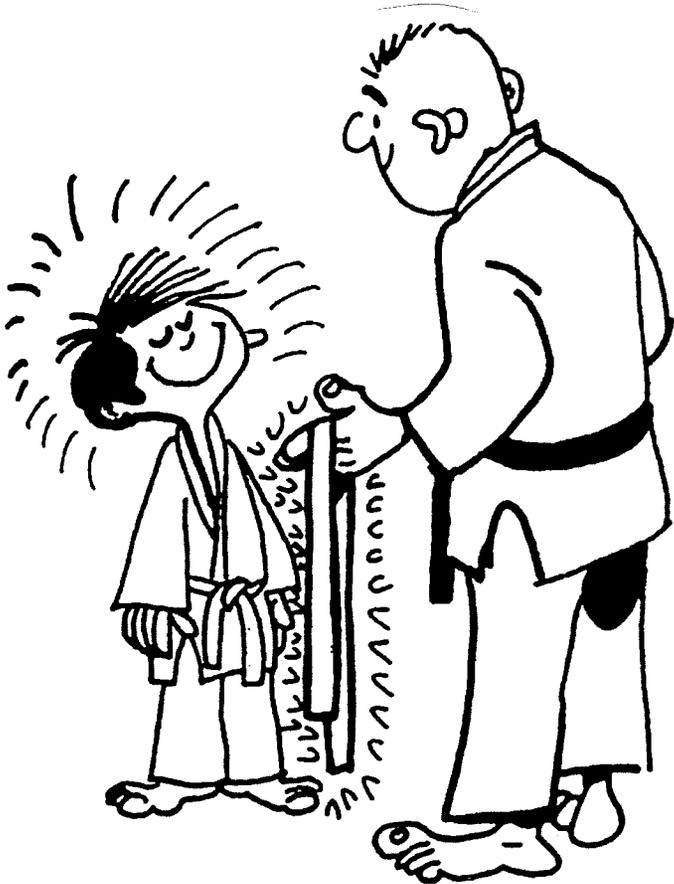


INTERMEDIATE JUDO for Junior Students



Yellow belt
to
Orange Belt

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Konan Yudanshakai &
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Congratulations! You have made the first big step towards becoming a competent judo player. Now you move to the beginning of the intermediate stage. This requires more work on skills, more strength development and more discipline. You can do it!

The orange belt rank is reserved for students who go to all of the training sessions. Unless excused, you also will be expected to participate in shiai (competition). Your sensei will guide you towards a shiai.

In this booklet you will find new techniques for your next promotion to orange belt and the skills that will help you in a shiai. It will probably take you a few month (20 Classes) of training for yellow/orange belt and then at least 4 month (32 Classes) of training in order to master these skills sufficiently to be tested for orange belt .

There are three methods of studying judo and you should practice all three:

KATA/UCHIKOMI: this method requires concentration on very specific techniques. Kata can be of benefit to anyone studying judo.

RANDORI: after you have learned these techniques, you will be allowed to practice them freely, in the dojo. Free practice is called Randori.

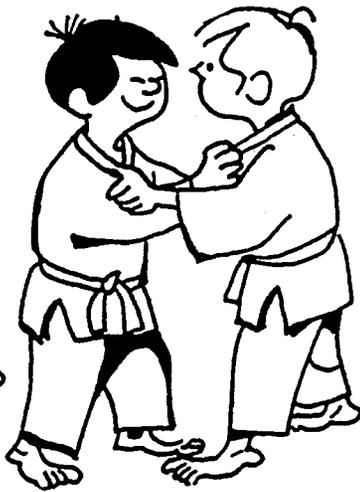
SHIAI: here is where you get a chance to try these techniques against someone who is also competing.

DE ASHI 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.



HIZA GURUMA (Knee wheel)

I step my right foot just out side of my partner's left foot. Make sure that your right toes pointing to his body. At the same time, off balance him to his right front.

Continuing to pull uke forward. I steer his upper body like I was turning a huge steering wheel.



I touch the outside edge of his knee with the bottom of my foot and block his movement. I need to keep my left leg straight. Also keep him off balance to the right front.

TSURIKOMI GOSHI (lift-pull hip)

Tsurikomi is the same movement that a fisherman does when he catches a fish. I make uke rise up by lifting him hard while making kuzushi to his front. While holding uke up, I fit in with a bent knee, straight back posture.

