

(yellow belt with 1 white stripe at each end)

I General Knowledge

1. *Judo etiquette: purpose and use of bows, when to use; behaviour in the dojo.*

The purpose of the bow is to show respect for your fellow judo players, your instructors, your students and the ideals and rules of judo. The bow is used when you step onto and off the mat, at the start and end of classes, before and after practicing with your partner and at the start and end of a contest. Your behaviour in the dojo should also be respectful, which means maximum practice, minimum chat.

2. *Purpose of warm-up and cool-down exercises.*

Warm-up exercises are to prepare your body and your mind for doing the actual judo techniques. Fast twists and turns and strong pulls and pushes all require warm muscles and flexible joints — and its hard to attack if you are feeling sluggish.

When you have trained hard and your pulse is racing and you are puffing, it is important to return to normal slowly so that all parts of the body work together. You also need to spend a little time thinking about what you have learned during your training.

3. *Purpose of breakfalls (ukemi), both rolling and arm beat (ha-uchi) methods.*

The first breakfalls (ukemi) you learn are just rolls. Then, as the throws get more realistic, you add an arm beat (ha-uchi) to absorb the shock of more vertical falls. Breakfalls are to stop you being hurt by the throws so that you can continue to attack. They also let your partner apply realistic throws, so that your practice can be quite energetic.

4. *Terminology: equipment, rules, etc..*

Japanese words are used all over the world in judo, so as well as the names of the throws, you need to know the technical terms of judo and the words used by referees to control a contest, in Japanese.

Equipment

dojo — a room or hall for training
 judogi — a judo training suit

Rules

rei — the judo salute, a bow
 matte — a referee command to interrupt a contest
 osae-komi — a referee command that a hold has been recognised.

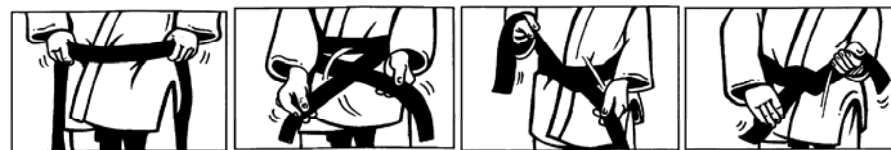
II Practical knowledge

1. *Basics*

Hygiene: cleanliness of self, judogi, mats & dojo.

As judo is a body contact sport, played in bare feet and often on the ground, you need to come to judo with a clean judogi, clean feet and with good personal cleanliness. Clean mats will keep the judogi clean and stop possible infection. Wear thongs off the mat and step onto the mat only in bare feet. All cuts etc. must be covered. A dusty dojo will make the mats dirty and will cause breathing problems.

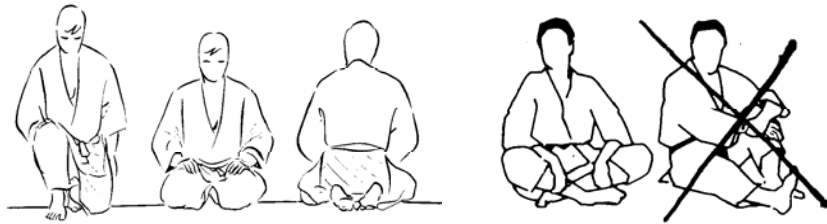
Judogi and belt to be worn correctly.



Place middle of belt on your middle. Wrap around, crossing at back and again at front. Take the 'outside' end and pass it over and around the other end and up next to the judogi — pull it firm

and make the ends even. Finish the knot by taking the same end over and up around the other end — pull tight and flat and make sure the ends point sideways, not up and down.

Formal and informal sitting.



Assume the formal sitting position by going down on your left knee, with your toes tucked under, then on the right. Flatten your toes on the mat, just touching, spread your heels and sit. Keep your back upright and rest your palms on your thighs. Informal sitting can be tailor fashion or with your legs tucked to one side, but with your body upright. Sitting or lying with your legs sticking out is dangerous and disrespectful.

Standing and kneeling bows.

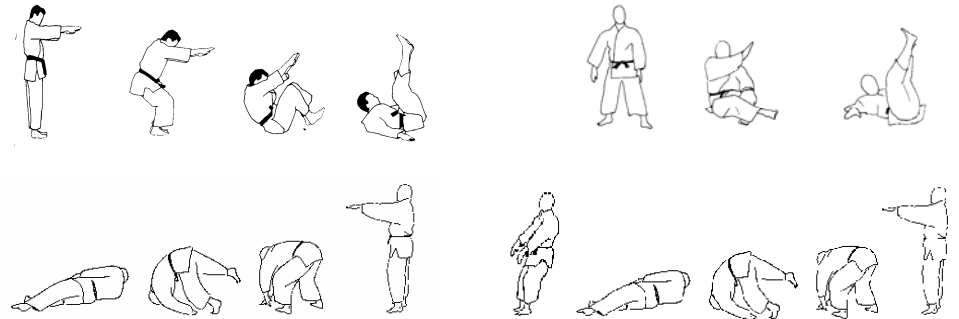


The standing bow is started with the heels touching. Keeping the upper body and head in line, bend forward at the hips sliding the fingers down the legs until they just touch the top of the kneecaps.

The kneeling bow is started from the formal sitting position. Slide the hands onto the mat then lower the upper body and head to horizontal, pause, then straighten up



Ukemi -- ha-uchi methods on a self-practice basis.



Proper basic grasp of judogi.



In the normal right side grip hold your partner's right sleeve with your left hand, just below the elbow and your partners left collar with your right hand level with the armpit. Grip with your little fingers, relaxing your thumb and forefinger. Lead all your pushes and pulls with the little finger side of your hand.

2. Techniques

Throwing – 4

O-goshi



Tai-otoshi



O-uchi-gari



Hiza-guruma



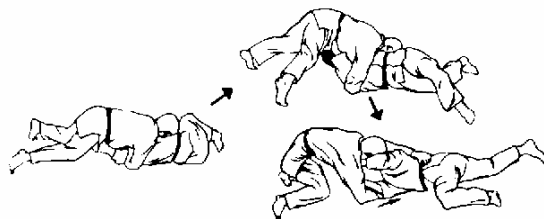
Grappling

Holds and escapes -- 2

Hon-kami-shiho-gatame



Uphill turn escape



Hon-gesa-gatame



Bridge and roll escape



Entries and leg controls -- 1

Breakdown to half nelson



3. Free practice

Free movement with a partner concentrating on technique, showing free, continuous attack and transition to groundwork on the basis of timing practice (sute-geiko) i.e. competition to do the best technique, taking it in turns. Just like you were doing a demonstration of the techniques for an audience.