

Kwanmukan Course: Judo for Kwanmukan



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JUDO ESOTERICS

Judo was founded in 1882 by Dr. Jigoro, 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. You do not move harshly. 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. 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.

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.

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.

PUSH PULL

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 or pull, raise your opponent up.

These basic concepts 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 opponents' 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 an outside stimulus. 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 opponents' 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 then 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 PROTOCOLS

Bowing – beginning and end of class, entering or leaving dojo, stepping onto or off the mat, before and after practice with a partner.

How to Stand Up

How to sit down

How to lay down for ne-waza

The command to pay attention -- MATTE!

How to give advice to your partner

What is Ju? Gently leading the opponent into a violent end.

GENERAL

Shizen Hantei –Natural Posture. 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

Anza - Sitting Cross-legged

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 a 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.

UKEMI

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

Forward and Backward rolling falls

Cartwheels – Standard, Old man's cartwheel, Elbow Cartwheel (long and short arm cartwheels)

Forward and Backward Rolls -- When to fall and when to roll up onto your feet

Roll Out break falls

Fall Overs – Forward Somersault over partner, different types of landings

Fall Overs – Backwards Somersault (squat first)

Twist Outs – from Fall Overs

Diving Rolls (over things)

NAGE WAZA

Judo throws are not listed in a sequential manner each building on the other. Each of the first 8 throws introduces concepts used in later throws. Knowing what each throw is supposed to teach allows you to understand more advanced throwing.

Understand Demo Throws vs. Competition or Dynamic Throws - Dynamic allows use of body weight and holding opponent down to the floor.

Roller vs. Driver Throws – every throw has a roller and a driver version.

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

The first Kyo of the GoKyo no Kata of Judo

1. Hiza Guruma - Knee Wheel Throw
2. Ogoshi - Major Hip Throw
3. Seoi Nage - Shoulder Throw Ippon one arm/hand and Morote two hand/arm
 - a. Morote Seoinage - Two Hand Shoulder Throw
4. Osotogari - Major Outside Reap

5. De Ashi Harai - Advance Foot Sweep
6. Ouchi Gari - Major Inside Reap
7. Uki Goshi - Floating Hip
8. Sasae Tsuru Komi Ashi - Lifting Pulling Foot Prop (trip)

Defenses Against throws

Interrupt attack by using body parts, space and lowering

Reversals – go with the throw and reverse its intent. Easiest to do when you can imagine gravity changing.

NAGE WAZA CONCEPTS

3 PARTS OF THROW

Must always be done in the same order.

1. Off balancing
2. Entry
3. Execution

To off balance you can hold the top and move the bottom. Hold the bottom and move the top or rotate around the middle.

HAPPO NO KUZUSHI

Eight Forms of Off-balancing – describe using a drawing.

Show how contra body action relates to the forms of off-balancing

EIGHT THINGS TO CONSIDER FOR EACH THROW

Use of arms, legs and head – trapping arm, attacking arm, driving leg, attacking leg, closeness, and contra-body (waist twist) and breathing.

1. Trapping Arm	2. Attacking Arm	3. Driving Leg	4. Attacking Leg
5. Head weight	6. Close	7. twist	8. Breath

Each throw should be analyzed according to the above. In some throws, certain of the 8 things are more obvious. Use the below chart for the first eight throws as an example).

Throwing Technique	Driving Arm	Attacking Hand	Attacking Leg	Driving Leg	Area of Body contact	Head Weight	Angle of Attack and Contra-body action
Hiza Guruma							
Ogoshi							
Seoi Nage							
Morote Seoinage							
Osotogari							
De Ashi Harai							
Ouchi Gari							
Uki Goshi							
Sasae Tsuru Komi Ashi							

THROWING POINTS

- 1) Need to enter the throw quickly - set the driving leg and attack - Plyometrics reduces the time necessary for this.
- 2) Control the opponent's head and arms and legs as much as possible
- 3) Kwanmukan - are you moving inside or outside the circle. Which Judo throws are inside and which are outside the circle? This is also a Kenka consideration - inside or outside.

