



Adult Judo
Promotional Guide

Senior Judo Promotion Handbook

OKC Combat Sports
okccombatsports.com

“ Do not think dishonestly, the Way is in training, become acquainted with every art, know the Ways of all professions, distinguish between gain and loss in worldly matters, develop intuitive judgment and understanding for everything, perceive those things which cannot be seen, pay attention even to trifles, do nothing which is of no use”

*-Miyomoto, Musashi
The Book of Five Rings*

Introduction:

Welcome to your new journey in judo. Whether you are young or old, we hope that you experience a long history with the most practiced martial art in the world.

Judo began in Japan in 1882 by Dr. Jigoro Kano. Kano was a student of the martial art ju jitsu, and he took many of the techniques from ju jitsu and developed judo, which could be practiced more safely. There are two principals of judo. The first is “Maximum Efficiency, Minimum Energy”. The easiest way to understand this is “big throw, little effort”. Judo uses one’s strength against them by disrupting one’s balance and continuing their momentum. So strength and power can be taken out of the equation if judo technique is done properly. The other principal is “Mutual Benefit and Welfare”. This means Tori, or the person applying the technique, and Uke, the person whom the technique is applied to, work together in a safe manner so that they both may learn and advance. Discipline, respect and responsibility are all stressed in judo.

Judo is also a great source of exercise, and provides great physical, mental and cardio training.

Judo rank is generally not of primary importance among judoka who participate in tournaments. Modern judo is primarily practiced as a sport, so there tends to be more emphasis on tournament records than on rank. Since rank does not totally determine competitive performance, and since tournaments are not structured by rank (except at the lowest novice levels), it is not uncommon to see lower-ranked

competitors defeat higher-ranked opponents. Once an individual attains the level of a dan rank, further promotions can be granted for a variety of reasons including skill level, competition performance and/or contributions to judo such as teaching and volunteering time.

Judoka are ranked according to skill and knowledge of judo, and their rank is reflected by their belt color. There are two divisions of rank: below-black-belt-level "grades" (kyū), and black-belt-level "degrees" (dan). This ranking system was introduced into the martial arts by Kano and has since been widely adopted by modern martial arts.[citation needed] As initially designed, there were six student grades ranked in descending numerical order, with 1st kyū being the last before promotion to first degree black belt (shodan). There are ordinarily 10 dan ranks, which are ranked in ascending numerical order, though in principle there is no limit to the number of dan ranks.

The tenth degree black belt (judan) and those above it have no formal requirements. The president of the Kodokan, currently Kano Jigoro's grandson Yukimitsu Kano (Kano Yukimitsu), decides on individuals for promotion. *Only fifteen individuals have been promoted to this rank by the Kodokan.* On January 6, 2006, three individuals were promoted to 10th dan simultaneously: Toshiro Daigo, Ichiro Abe, and Yoshimi Osawa. This is the most ever at the same time, and the first in 22 years.

Although dan ranks tend to be consistent between national organizations there is more variation in the kyu grades, with some countries having more kyu grades. Although initially kyu grade belt colors were uniformly white, today a variety of colors are used.

Points and Time in Grade

The following applies to promotional rank and time in grade.

- Please note that you are responsible for maintaining your own competition record, which can be found in the back of this book.
- Time in grade and points requirements are minimums.
- All promotions must be approved by a certified instructor
- You may or may not be tested on all items on your list. Be prepared to demonstrate all techniques.
- You must score at least 75% on the exam to be eligible for promotion.

How to earn points:

Enter local tournament: 1 point

Enter national tournament: 2 points (E level, Junior Nationals, Junior Olympics, Fall Classic, Ladder Tournament, High School Nationals, Collegiate Nationals, Senior Nationals, Masters Nationals)

Enter international tournament: 3 points (D level or higher, Junior US Open, etc)

Defeat player more than two ranks lower than yours: 0 points

Defeat player one or two ranks lower rank than yours: .5 point

Defeat player with same rank: 1 point

Defeat player 1 rank higher: 1.5 points (color or dan)

Defeat player 2 ranks higher: 2 points

Defeat player 3 or more ranks higher: 3 points

Keep score or bracket at tournament: 1 point

Referee at tournament: 1 ½ points

Tournament director: 3 points

Enter a local kata tournament: 1 point

Enter a national kata tournament: 2 points

Enter an international kata tournament: 3 points

Kata 1st place: 3 points

Kata 2nd place: 2 points

Kata 3rd place: 1 point

*Non-competitive players will have longer time in grade and lower point requirements than competitive players. This will be determined on a case by case basis.