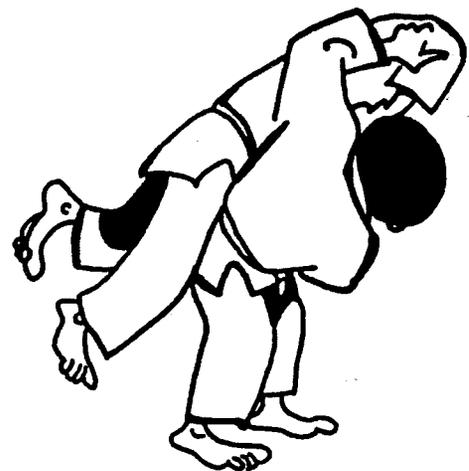


Make sure that my hips are place well below the uke's center of gravity, then pull uke over my hips.

The movement of your right hand is very important. You must push high toward the ear. Don't forget to pull with your left arm.



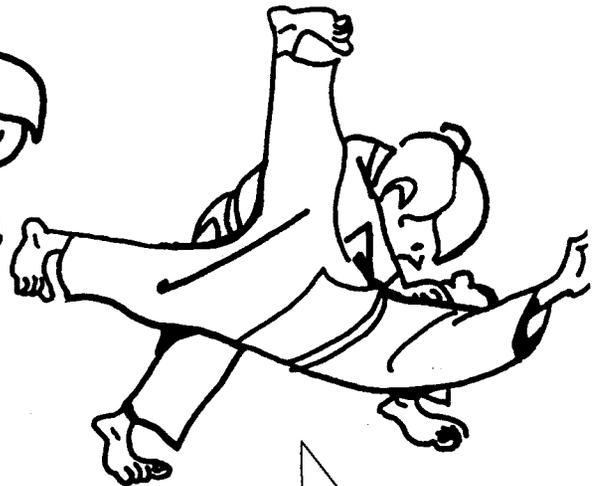
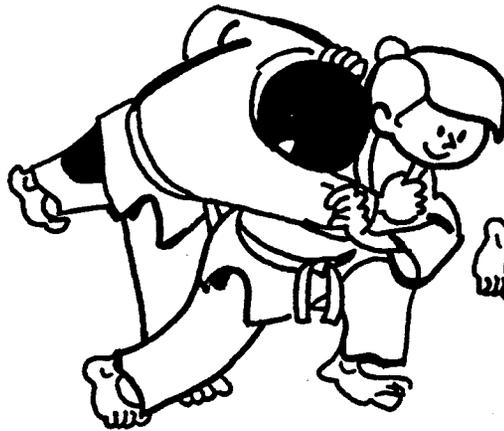
The Sode Tsurikomi Goshi is applied to the left, pushing his right elbow upward.



TAI OTOSHI

(body drop)

Step my right foot to the top of triangle while pulling uke's body forward and upward with both of my arms to off balance him to the front. Then I retreat my left foot in a circular motion while pulling his body forward with my left arm and lift and push with my right arm to uke's right. At this point, uke is off balanced toward his right little toe.



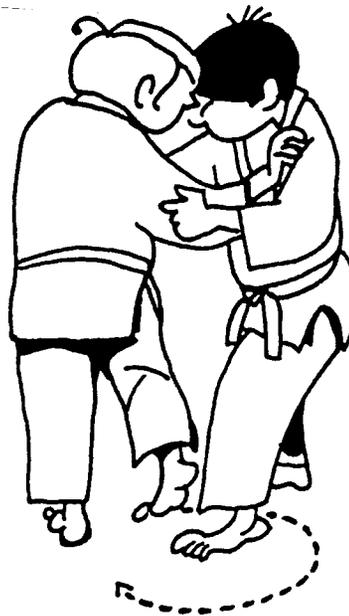
Keeping my right elbow about 90 degree and pushing him to his right and pulling him to his right front, I continue the kuzushi and simultaneously step my right foot aligned with uke's right foot - my heel is slightly raised up. I need to be upright and distribute my weight evenly to both my feet. I don't touch uke's right leg at all.

I strongly pull uke's body downward and extend my right leg up as uke's right leg touches my right lower leg.

O UCHI GARI (major inner reap)

I step my right foot to top of triangle position at the same time I pull uke downward with my arms to make him off balance to his back. Keep you face facing straightforward.