WHEN TO THROW

- 4) Throw at the Unguarded Moment
 - a) Situations that provide the unguarded moment also known as loss of zanshin.
 - i) Fatigue - mental or physical (legs, shoulders, arms, etc. must be separately considered)
 - ii) When the opponent anticipates - get opponent to focus attention on one thing and do another
 - iii) Mental Fatigue - Get him to worry about more than one thing - keep his mind occupied
 - iv) Angle attacks - hard to recognize movement
 - v) Off Peak - at his inhale
 - vi) Get him upset - off balance -- mentally or spiritually/emotionally
 - vii) Attack when posture is wrong or loses control of breathing
 - viii) the more distractions, the better – the longer the time to respond to attack.
 - ix) After a mental or physical feint
 - x) Absent-minded means the mind is absent.

UNDERSTAND THE CIRCUMSTANCE

- 1) Technical Considerations
 - a) Space determination – distance
 - b) Happenings in match/fight – Three General Things
 - i) You attack he retreats
 - ii) He attacks you retreat
 - iii) Either attacks no one retreats, etc.
 - iv) Void - no attacks
- 2) Strategic Considerations
 - i) Understand the different parts of a match.
 - (1) Beginning, Middle and End
 - ii) When do you do what?
 - iii) Consider left or right, strong vs weak side - yours and his
 - iv) Location awareness
- 3) What you do to our opponent, do not let him do it to you.

PRACTICE METHOD FOR DRIVEN THROWS

- 1) Stand up – Partner holds onto label
- 2) Partner hop drops, you bend legs with back straight and lower with him.
- 3) As partner hits ground, you follow with Katame

KWANMUKAN TURNOVERS AND HOW THEY RELATE TO TEACHING JUDO THROWS.

This is a sequential method to allow for the learning of throws to be easier and shortens the learning curve and also to teach falling skills.

GRIPS AND GRIP BREAKING

Grips and Grip Breaking

1. Sleeve Grip - Swinging arm break through. Swing arm down and then up on the outside. Force down against wrist forcing hand off.
2. Sleeve Grip - Swinging elbow break through. Drive elbow up forcing opponents arm up.

HOLD DOWNS

FOUR BASIC OSAEKOMI – HOLD DOWNS

1) Kesa Gatame Scarf or Head Hold

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. Use opposite of push/pull with the hands. Bridge and Roll Escape or Upper Turn Hill Escape

2) Yoko Shiho Gatame and Variants Side Four Corner Hold

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. Entangling leg escape with stretch.

3) Kami Shiho Gatame and Variants Smothering Hold or Locking of upper four quarters

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.

4) Kuzure Kesa Gatame Modified or variant Scarf or Head

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. Upper Turn Hill Escape

5) Kata Gatame and Variants Shoulder Hold

6) Passing the guard

USE OF BODY WEIGHT

Controlling Head and arms and legs. Especially control the Head.

Dead Weight

Lowering the Center of Mass

Know where to apply pressure.

Learn how to change positions on the ground and use weight on pivot points.

Squashing practice.

FUSEGI – COMMON ESCAPES FROM HOLD DOWNS

Bridge and Roll

Upper Turn Hill Escapes.

Bucking the opponent

Learn how to use opponent's motion to assist your ground work.

DRILLS/EXERCISES

1) Dives

a) Dive over obstacles

b) Dive Over then Roll under and leap frog back over again – repeat

(1) Options

(i) Two in a row or race back and forth alternating rolls.

(ii) Three-man roll under hop over -- all on the ground or middle down, others up

2) Crawls/Drags - Can also do this as a tug of war with a belt tied between the partners.

a) Elbow Drag/Crawl - Hand flat and extend arms, pull to as you turn hands over using elbows to catch and pull