Senior Point Requirements:

*Rokyu (yellow belt): 10 points

*Gokyu (orange belt): 15 points

Yonkyu (green belt): 20 points

Sankyu (3rd degree brown belt): 30 points

Nikyu (2nd degree brown belt): 30 points

Ikkyu (1st degree brown belt): 30 points

*Some schools may not include yellow and orange in senior ranks.

Time in grade Requirements:

Promotions will be held 4 times per year: January, April, July, and October. Batsugan (merit) promotions between tests are possible for outstanding performances. Time in grade is *generally* a minimum standard. You may or may not be eligible to test at these intervals. Time in grade is from date of last promotion.

Senior Time in Grade:

Rokyu:	3 months
Gokyu:	6 months total
Yonkyu:	12 months total
Sankyu:	24 months total
Nikyu:	36 months total
Ikkyu:	54 months total
Shodan:	see USA Judo time in grade requirements

Other Requirements:

Attitude, Attendance, Participation, Leadership,
Upstanding Moral Character

Chapter One: **Rokyu – Senior Yellow Belt**

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Ippon seoi nage – one arm
Shoulder throw
- O uchi gari – big inside reap

Katame Waza (Holding Techniques)

- Kesa gatame – Scarf hold
- Kata gatame – Shoulder hold
- Bridge and roll escape from kesa
gatame

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling
breakfalls
- Yoko Ukemi – Side falls
- Koho Ukemi – Back falls

Vocabulary

Attention!	Kyotsuke!
Bow!	Rei
Begin!	Hajime!
Stop!	Matte!
Judo school	Dojo
Teacher	Sensei
Sitting formal style	Seiza

Sitting cross-legged	Anza
Normal Walking	Ayumi Ashi
Sliding Foot Walking	Tsugi Ashi
Judo Uniform	Judogi
Judo player	Judoka
Person performing the technique	Tori
Person receiving the technique	Uke
Falling method	Ukemi
Back Falls	Koho Ukemi
Forward Rolling Falls	Zempo Kaiten Ukemi
Side Falls	Yoko Ukemi
Free practice	Randori
Form practice	Kata
Tournament	Shiai
Judo Mat	Tatame
Hold-down!	Osae Komi!
Hold-down broken!	Toketa!
Full point!	Ippon!
Half point!	Waza-ari!
One quarter point!	Yuko!
That is all!	Sore Made!

General Information:

Who was the founder of judo?

Jigoro Kano

What was the name of the judo school he founded?

The Kodokan

What was the date of the founding of judo?

1882

Name the three parts of a judo throw in Japanese and English:

Kuzushi Off-balance

Tsukuri Entrance

Take Execution

What are the ordinal numbers from one to ten in Japanese?

Ichi Roku

Ni Shichi

San Hachi

Shi Ku

Go Ju

Attitude, Attendance, Participation

Chapter Two:

Gokyu – Senior Orange Belt

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Uki Goshi – Floating Hip Throw
- Ippon seoi nage – one arm
Shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Tani Otoshi – Counter Throw
- Koshi Guruma – Headlock hip throw

Katame Waza (Holding Techniques)

- Kesa gatame – Scarf hold
- Kata gatame – Shoulder hold
- Bridge and roll escape from kesa
gatame
- Yoko Shiho Gatame – side four corners
hold-down
- Leg entanglement escape from Yoko
Shiho Gatame
- Kami Shiho Gatame – upper four
corners hold-down

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling
breakfalls – both sides
- Yoko Ukemi – Side falls
- Koho Ukemi – Back falls

Vocabulary

Minor Penalty	Shido
Disqualification	Hansokumake
Decision!	Hantai!
Don't Move!	Sono Mama!
Continue!	Yoshi!
Natural Posture	Shizen Hontai
Defensive Posture	Jigo Hontai
Off balance	Kuzushi
Entry into a throw	Tsukuri
Execution of a throw	Kake
Sweep	Gari
Throwing Techniques	Nage Waza
Hand	Te
Hand Techniques	Te Waza
Foot	Ashi
Foot Techniques	Ashi Waza
Big or Major	O
Small or Minor	Ko
Hip	Goshi or Koshi
Hip Techniques	Koshi Waza
Outside	Soto
Inside	Uchi
Internal Energy	Ki
Energy Shout	Kiai

