp; Escape From Between the Legs</b>						
Lying Flat (Leg)						
Lying Flat (Arm)						
All fours (Arm Scoup)						
All fours (Double Lapel)						
Sankaku						
Leg Escape (Over leg)						
Leg Escape (Under leg)						

<b>Nage Waza (Throws)</b>						
O Soto Gari						
Tai Otoshi						
O Goshi						
Ippon Seonage						
Ko Uchi Gari						
Morote Seonage						

### **NOTE**

As you progresses through the grading syllabus, you are expected to be able to demonstrate all techniques required for grades attained earlier at a higher skill level.