b) Shoulder Crawl laying on back

c) Panther crawl

- i) Option two-man drill – partner rolls when allowed and partner keeps weight on partner. Go forward and back. Learn how to use weight to prevent or allow partner to roll.
 - d) Monkey Crawl - straddle partner on hands and knees, partner is on the ground on back head opposite yours. Partner hangs on to your belt and locks legs around your torso while you crawl, then flip over and return with your partner crawling staying together all the time.
 - e) Shrimping from side to side as you are crawling along the floor. Head stays in place while bottom moves forward.
 - f) Bear Crawl
- 3) Tug of War – Tie partners together using a belt tied to their belt. Then then crawl on all fours. You can do this Front and Back
- 4) Piggy Back Rides – race down then change places and race back
- 5) Climbing
 - a) Standing Horizontal Climb –Partner is on piggy back and crawls around your middle while you stand. You may assist your partner.
 - b) Standing Vertical Climb - Optionally, partner crawls down between legs and up again without touching the floor.
 - c) All Fours Horizontal Climb - Climb around under your partner and back up again while partner is on his hands and knees without touching the floor or using your partner's arms.
- 6) Carries
 - a) Firemen’s Carry - walking straight or turning
 - b) Elbow Carry - support and lift partner under elbows
- 7) Monkey Somersaults - Each partner holding your other's ankles, somersault down the floor together one after the other in tandem.
- 8) Weave(s) – hop drop roll or hop drop roll stand up.
- 9) Hop Tournament - one partner crawls on the floor while the other hops (bounces) over him side to side - plyometric
- 10) Pull and Push - Off Balancing – stand same foot to same foot parallel and put wrists together. Try to get the opponent to move their back foot. (Pushing hands). Foot to Foot Balance – keep loose, not stiff. Intent is to learn how to neutralize the attack
- 11) Sumo – Try to push the opponent out of a circle or drag him down holding onto the belts.
- 12) Hold partner’s jacket(lapel) and jump up and side fall. Your partner lowers his body in a natural stance as you fall in such a manner that the partner lowers just right for into a follow-up standing technique
- 13) Plyometric Bouncing Drills -- alternative, have partner crawl forward as you bounce (hopping tournament).
- 14) V-Sit-up with resistance on the way up. Also, V-sit and resist a push down on legs and chest.
- 15) Lay on Stomach and leg curl with someone over top of your legs.
- 16) Falling over a crouching person backwards and with elbow cartwheels and with other falls.
- 17) Hop sideways from all fours at same time back and forth
 - a) As option, drop and roll
- 18) Frog Hops – from a squatting position, hop on to the hands, balance then push yourself back to the squat position.
- 19) Hold the uniform of your partner and he is on all fours. Somersault over the partner and practice landing on your back using a foot break fall, landing into a side fall, landing on your side turning more to break the fall, landing on all fours. This drill is used to help you get control of your fall in a Judo match by landing in such a manner as to avoid an ippon or waza-ari or koku of your opponent. For self-defense it is learning how to not land on your back.
- 20) Gymnastics
 - a) Somersaults
 - b) Dive Somersaults
 - c) Cartwheels – Various Forms – “old man” or monkey cartwheels, two hand, one hand and elbow cartwheels
 - i) Elbow cartwheel over someone on their hands and knees – everyone can do this one.
 - d) Round offs
 - e) Standing on your arms
 - f) Front Hand Springs

- g) Back Hand Springs
- h) Round-Off to Back Handspring
- 21) Circle and Lift – Hold on to each other’s shoulders or use a Judo grip and practice swinging partner in circle. Other partner all his feet to leave the floor and tries to land in balanced.
- 22) Crab Race – all fours with belly up, crawl sideways like a crab
- 23) Straddle hopping
 - a) Side Hop to Split Jump
- 24) Cock Fight – stand on one leg with hands clasped behind back. Try to knock each other over
- 25) Arm Bounce
- 26) Side Jumping
- 27) Squat Jumps
- 28) Rope Climbing
- 29) Split Twist
- 30) Split Twist to Elbow Roll
- 31) Jump, Split Twist to Elbow Roll
- 32) Grab and Whiz
- 33) Tie Him Up
- 34) Barrell Hoop Race
- 35) Split Jumping
- 36) Half Jumping
- 37) Hip Twisting
- 38) Front and Back Split Jumping
- 39) Passing the Ball
- 40) Stopping Hands