General Information:

Name the two divisions of techniques in judo:

Nage Waza – Throwing Techniques

Katame Waza – Ground Techniques

Name the four divisions of standing techniques in judo:

Koshi Waza – Hip Techniques
Te Waza – Hand Techniques
Sutemi Waza – Sacrifice Techniques
Ashi Waza – Foot techniques

Name the three divisions of ground techniques in judo:

Osae Waza – pinning techniques
Shime Waza – choking techniques
Kansetsu Waza – arm-locking techniques

Attitude, Attendance, Participation, Leadership

Chapter Three:

Yonkyu – Senior Green Belt

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Uki Goshi – Floating Hip Throw
- Ippon seoi nage – one arm
Shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – Headlock hip throw
- De Ashi Harai – Advancing foot sweep
- Tani Otoshi – Counter Throw
- Hiza Guruma – Knee Wheel
- Tai Otoshi – Body Drop
- Sasae Tsurikomi Ashi – Lower prop
stop foot sweep
- Morote Gari – double leg grab
- Tomoe Nage – Circle Throw

Katame Waza (Holding Techniques)

- Kesa gatame – Scarf hold
- Kata gatame – Shoulder hold
- Bridge and roll escape from kesa
gatame
- Yoko Shiho Gatame – side four corners
hold-down
- Leg entanglement escape from Yoko
Shiho Gatame
- Kami Shiho Gatame – upper four
corners hold-down
- Tate Shiho Gatame – Lower four
corners hold-down

- Uphill escape from Kesa Gatame

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet
- Yoko Ukemi – Side falls
- Koho Ukemi – Back falls

Vocabulary

Favorite Technique	Tokui Waza
Lower ranks	Kyu grades
Higher ranks	Dan
Holder of higher rank	Yudansha
Holder of lower rank	Mudansha
Repetitive practice	Uchi Komi
Repetitive throwing practice without resistance	Nage Komi
Kneeling Bow	Zarei
Standing Bow	Ritsurei
Knee	Hiza
Wheel	Guruma
Side	Shiho

General Knowledge

What are the two principals of judo as defined by Dr. Kano?

Mutual Benefit and Welfare – Jita Kyoei

Maximum Efficiency – Seiryoku Zenyo

What year was judo introduced into the Olympics for men?

1964

What year was judo introduced into the Olympics for women?

1992

Who were the four members of the first Olympic team?

Paul Muruyama

Jim Bregman

George Harris

Ben Nighthorse Campbell

Attitude, Attendance, Participation, Leadership

Chapter Four:

Sankyu

Senior Brown Belt 3rd degree

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Uki Goshi – Floating Hip Throw
- Ippon seoi nage – one arm
Shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – Headlock hip throw
- De Ashi Harai – Advancing foot sweep
- Okuri Ashi Harai- Sliding foot sweep
- Tani Otoshi – Counter Throw
- Hiza Guruma – Knee Wheel
- Tai Otoshi – Body Drop
- Sasae Tsurikomi Ashi – Lower prop
stop foot sweep
- Tomoe Nage – Circle Throw
- Sode Tsurikomi Goshi – Sleeve-tip
Hip Throw
- Morote Gari – double leg grab
- Harai Goshi- Sweeping hip throw
- Uchi Mata – Inner Thigh Sweep

Katame Waza (Holding Techniques)

- Sankaku Gatame – figure four leg hold
down
- Ushiro Kesa Gatame – Reverse Kesa
Gatame

Shime Waza (Choking Techniques)

- Nami Juji Jime - Normal cross choke (thumbs inside)
- Gyaku Juji Jime – Reverse cross choke (fingers inside)

Ukemi Waza (Falling Techniques)

- Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet
- Yoko Ukemi – Side falls
- Koho Ukemi – Back falls

