

(yellow belt)

I General Knowledge

1. *Judo etiquette: purpose and use of bows, when, which and where 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. When bowing to a very senior instructor, you should always try to do so from the lower (student) end or side of the dojo. 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. *Safety surrender (marai) by tapping and calling maitta!*

The safety surrender is very important for safety, especially in groundwork where fingers or arms or legs could be come entangled or in cases where armlocks or strangles are applied. With the call of maitta or the double tap you must immediately release your opponent. The double tap may be applied on any part of the opponent or yourself or the mat and it can be done with a hand or foot. It is never used in the case of a hold-down without a struggle of several minute.

5. *Terminology: equipment, etiquette and rules*

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	— Judo training hall
Judogi	— Judo training clothes, judo suit

Etiquette

Rei	— Bow
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Rules

Hajime	— Begin
Matte	— Wait, stop fighting until restarted
Osaе-komi	— Hold-down recognised, start holding time
So-no-mama	— Do not move, freeze
Soremade	— Finish
Maitta	— I give up, craven

II Practical knowledge

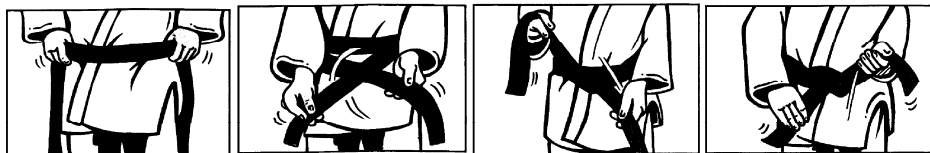
1. Basics

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

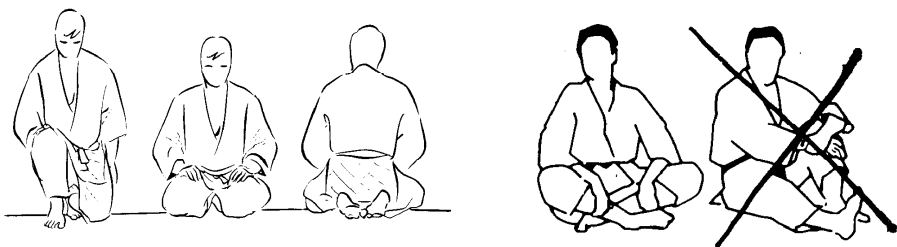
The contest rules make it very clear: The judogi shall be clean, generally dry and without unpleasant odour; the nails of the feet and hands shall be cut short; the personal hygiene of the contestant shall be of a high standard. Dirty mats are similarly unhygienic and any blood needs to be cleaned off immediately. Dust in the dojo can affect breathing.

Judogi and belt to be worn correctly.

The judogi jacket must always be worn with the right lapel under the left lapel. Only women should wear a tee shirt under the judogi.



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.

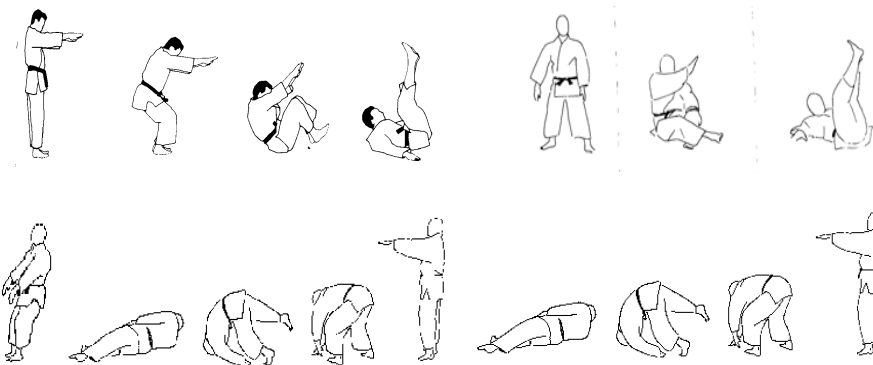


The standing bow is started with the heels touching. Keeping the upper body and head in line, bend forward at the hips sliding the fingers down the legs until they just touch the top of the kneecaps.

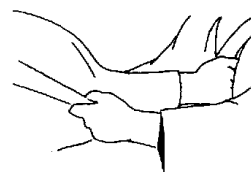
The kneeling bow is started from the formal sitting position. Slide the hands onto the mat then lower the upper body and head to horizontal, pause, then straighten up.



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

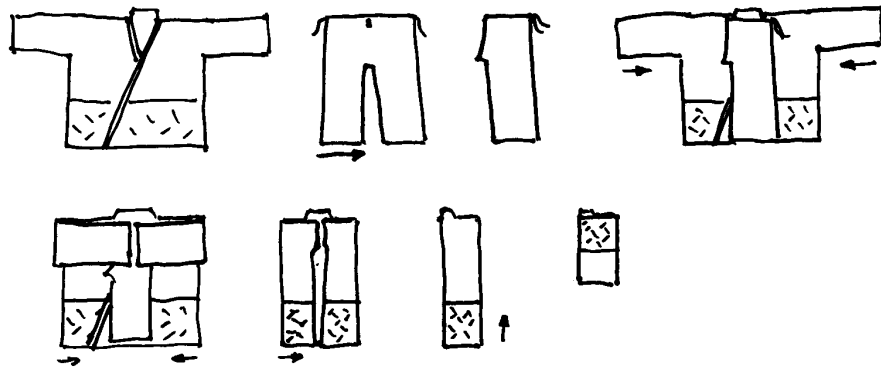


Proper basic grasp of judogi.