JUDO QUESTIONNAIRE

1. Name the three parts of a Judo throw. Off balance, entry, and execution - kuzushi, tsukuri, kake.
2. What three divisions of empty hand fighting are found in Judo? Nage-waza, katame-waza, and atemi-waza.
3. What are the two divisions of nage-waza? Tachi-waza and sutemi-waza.
4. Name the three divisions of tachi-waza. Te-waza, koshi-waza, and ashi-waza.
5. Name the three divisions of katame-waza. Osaekomi-waza, shime-waza, and kansetsu-waza.
6. Name the two divisions of sutemi-waza. Matsutemi-waza and yoko sutemi-waza
7. What are the two principles of Kodokan Judo as defined by Dr. Jigoro Kano? Maximum efficiency and Mutual welfare and benefit.
8. What is the ultimate goal of Judo as defined by Dr. Jigoro Kano? The harmonious development and eventual perfection of human character.
9. What are the grade belts in Judo leading to Black Belt? Rokyū, Yonkyū, Sankyū, Nikyū, Ikkyū.
10. What is the name of the kata required for Shodan and how many throws does it have? Nage-no-kata. It includes 15 throws.
11. Who is Dr. Jigoro Kano and what did he found in Japan for Judo? The founder of Judo and the Kodokan
12. What does Ju mean? gentle
13. What does Ko-do-kan mean? Ko means "to preach", do means "way or path" and kan means "hall" or "training hall".
14. When did Judo become an Olympic sport for men? 1964 Women? 1988
15. How are Judo throws named? 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.
16. Explain the concept of push-pull. First push, relax the force then pull. First pull, relax the force then push. If you find that you can neither push or pull, raise your opponent up.
17. What is reaction time. The transition of your opponent's movement to yours.
18. What is George E. Anderson's Judo rank? 6th dan
19. What is the unguarded moment? Breaking posture () of your opponent before he can react.
20. What Judo organization does he support? United States Judo Association

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 techniques
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.	side falling techniques
33.	shizen tai		GG.	joint techniques
34.	jigo tai		HH.	natural posture
35.	randori		II.	free practice

JUDO TECHNIQUES

THROWING - NAGE WAZA

Hand Techniques - Te Waza

Tai Otoshi - Body Drop

Ippon Seoinage - One Arm Back Carry or Shoulder throw

Uki Otoshi - Floating Drop

Seoinage/Morote Seoinage - Two Hand Back Carry or Shoulder Throw

Isumi Otoshi - Corner Drop

Kata Guruma - Shoulder Wheel or Whirl

Hip or Loin Techniques - Koshi Waza

O Goshi - Major Hip

Ushiro Goshi - Rear Hip

Tsuri Komi Goshi - Lift and Pull Hip

Hane Goshi - Springing Hip

Harai Goshi - Hip Sweep

Koshi Guruma - Hip Wheel or Whirl

Uki Goshi - Rising Hip

Osoto Guruma - Big or Major Outside Wheel or Whirl

Foot & Leg Techniques - Ashi Waza

Kouchi-gari - Small or Minor Inside Reap

Uchimata - Inner Thigh Throw

Sasae Tsurikomi Ashi - Lift and Pull Foot Prop

Okuri Ashi Harai - Sweeping Ankle

De Ashi Barai - Forward or Advance Foot Sweep

Osoto Guruma - Big or Major Outside Wheel or Whirl

Kosoto-gari - Small or Minor Outside Reap (clip)

Hiza Guruma - Knee Wheel

Ashi Guruma - Leg Wheel or Whirl

Osoto-gari - Big or Major Outside Reap

Ouchi-gari - Big or Major Inside Reap

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

Tomoe Nage - Circle, Stomach or Round Throw

Uki Waza - Floating Throw

Yoko Otoshi - Side Drop

Ura Nage - Inside Out or Rear Throw

Uchimakikomi - Inner Winding Throw

Tani Otoshi - Valley Drop

Sumi Gaeshi - Corner Reversal

Yoko Guruma - Side Wheel or Whirl

Yokogake - Side Hook or Dash

HOLDS AND ESCAPES - KATAME-WAZA OR NE WAZA

Pinning Techniques - Osaekomi-waza

Kesa Gatame - Scarf Hold

Kamishiho Gatame - Upper 4 Corner Hold

Kata Gatame - Shoulder Hold

Yokoshiho Gatame - Side 4 Corner or 4 Direction Hold

Strangle or Neck Lock Techniques - Shime-waza

Hadaka Jime - Naked Strangle

Kataha Jime - One Wing or Arm Strangle

Kata Juji Shime - Single Cross Strangle

Gyaku Juji Shime - Reverse Cross Strangle

Joint Techniques - Kansetsu-waza

Ude Gatame - Arm Lock Hold or Wrap

Ashi Garami - Entangled Leg Hold or Lock

Juji Gatame - Cross Hold or Lock

Ude Garami - Entangled or Bent Armlock Hold or Wrap

Waki Gatame - Armpit Hold or Lock

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.