Vocabulary

3 rd Degree Mudansha Rank	Sankyu
2 nd Degree Mudansha Rank	Nikyu
First Degree Mudansha Rank	Ikkyu
First Degree Black Belt Rank	Shodan
2 nd Degree Black Belt Rank	Nidan
3 rd Degree Black Belt Rank	Sandan
4 th Degree Black Belt Rank	Yodan
5 th Degree Black Belt Rank	Godan
6 th Degree Black Belt Rank	Rokudan
7 th Degree Black Belt Rank	Shichidan
8 th Degree Black Belt Rank	Hachidan
9 th Degree Black Belt Rank	Kudan
10 th Degree Black Belt Rank	Judan
Instantaneous promotion	Batsugan
Striking Techniques	Atemi Waza
Judo Belt	Obi
Illegal act of locking the body with your legs	Do Jime
I surrender!	Maitta!
Standard Gripping	Kumi Kata

General Knowledge

Who was the first American woman to win a gold medal at the World Championships and in what year?

Annmaria Burns – 1984

Who was the first American man to win a gold medal at the World Championships and in what year?

Mike Swain – 1987

What are the five divisions of the nage no kata?

Te Waza – Hand Techniques

Koshi Waza – Hip Techniques

Ashi Waza – Foot Techniques

Ma Sutemi Waza – Rear Sacrifice

Techniques

Yoko Sutemi Waza – Side Sacrifice

Techniques

Attitude, Attendance, Participation, Leadership,
Teaching Ability

Chapter Five:
Nikyu
Senior Brown Belt 2nd Degree

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Uki Goshi – Floating Hip Throw
- Ippon seoi nage – one arm
Shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – Headlock hip throw
- De Ashi Harai – Advancing foot sweep
- Okuri Ashi Harai- Sliding foot sweep
- Tani Otoshi – Counter Throw
- Hiza Guruma – Knee Wheel
- Tai Otoshi – Body Drop
- Sasae Tsurikomi Ashi – Lower prop
stop foot sweep
- Tomoe Nage – Circle Throw
- Sode Tsurikomi Goshi – Sleeve-tip
Hip Throw
- Morote Gari – double leg grab
- Harai Goshi- Sweeping hip throw
- Uchi Mata – Inner Thigh Sweep
- Soto Maki Komi – Winding Throw
- Kata Guruma – Shoulder Wheel
- Te Guruma – Hand Wheel
- Sumi Gaeshi – Side Sacrifice Throw

Katame Waza (Holding Techniques)

All previous katame waza performed on both the left and right sides.

Shime Waza (Choking Techniques)

- Kata Juji Jime – Half cross choke (fingers in on one hand, thumb in on the other)
- Okuri Eri Jime – Sliding lapel choke

Kansetsu Waza (Arm Locking Techniques)

- Ude garami – Bent armlock
- Ude Gatame – Upper Cross armlock
- Juji Gatame – Cross armlock

Ukemi Waza

- Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet
- Yoko Ukemi – Side falls
- Koho Ukemi – Back falls

Nage no Kata

- First 2 sets of Nage no Kata

Vocabulary

All previous vocabulary

Winner stays up competition

Kohaku

Elimination tournament

Tentori

Methods of resuscitation

Kappo

General Knowledge

All previous questions

What are the five divisions of the nage no kata and the techniques that comprise them?

Te Waza – Hand Techniques

Uke Otoshi

Seoi Nage

Kata Guruma

Koshi Waza – Hip Techniques

Uke Goshi

Harai Goshi

Tsurukomi Goshi

Ashi Waza – Foot Techniques

Okuri Ashi Harai

Sasae Tsurikomi Ashi

Uchi Mata

Ma Sutemi Waza – Rear Sacrifice

Techniques

Tomoe Nage

Ura Nage

Sumi Gaeshi

Yoko Sutemi Waza – Side Sacrifice

Techniques

Yoko Gake

Yoko Guruma

Uki Waza

What are the three divisions of the katame no kata?