Bring my left foot behind my right foot and point my heel to him. Keep using my arms to immobilized uke's upper body.



Continuing the toe circle, widen his stance while driving your body forward with your left leg.

Insert my right leg between his feet and start dragging my big toe in a circle to sweep his left leg. I make contact just below the back of his knee with the same spot of my leg.



MOROTE SEOI NAGE (two arms shoulder throw)

I break uke's balance to his front, simultaneously stepping my right foot in front of uke's right foot.

Pivoting both feet in between his legs. I twist my right elbow under uke's right armpit.

Bending my knees in order to gain leverage. I pull uke tight to my back. Bow down and straightening your legs at the same time to make the throw.



KATA GATAME (shoulder hold)



My right forearm, my right knee and my left foot form a triangle for perfect balance.

I press uke's arm across his face and hold it there with my neck. I also reach around under uke's neck and grip my hands together.



KAMI SHIHO GATAME (upper 4 corner hold)

Staying behind your uke. You cover him with your body. Place your hands under his shoulders and grab his belt. Pulling it towards you. Place your head to the right or to the left. You may rest your chin on his stomach but without pushing.

You can have your knees bent or you can have your legs spread wide apart depending on uke's actions.

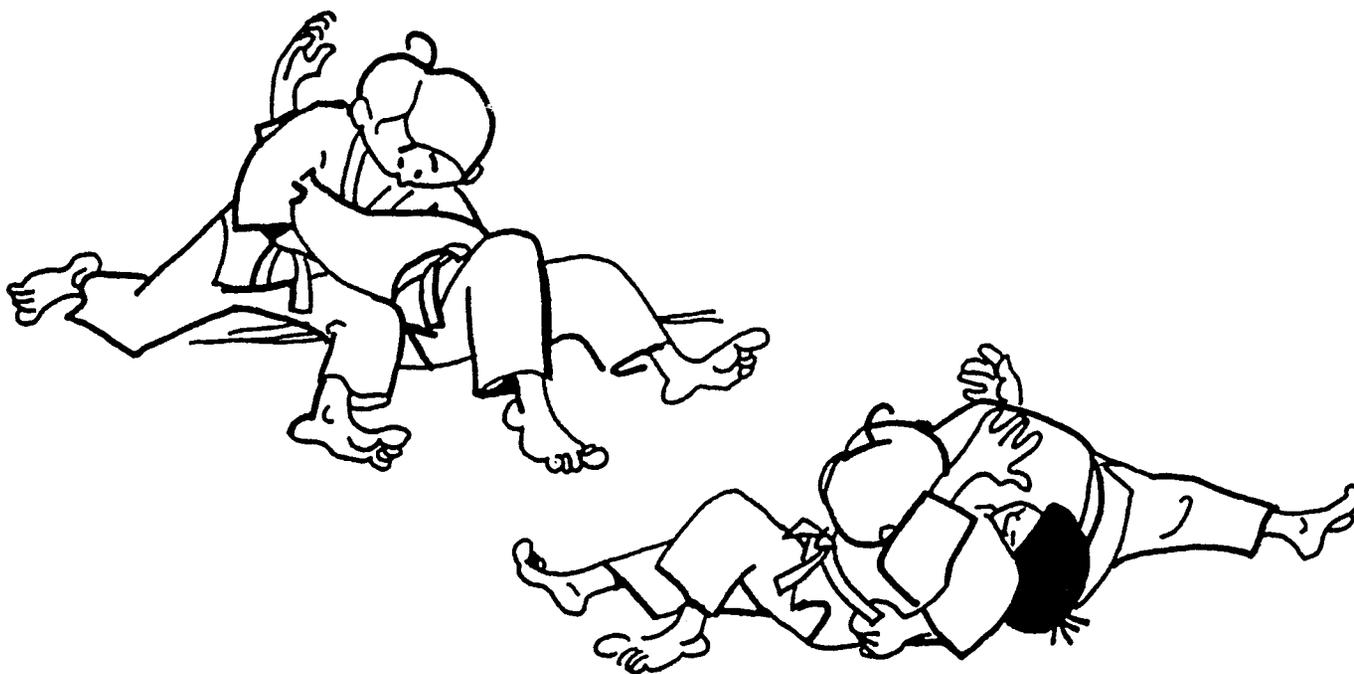


Control uke from top of uke's head with 4 points of support.