APPENDIX I – LISTING OF THROWS AND KATA

GO KYO NO WAZA

1ST KYO (DAI IKKYO) OF THE GO KYO NO WAZA

<p>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.</p>
<p>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.</p>
<p>Ogo shi - 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.</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 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.</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 footsteps 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 knock him off his feet.</p>
<p>Uchi gari - 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 is perpendicular. For driver, driving leg to outside.</p>

2ND KYO (DAI NIKYO) OF THE GO KYO NO WAZA

<p>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.</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 tail bone on his leg and Ogo shi. Opponent goes over hip like a wheel.</p>
<p>Tsurikomigoshi - Power hand drives up and out (by head), put hip well into opponent and Ogo shi. Opponent somersaults over your hip.</p>
<p>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.</p>
<p>Taiotoshi - This is a hand technique. Set your driver wide, turn your back (do not put hip across). Lock him to you, step</p>

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 your 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 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.

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 follow through 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

Osootoguruma -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.

Ukiwaza - 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.

Yokowakare - 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.

Yokoguruma - 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.

Ushirogoshi - Take hold and throw. Pick-up 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.

Ura nage - 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.

Sumiotoshi - 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.

Yokogake - Turn opponent so that foot goes back behind. Drive the foot out so both go flying. Step 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.

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

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 ADDITIONAL 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

APPENDIX II – RANK REQUIREMENTS

All general information and vocabulary

All prior techniques

Proper time in grade

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
Oсотogari	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

KWANMUKAN JUDO REQUIREMENTS FOR 4TH KYU

General Requirements

Tai Sabiki	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	Lift-pull Hip throw	Dai Nikyo	4th

Defense Against Throws

Oсотogari		4th
Seoinage		4th
Ouchigari		4th
Deashiharai		4th

Counters for Throws

Hiza guruma		4th
Ogoshi	Tani Otoshi	4th
Oсотogari		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

Throws - Nage Waza

Name	English Reference	GoKyo No Waza	Level
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	Level
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 counter grip	2nd
High lapel grip	Pull down break through	2nd

Throws - Nage Waza

Name	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

Grappling - Osaekomi

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

Entry into Grappling

Double belt entry	2nd	
Sumigashi takedown	2nd	
Sommersault	Entry into newaza	2nd

Grappling - Shimewaza

Name	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

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

Throws - Nage Waza

Name	English Reference	GoKyo No Waza	Level
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

Grappling - Osaekomi

Name	English Reference	Escape - Fusegi	Level
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 opponent's legs together	1st
Knee in entry	1st

Grappling - Shimewaza

Name	English Reference	Escape - Fusegi	Level
Namijuji jime	Natural cross strangles		1st
Katajuji jime	Half cross strangles		1st
Gyakujuji jime	Reverse cross strangles		1st

Grappling - Kansetsuwaza

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

KWANMUKAN JUDO REQUIREMENTS FOR 1ST DAN

Show capacity in Ukemi-waza, Nage-waza, and Katame-Waza especially Kansetsu Waza.

Throws - Nage Waza			
Name	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

Throws - Nage Waza			
Name	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

Attack	Grip	Throw	Fall
Tewaza			
Uko Otoshi			
Seoinage			
Kata guruma			
Koshiwaza			
Uki goshi			
Harai goshi			
Tsurikomi goshi			
Ashiwaza			
Okuri ashi harai			
Sasae Tsurikomi ashi			
Uchimata			
Matsutemiwaza			
Tomoe nage			
Ura nage			
Sumi gaeshi			
Yokosutemiwaza			
Yoko gake			
yoko guruma			
Ukiwaza			



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