Katame Waza – Holding techniques

Shime Waza – Choking techniques

Kansetsu Waza – Armlocking

Techniques

Attitude, Attendance, Participation, Leadership,
Teaching Ability

Chapter Six:

Ikkyu

Senior Brown Belt 1st Degree

Nage Waza (Throwing Techniques)

- O soto gari – big outside reap
- O goshi – hip throw
- Uki Goshi – Floating Hip Throw
- Ippon seoi nage – one arm
Shoulder throw
- O uchi gari – big inside reap
- Ko uchi gari – small inside reap
- Koshi Guruma – Headlock hip throw
- De Ashi Harai – Advancing foot sweep
- Okuri Ashi Harai- Sliding foot sweep
- Tani Otoshi – Counter Throw
- Hiza Guruma – Knee Wheel
- Tai Otoshi – Body Drop
- Sasae Tsurikomi Ashi – Lower prop
stop foot sweep
- Tomoe Nage – Circle Throw
- Sode Tsurikomi Goshi – Sleeve-tip
Hip Throw
- Morote Gari – double leg grab
- Harai Goshi- Sweeping hip throw
- Uchi Mata – Inner Thigh Sweep
- Soto Maki Komi – Winding Throw
- Kata Guruma – Shoulder Wheel
- Te Guruma – Hand Wheel
- Sumi Gaeshi – Side Sacrifice Throw
- Uki Otoshi – Floating Drop
- Yoko Guruma - Side Wheel
- Morote Gari – Double Leg Grab

- Combination Throws

Katame Waza (Holding Techniques)

All previous katame waza performed on both the left and right sides.

Shime Waza

- Hadaka Jime – Naked strangle
- Kata Ha Jime – Single wing choke

Kansetsu Waza

- Hiza Gatame – Knee armlock
- Waki Gatame – Side arm crush

Ukemi Waza

- Zempo Kaiten Ukemi – forward rolling breakfalls – both sides, coming up to the feet
- Yoko Ukemi – Side falls
- Koho Ukemi – Back falls

Nage no Kata

- First 3 sets of Nage no Kata

Vocabulary

All previous vocabulary

General Knowledge

All previous questions

What are the three divisions of Katame No Kata and the techniques that comprise them?

1. Katame Waza – Holding techniques
 - Kesa Gatame
 - Kata Gatame

- Kami Shiho Gatame
- Yoko Shiho Gatame
- Kuzure Kami Shiho Gatame
- 2. Shime Waza – Choking techniques
 - Kata Juji Jime
 - Hadaka Jime
 - Okuri Eri Jime
 - Kataha Jime
 - Gyaku Juji Jime
- 3. Kansetsu Waza – Armlocking Techniques
 - Ude Garami
 - Juji Gatame
 - Ude Gatame
 - Hiza Gatame
 - Ashi Garami

Be able to demonstrate the referee hand signals and calls for the following:

- Hajime!
- Matte!
- Sore Made!
- Osae Komi!
- Toketa!
- Shido for stalling
- Shido for false attack
- Shido for stepping out of bounds
- Koka
- Yuko
- Waza Ari
- Ippon

Attitude, Attendance, Participation, Leadership,
Teaching Ability

Chapter Seven:

Nage no Kata

Forms of Throwing

The Nage no Kata was developed in 1884 and 1885 at the Kodokan. This kata consists of 5 sets of three throws, performed on both the left and right sides. Tori and Uke are judged on their performance of technique.

Te waza (hand throws)

- * Uki otoshi - floating drop
- * Seoi nage - shoulder throw
- * Kata guruma - shoulder wheel

Koshi waza (hip throws)

- * Uki goshi - floating half-hip throw
- * Harai goshi - sweeping hip throw
- * Tsurikomi goshi - lifting/pulling hip throw

Ashi waza (foot throws)

- * Okuri ashi harai - sliding foot sweep
- * Sasae tsurikomi ashi - Propping and drawing ankle throw
- * Uchi mata - inner thigh throw

Ma sutemi waza (rear sacrifice throws)

- * Tomoe nage - circle throw
- * Ura nage - rear throw
- * Sumi gaeshi - corner reversal

Yoko sutemi waza (side sacrifice throws)

- * Yoko gake - side hook
- * Yoko guruma - side wheel
- * Uki waza - floating drop

Chapter Eight: Go Kyo No Waza

The Go Kyo No Waza consists of 5 sets of throws with 8 throws each. Total there are 40 throws in the Go Kyo No Waza. It was revised in 1920 (40 techniques) to this current set of groups.