In the normal right side grip hold your partner's right sleeve with your left hand, just below the elbow and your partner's 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.

Correct folding of the judogi.



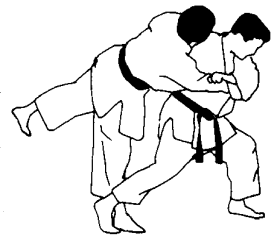
2. Techniques

Throwing -- 6

O-goshi



Tai-otoshi



O-uchi-gari



Hiza-guruma



O-soto-gari



Seoi-nage (pick one)
Morote | Ippon



Eri

Sode



Combination -- 1

e.g. O-uchi-gari to Tai-otoshi or your own choice



Counter -- 1

e.g. O-uchi-gari by Tai-otoshi or your own choice



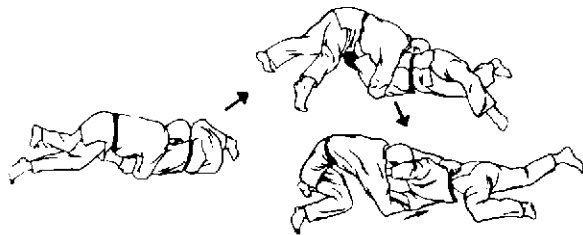
Grappling

Holds and escapes -- 2

Hon-kami-shiho-gatame



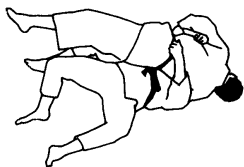
Uphill turn escape



Hon-gesa-gatame

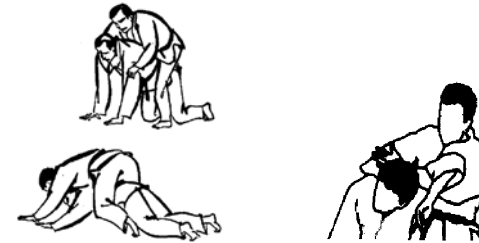


Bridge and roll escape



Entries and leg controls -- 4

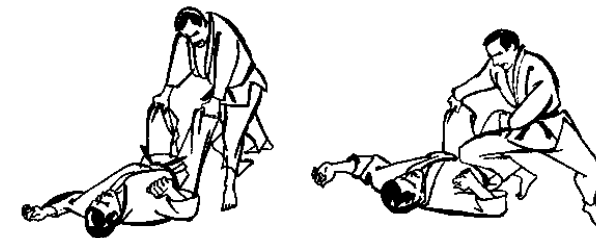
Breakdown to half nelson



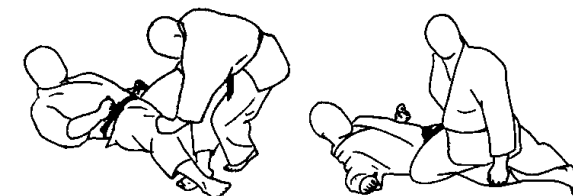
Far arm drag

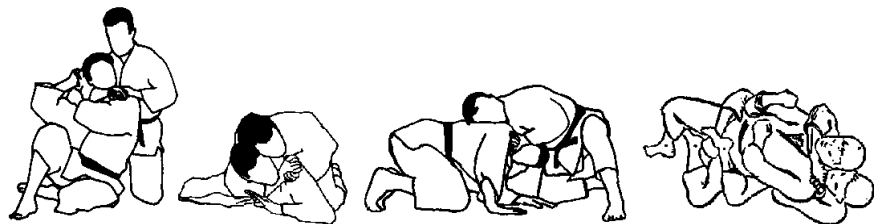
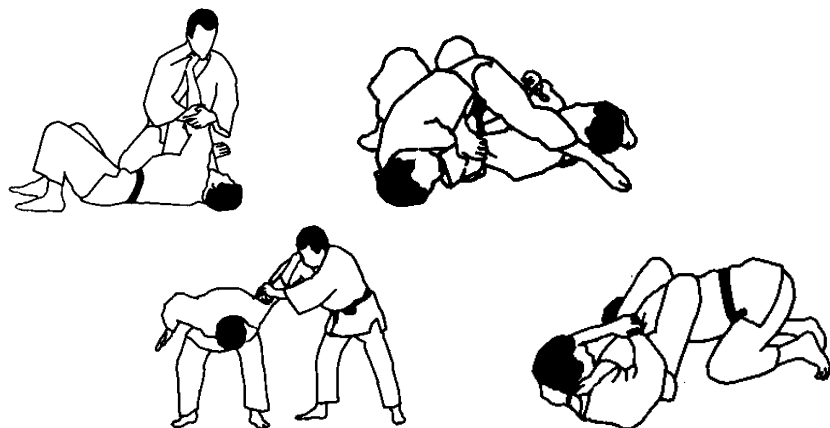


Knees grab and leg straighten



Knee grab and cross knee press



*Strangles with variations -- 1**Hadaka-jime I**Armlocks with variations -- 1**Ude-hishigi-Ude-gatame**3. Free practice*

Free movement with a partner concentrating on technique, showing free attack, combinations, counters and transition to groundwork on the basis of:

- timing practice (sute-geiko) i.e. competition to do the best technique, taking it in turns and
- supple or unresisted practice (yako-soku-geiko) i.e. competition to do the most good techniques, not in turn, but without resistance.