USHIRO KESA GATAME (backward scarf hold)

This hold is reversed from regular kesa-gatame. You are facing backward from original kesa-gatame.



Ushiro : behind, backward, reversed

Control with 3 points of support

SHIME WAZA (Choking Techniques)

Choking techniques are limited to students 13 years old or older. Although Choking techniques are illustrated in this booklet, the knowledge of how to do it must be taught by your sensei.

Now, you are going to learn choking techniques. These are a particular and delicate techniques. You don't apply choking quick and hard. You only study these techniques under supervision of your sensei.



Must release your choke right away when your partner taps.



When you feel that choking is working and you want to give up, you must tap with your hand on yourself or on your partner more than twice. You also can use your foot to tap on the mat.

Hadakajime (naked choke)

Your right knee up and touching uke's back. Your left knee on the mat and keep you left toes on the mat. Bring your right arm on top of his shoulder and place your right thumb knuckle against uke's neck.

Grasp both of your hands together and stop uke from moving his head by locking it in place with the force from your head. Lean uke backward in order to tighten the grip.



HEY!!
Take it
easy....
Easy...
Easy...!!

DEFENSE AGAINST OKURI ERI JIME

1. Grab tori's right sleeve around elbow area with both of your hands. Turn your face to right (toward choking arm) and pull chin in tight and make space. Once you have created the space between his right arm and your chin, start to lift his right arm upward with your hand to escape.
2. Hold tori's right wrist with your left hand and hold his right elbow with your right hand and pull his right arm away from your neck. Turning head toward right also important.

Hadakajime
(choking with your bare hand)

OKURI ERI JIME

(sliding collar choke)

Your right knee up and touching uke's back. Your left knee on the mat and keep you left toes on the mat. Insert your left arm under uke's left armpit and grasp his left lapel with your left hand then pull it downward. Bring your right arm on top of his shoulder and grasp his left upper collar with your right hand while placing your right thumb/wrist against uke's neck. Then move your left hand to uke's right lapel and start choking with your right wrist at the same time pull his right lapel downward. Make uke off-balance slightly backward and keep your right cheek touching uke's left cheek.



DEFENSE AGAINST OKURI ERI JIME

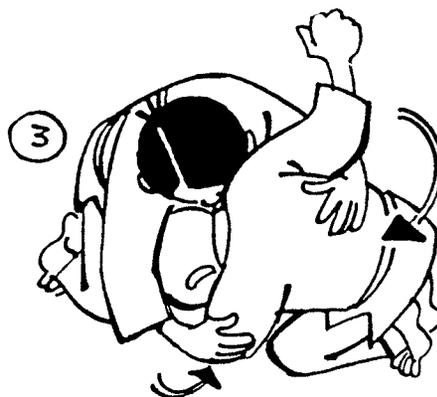
Grab tori's right sleeve around the elbow area with both of your hands. Turn your face to right (toward choking arm) and pull your chin in tight and make a space. Once you have created a space between his right arm and your chin, start to lift his right arm upward with your hands to escape.



Turning Over Techniques

Entry Number 1

(1) Uke is in "all four position". Approach uke from his head. Grab uke's belt at the center of his back with your right hand. Then push uke downward with your right elbow to keep uke's head down. (2) Insert your left hand under uke's left arm and pass under his right armpit and scoop up uke's left arm. (3) Grab uke's left elbow area with your right hand and pull it toward you at the same time you push uke's left side to his right to turn over and hold him down with Kuzure Kesa Gatame (4).



Entry Number 2

Uke is in "all four position". Approach uke from the side. Insert your arms under uke's body and grab both of uke's arms and pull them toward you while keeping your chest in contact, tight against uke's left shoulder and left side of his body. Keep pulling and push uke to his right side and hold down with Yokoshiho gatame.