1. **Dai-ikkyo (1st group)**
 - De-ashi-harai
 - Hiza-guruma
 - Sasae-tsurikomi-ashi
 - Uki-goshi
 - Osoto-gari
 - O-goshi
 - Ouchi-gari
 - Seoi-nage

2. **Dai-nikyo (2nd group)**
 - Kosoto-gari
 - Kouchi-gari
 - Koshi-guruma
 - Tsurikomi-goshi
 - Okuri-ashi-harai
 - Tai-otoshi, Harai-goshi
 - Uchi-mata

3. **Dai-sankyo (3rd group)**
 - Kosoto-gake
 - Tsurigoshi
 - Yoko-otoshi
 - Ashi-guruma
 - Hane-goshi
 - Harai-tsurikomi-ashi
 - Tomoe-nage
 - Kata-guruma

4. **Dai-yonkyo (4th group)**
 - Sumi-gaeshi

- Tani-otoshi
- Hane-makikomi
- Sukui-nage
- Utsuri-goshi
- O-guruma
- Soto-makikomi
- Uki-otoshi

5. Dai-gokyo (5th group)

- Osoto-guruma
- Uki-waza
- Yoko-wakare
- Yoko-guruma
- Ushiro-goshi
- Ura-nage
- Sumi-otoshi
- Yoko-gake

Chapter Nine: Competition and Clinic Log

As mentioned earlier, your promotions are based on points and time in grade. It is a good idea to get in the habit of logging your judo competition data and also clinic data. Below, and on the following pages, you can log the date, tournament or clinic, your number of wins, losses and the place you finished if applicable. There is also a notes area where you could log your opponents name and rank, and any other awards that you might be awarded during that event.

Have fun with your new journey in judo, and best of luck to you!

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

--

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Date	Tournament/ Clinic	Wins	Losses	Place
-------------	-------------------------------	-------------	---------------	--------------

--	--	--	--	--

Notes

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

--

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

--

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

--

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Judo Log

--	--	--	--	--

Notes

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

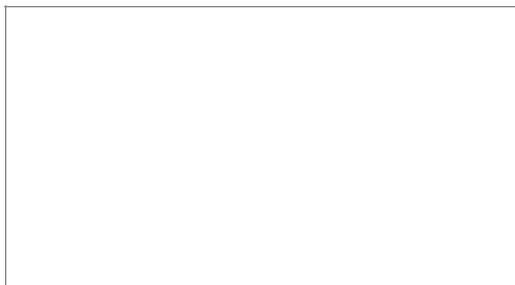
Judo Log

Date	Tournament/ Clinic	Wins	Losses	Place

Notes

Date	Tournament/ Clinic	Wins	Losses	Place

Notes



Judo Terminology:

Ashi	Foot, leg
Ashi Waza	Foot techniques
Atemi Waza	Striking techniques
Ayumi Ashi	Ordinary pattern of walking
Budo	Martial ways
Bujutsu	Martial arts
Bushido	Way of the warrior
Dan	Black belt rank
Dojo	school or training hall
Eri	Collar, lapel
Fudoshin	Immovable spirit
Fusegi	Escapes
Fusen Gachi	Win by default
Goshin Jutsu	Art of self defense
Hajime	Begin
Hansoku-make	Most serious penalty
Hantei decision	Referee call for judge's decision
Happo no Kuzushi	-Kuzushi in 8 directions
Hara	Stomach
Hidari	Left
Hiji	Elbow
Hiki-wake	No decision--tie or draw

Hikite	Pulling hand Hiza
Knee	
Ippon	Victory in one move, one point
Jigotai	Defensive posture
Jikan	Referee call to stop the clock
Jita Kyoei	Principle of mutual prosperity
Joseki	Place of honor, upper seat
Judo	Gentle or flexible way
Judogi	Judo practice uniform
Judoka	One who studies Judo
Ju no Kata	Forms of gentleness
Ju no Ri	Principle of flexibility or
yielding	
Jujutsu	Gentle art
Kaeshi Waza	Counter techniques
Kake	Completion of technique
Kansetsu Waza	Joint locking techniques
Kappo	Resuscitation techniques
Kata	Forms
Kata	Shoulder
Katame no kata	Forms of grappling
Katsu	Resuscitation
Kiai	To gather energy with a shout
Kime no Kata	Forms of decision
Kinshi Waza	Techniques prohibited in competition
Ki o tsuke	Attention
Kodansha	High ranking judoka -- 5th dan and above
Kodokan	Judo institute in Tokyo where Judo was founded
Kogeki Seyo	Order for judoka to attack
Koka	Score less than a yuko
Koshi	Hip
Koshi Waza	Hip techniques
Kubi	Neck
Kumikata	Gripping methods
Kuzure	Modified hold
Kuzushi	Unbalancing the opponent
Kyoshi	Instructor
Kyu	Student rank

