

# BEGINNING JUDO for Junior Students



White belt  
To  
Yellow Belt

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Welcome to JUDO! What an exciting and adventurous time is ahead for you.

This booklet will supplement information that your instructor is providing in your dojo. With this booklet and your instructor's guidance you will be on your way to success in judo and promotion to yellow belt in a few short months.



Study the material and learn the skills well.

They will serve you for your lifetime.

Although judo is relatively safe when practiced under the guidance of a judo instructor in a modern *dojo*, its foundation is from disciplined martial arts. Because there is a possibility of injury, usually due to inappropriate practice, your dojo, your instructor and you must carry insurance coverage.

United States Judo Federation (USJF) is the oldest and most traditional national judo organization. By annually registering with USJF as a member, you, your instructors and all qualified judo events you attend are automatically covered by insurance. This practice allows judo to be in schools, community organizations and private gyms just like other sporting activities. Your belt promotion needs to be registered with USJF/Konan Yudanshakai (Black Belt Association).

Wear loose clothing in the beginning and when students reach the White/Yellow belt rank, buy the proper uniform (called a *judogi*) along with some slippers to wear at the dojo and you are ready for more advance lessons.

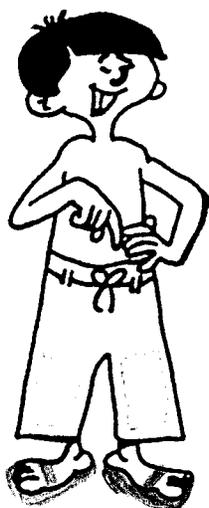


# How to wear the JUDO GI

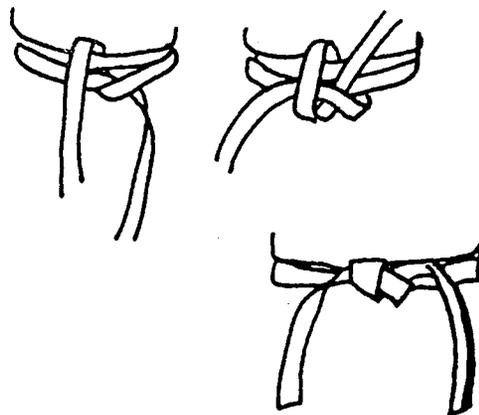
The kneepad on the pants goes in front. The drawstring belt is tied tight

The left lapel of the jacket is always on the outside.

The OBI (belt) is doubled around the waist and is tied with a square knot.



Slippers are worn to and from the mat!



Are our feet clean?  
Toenails clipped so they won't hurt anyone?  
How about fingernails?  
And oh yes, did we take off all of our jewelry or other hard objects that may injure ourselves or someone we will workout with? OK?  
Now we are ready. So - - - -

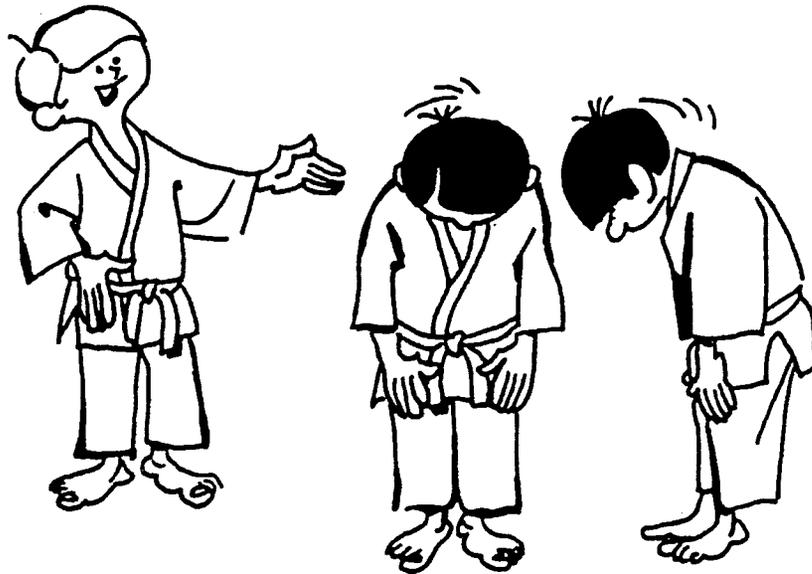
# REI (BOWING AND GREETING)



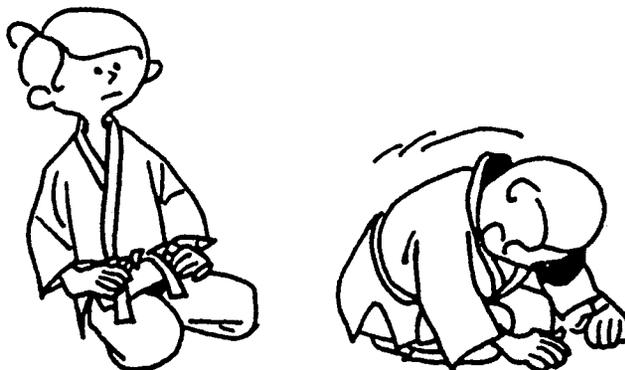
The *rei* is judo's way of showing courtesy and greetings.

The standing bow (*ritsurei*) is started from *kiotsuke* (attention). Do a slight bend from the waist with hands sliding along the front of the legs.

We rei every time we enter the dojo or step on the mat. Also, we rei whenever we begin and end a practice with a partner



At the beginning and at the end of each lesson, students line up side by side and by rank in front of the *senseis*. A Command of "*seiZa*" (formal sitting position) is given and then everybody kneels down on the mat. The kneeling bow (*Zarei*) begins with good posture. At next command "*sensei ni rei*" (bow to instructor), slide your hands forward in front of the knees as you lean forward. You give *sensei* your undivided attention (no talking, no horseplay). Your *judogi* should be neatly worn and your belt should be tied properly.





## UKEMI (break falls)

When we can fall and land safely, from any position, we have removed a fear and most possibilities of getting injured. *Ukemi* has saved many people from broken bones or worse – so practice *ukemi* faithfully.

*Ushiro ukemi*  
(back fall)

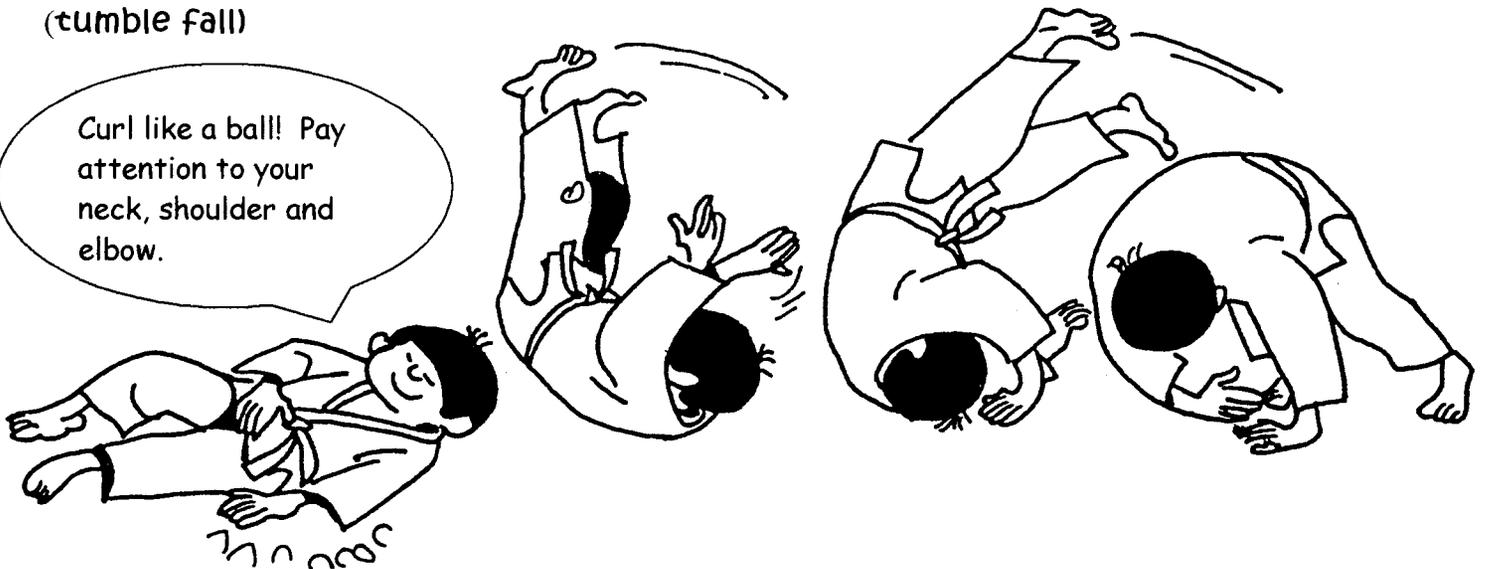


*Yoko ukemi*  
(side fall)



*Zempo kaiten*  
(tumble fall)

Curl like a ball! Pay attention to your neck, shoulder and elbow.



Now comes the fun stuff! We are going to learn techniques for throwing a judo partner down (understand now why we need to know *ukemi*) and wrestling skills particular to judo.

# KUMIKATA (gripping)

With your left hand, grip partner's right sleeve, and with your right hand, grip your partner's left collar. This is the fundamental grip for right-handed person.



The standing judo is called *Tachi-waza* and throwing technique is called *nage-waza*.

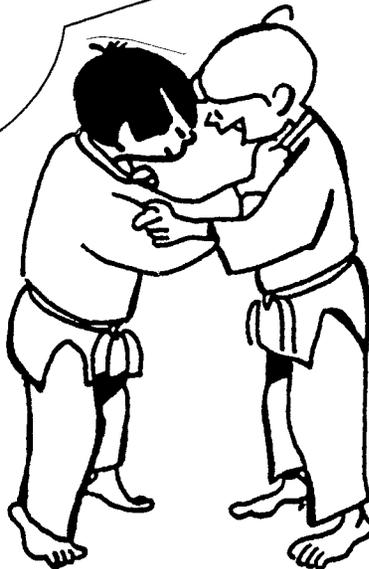


It is prohibited to continuously hold one collar with both hands or grab his belt.

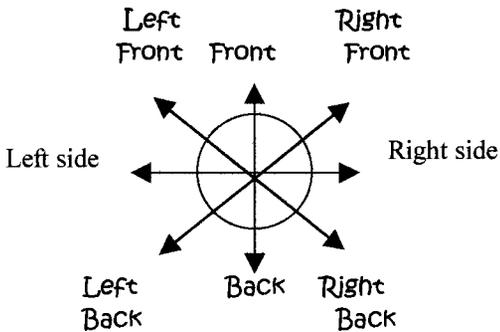
# KUZUSHI (off-balancing)

Just knowing the techniques is not good enough. You need to learn basics of the off balancing.

Keep yourself in good balance all the time. Position yourself ready to attack when your partner is in off balanced position.



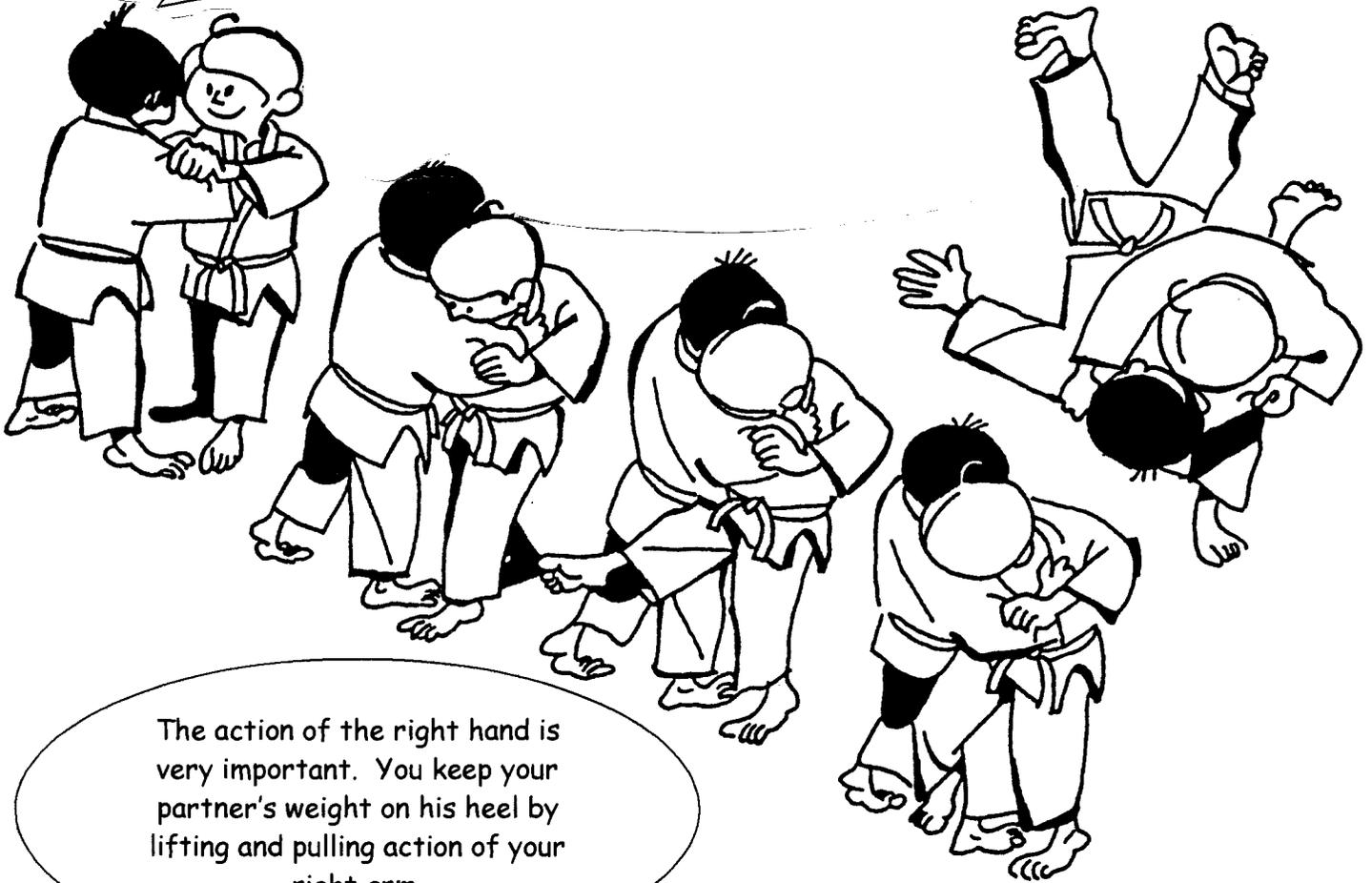
## EIGHT BASIC DIRECTIONS





# O SOTO GARI (major outer reap)

Make your partner off-balance by pulling with your left hand toward your ribs and lifting him up slightly with your right hand. At the same time, you step your left foot next to his right foot. Then bring your right leg forward and sweep his right leg with force.



The action of the right hand is very important. You keep your partner's weight on his heel by lifting and pulling action of your right arm.



Basically, you do not try to catch his leg, but thrust your right leg hard and keep it straight while leaning your body forward.



# O GOSHI (major hip)

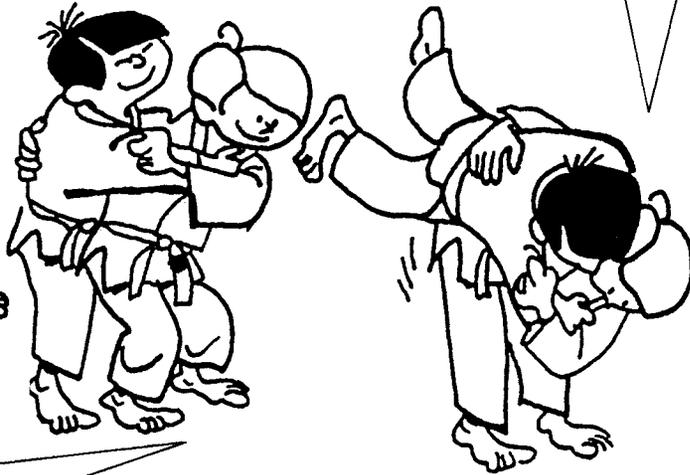
Step 1, while I pull *uke* off balance to the right front, I reach around his back and hold his body....



Step 2, holding him tight to my body, I twist my hip across his hips...



Step 4, I bow while extending my legs hard and twist and over he goes.



Step 3, bending my knees and place my hips below his belt

It is impossible to throw your partner unless you place your hips below his center of gravity. Bend your knees!

To do this O Goshi well, keep your body up right when you fit into your partner.



This "O" means big movement and "Goshi/Koshi" means hips.



# IPPON SEOI NAGE (one arm shoulder throw)

Step 1, I provide *kuzushi* to *uke's* front

Step 2, I insert my arm very tightly under *uke's* armpit while pivoting in and bending my knees to get under him...



Step 3, I pull *uke* tight to my body and bow from my waist...

Twisting slightly to the left as I bow, I execute the throw

A very important point for this technique is the positioning of your arm. Your arm well positioned under the *uke's* armpits.

If *tori* inserts his arm too deep like over his shoulder, I can choke him.

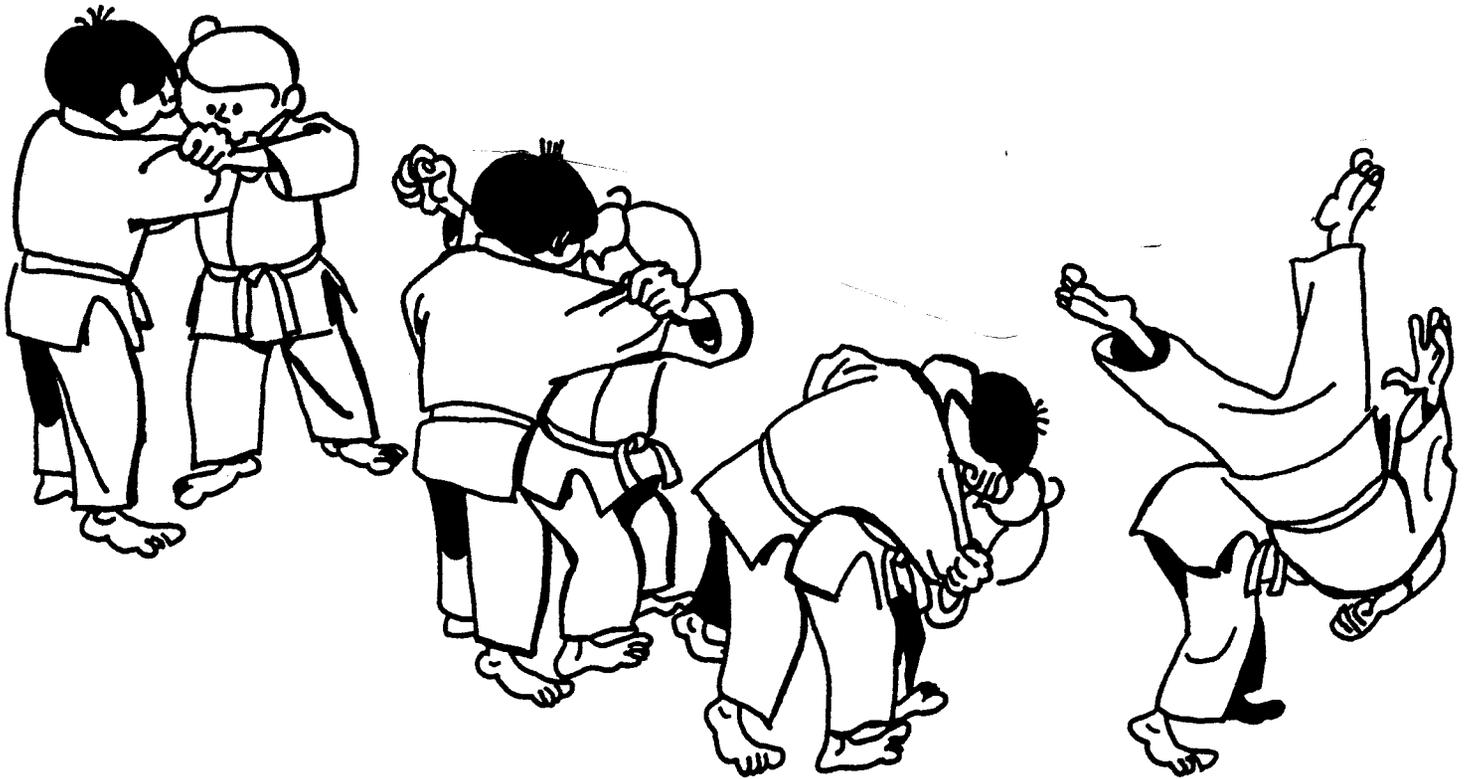


Choking me!  
Choking me!  
Help!.

# KOSHI GURUMA (hip wheel)



This technique is similar to *Ogoshi*,  
except I reach around *uke's* neck.  
Rather than around his back in  
order to get him tight to my body.



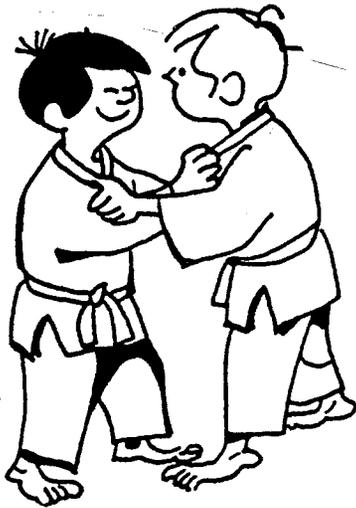


# DE AŞHI HARAI (forward foot sweep)

You need to make your *uke* move forward, backward or sideways. To demonstrate, I will make him move forward.

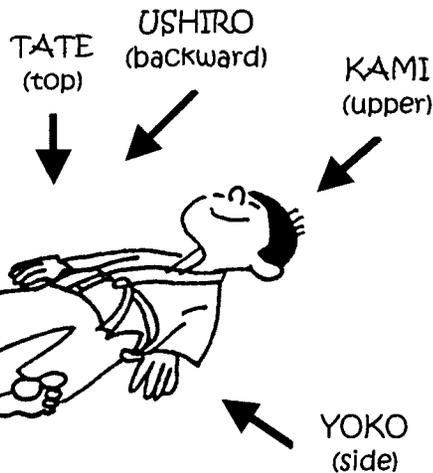
Draw your right foot back and pivot 90° to the side. At the same time, pull *uke's* left lapel with your right arm.

Then place your left foot, the area around the arch, against *uke's* left ankle and sweep his left foot toward his left toes. Pull his right sleeve downward with my left hand to throw him.



# OSAE KOMI WAZA (holding techniques)

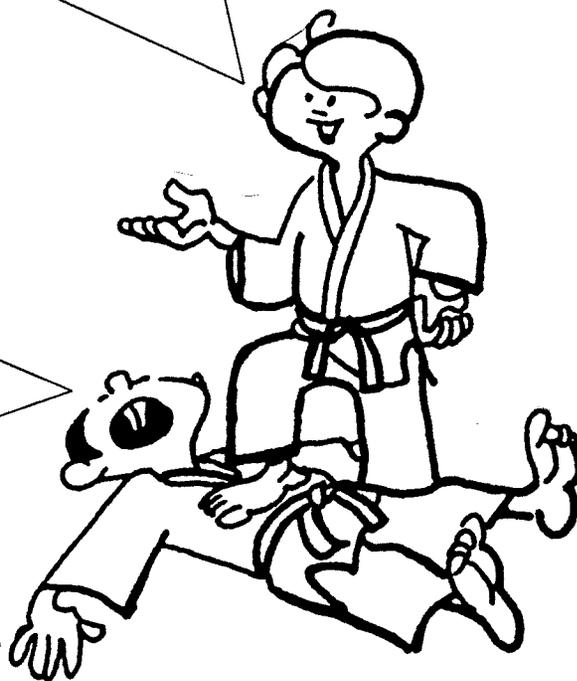
Judo is not only practiced standing up but also on the mat. Let's practice holding techniques. At first, have your *uke* lie on his back and do not let him get up.



The name of the hold is indicated by the side you position yourself to practice your techniques. So you must learn these words.

Finally, it is not so difficult. These names are always the same words that we repeat. You can learn and remember them.

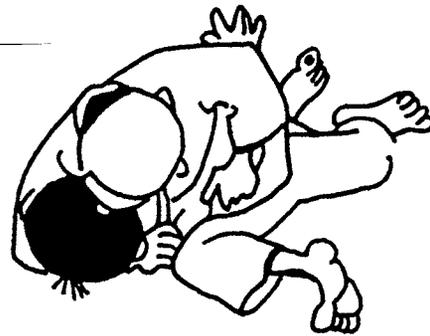
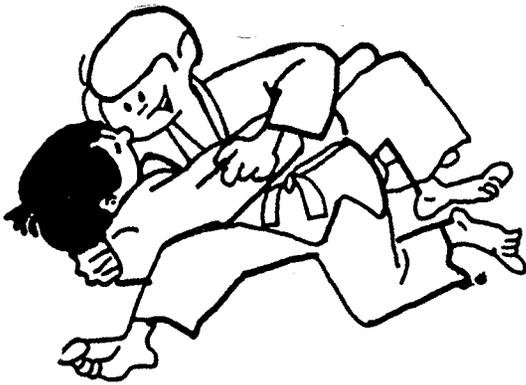
It is prohibited to place your foot on my stomach, tickle, pull the hair, twist the fingers, place the hand on my face, bite, pull on my ears.....  
It is illegal...  
I said "It is illegal!!!!"



# KEŒA GATAME (scarf hold)

Notice that I have uke's arm locked under my armpit and my right arm around uke's neck. My legs are spread wide apart for balance.

Sometime you need to keep your head down.



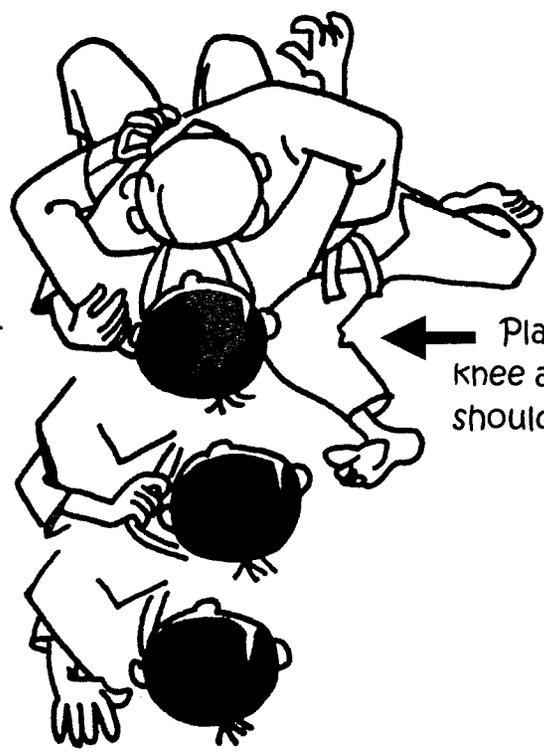
# YOKO ŒIHO GATAME (side locking four-corner hold)

You lay at the side of your partner and grab his collar with your left hand. Also, you grab your partner's pant, end of jacket or belt to hold him down.



# KUZURE KEŞA GATAME (modify scarf hold)

It is very similar to *Kesa-gatame*. Only difference is your right arm position. You insert your right arm under the uke's left arm.



Place your right hand on his shoulder

Place your knee against his shoulder.

You can grab his collar like this....

You can place your palm on the mat and squeeze uke's body with your hips and your elbow.

## More Variations of KEŞA GATAME





Read. Listen and ask Questions, then  
Fill in the blanks.

I am taking \_\_\_\_\_ lessons at my \_\_\_\_\_.  
My \_\_\_\_\_ is Mr./Ms. \_\_\_\_\_. I am wearing \_\_\_\_\_ which consists of pants, a jacket and a belt called an \_\_\_\_\_.

When I enter the \_\_\_\_\_, I always begin with a \_\_\_\_\_. I also \_\_\_\_\_ to my instructors and to my partners. After warming up with exercises, we then practice \_\_\_\_\_ which helps in our safety. Then we can practice techniques.

Throw techniques are called \_\_\_\_\_.

I need to know for my White/Yellow belt test. They are:

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_ 4. \_\_\_\_\_

For Yellow belt, I need to know one more technique. That is \_\_\_\_\_.

Holding techniques are called \_\_\_\_\_ and I need to know three techniques for White/Yellow belt and Yellow belt. They are:

1. \_\_\_\_\_ 2. \_\_\_\_\_
3. \_\_\_\_\_

When I am allowed to enter judo contests, I need to know some terminology. The basic words are:

Begin \_\_\_\_\_  
Stop \_\_\_\_\_  
That's all \_\_\_\_\_



# TERMINOLOGY

Find the meaning for these words

ashi \_\_\_\_\_

dan \_\_\_\_\_

joseki \_\_\_\_\_

judogi \_\_\_\_\_

kiotsuke \_\_\_\_\_

kyu \_\_\_\_\_

mae \_\_\_\_\_

matte \_\_\_\_\_

obi \_\_\_\_\_

osaekomi \_\_\_\_\_

rei \_\_\_\_\_

seiza \_\_\_\_\_

tori \_\_\_\_\_

uke \_\_\_\_\_

ukemi \_\_\_\_\_