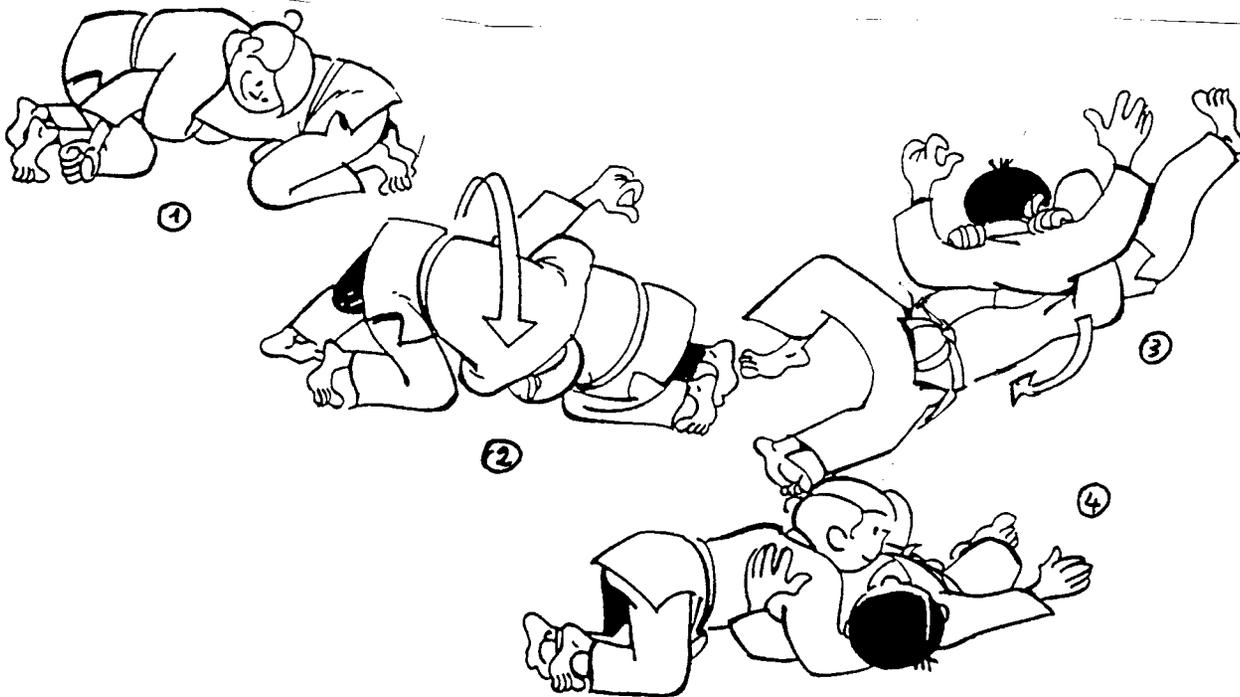
Entry Number 3

Uke is in "all four position". Approach uke from the right side. Insert your arms under uke's armpits and grab both of uke's collars. Block uke's right knee with your right knee and start to roll to your right and bring uke's body to the top of your body (2), Keep controlling uke's body with your arms and start bringing your legs back toward you and control uke in Kuzure Kamishiho Gatame (3-4).



Entry Number 4

Uke is in an "all four position". Approach uke from the head. Insert your arms under uke's armpits and grab the both of uke's collars. Pull uke's left arm toward you (1). Roll your body to your right side by bringing your head under the uke's body. Continue roll while pulling uke's lapel with your left hand (2-3). You will find yourself in Kuzure Yoko shiho Gatame (4).



Entry Number 5



1. Grab uke's belt with your right hand and grab uke's collar with left hand. Pull uke's body toward you while keeping uke's head down with you left hand.



2. Bring your right heel into uke's left armpit. Grab uke's right sleeve near uke's right elbow area. Slide your right hand to uke's right side belt to re-grip.



3. Roll uke to his left side while pulling uke's right sleeve. Change your right hand from the belt to his right elbow and pull it toward you.



4. Coil your legs at ankles. Control uke's left arm in KEY LOCK.



5. Grab uke's leg with your left hand and go on to the top of uke's body and hold him down with Kuzure Keasa Gatame.

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

1. What is Nage Waza? _____

2. What is Ne Waza? _____

3. Count to 10 using Japanese!

1. _____

6. _____

2. _____

7. _____

3. _____

8. _____

4. _____

9. _____

5. _____

10. _____

4. How long must osaekomi be held for an ippon? _____

5. Name four shiai penalties:

Penalties name

equivalent score

a. _____

b. _____

c. _____

d. _____

TERMINOLOGY

Find the meaning for these words

chui _____

do _____

eri _____

fusen-sho _____

kaeshi/gaeshi _____

kiken-gachi _____

hajime _____

hansoku make _____

hantei _____

ippon _____

jikan _____

kiai _____

keikoku _____

kinsa _____

koka _____

maitta _____

shido _____

waza-ari _____

yuko _____