Maai	Space or engagement distance
Mae	Forward, front
Mae Sabaki	Frontal escape
Mae Ukemi	Falling forward
Masutemi Waza	Back sacrifice throws
Mate	Stop (wait)
Migi	Right
Mudansha	Students below black belt rank
Mune	Chest
Nage	Throw
Nage no Kata	Forms of throwing
Nagekomi	Repetitive throwing practice
Nage Waza	Throwing techniques
Ne Waza	Techniques on the ground
Obi	Judo belt
Osaekomi	Pin, referee call to begin timing
Osaekomi Waza	Pinning techniques
Osaekomi Toketa	Escape, stop timing of hold
Randori	Free practice
Randori no Kata	Forms of free practice
techniques	
Randori Waza	Techniques for free practice
Rei	Bow
Reiho	Forms of respect, manners
Renraku Waza	Combination techniques
Ritsurei	Standing bow
Seika Tanden	A point in the abdomen that is
the center of gravity	
Seiryoku Zenyo	Principle of maximum
efficiency	
Seiza	Formal kneeling posture
Sen	Attack initiative
Sensei	Teacher, instructor
Shiai	Contest
Shiaijo	Competition area
Shido	Penalty, equal to koka score
Shihan	Title for a model teacher
Shime Waza	Choking techniques
Shinpan	Referee
Shintai	Moving forwards, sideways &
	backwards

Shisei	Posture
Shizentai	Natural posture
Shomen	Dojo front
Sode	Sleeve
Soke	Founder of a martial art or ryu
Sono Mama freeze	Stop action; command to
Sore Made	Finished, time is up
Sutemi Waza	Sacrifice techniques
Tachi Waza	Standing techniques
Tai Sabaki	Body control, turning
Tatami	Mat
Te	Hand, arm
Te Waza	Hand techniques
Tekubi	Wrist
Tokui Waza	Favorite or best technique
Tori	Person performing a technique
Tsugi Ashi	Walking by bringing one foot up to another
Tsukuri	Entry into a technique, positioning
Tsurite	Lifting hand
Uchikomi	Repeated practice without completion
Ude	Arm
Uke	Person receiving the technique
Ukemi	Breakfall techniques
Ushiro	Backward, rear
Ushiro Sabaki	Back movement control
Ushiro Ukemi	Falling backward
Waki	Armpit
Waza	Technique
Waza Ari	Near ippon or half point
Waza ari Awasete	Ippon - Two waza-ari to ippon
Yoko	Side
Yoko Kaiten Ukemi	-Sideways rolling break fall
Yoko Sutemi Waza	- Side sacrifice throws
Yoko Ukemi	Falling sideways
Yoshi	Resume action, continue
Yubi	Finger

Yudansha	Person who earned the black belt
Yudanshakai	Black belt association
Yuko	Score less than a waza-ari
Yusei Gachi	Win by judge's decision
Zanshin	Awareness
Zarei	Kneeling salutation
Zenpo Kaiten Ukemi	Forward rolling break fall
Zubon	Pants

Counting

- 1 - Ichi
- 2 - Ni
- 3 - San
- 4 - Shi
- 5 - Go
- 6 - Roku
- 7 - Shichi
- 8 - Hachi
- 9 - Ku
- 10 - Ju
- 11 - Juichi (10 plus one)
- 12 - Juni (10 plus 2, etc. to 19)
- 19 - Juku (10 plus 9)
- 20 - Niju (2 10's)
- 29 - Nijuku (2 10's plus a 9)
- 30 - Sanju (3 10's)
- 35 - Sanjugo (3 10's plus a 5)
- 99 - Kujuku (9 10's plus a 9)
- 100 - Hyaku
- 1000 - Sen

Notes:

Notes:

Notes:

Notes:

Notes:

Notes:

Notes: