

Senior Handbook



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WELCOME

Welcome to the Louisiana Judo Martial Arts Family. This manual has been written as a guide to what you will be learning and doing as you progress through your training. Please do not hesitate to contact any of your instructors with any questions or concerns.

We are here to assist you in any way we can in your study of the martial art of Judo.

**PLEASE TAKE A MOMENT TO FILL OUT THE CONTACT FORM AND WAIVER
AND HAND THEM BOTH TO A HEAD INSTRUCTOR**

CONTACT INFORMATION

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WHAT IS JUDO

Kodokan Judo comes to us from the fighting system of feudal Japan. Founded in 1882 by Dr. Jigoro Kano, Judo is a refinement of the ancient martial art of Jujitsu. Dr. Kano, President of the University of Education, Tokyo, studied these ancient forms and integrated what he considered to be the best of their techniques into what is now the modern sport of Judo.

Judo, which is translated as the "gentle way", teaches the principle of efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of strength, are the essential ingredients for success in Judo. In Judo classes one learns to give way, rather than use force to overcome a stronger opponent.

In the days before Kano created Judo, there was no *kyu/dan* ranking system in the martial arts. A more traditional method of recognizing achievement was the presentation of certificates or scrolls, often with the secrets of the school inscribed. Kano started the modern rank system when he awarded *shodan* to two of his senior students (Shiro Saigo and Tsunejiro Tomita) in 1883. Even then, there was no external differentiation between *yudansha* (black belt ranks) and *mudansha* (those who hadn't yet attained black belt ranking).

Kano apparently began the custom of having his *yudansha* wear black *obi* (belts) in 1886. These *obi* weren't the belts *karateka* and *judoka* wear today -- Kano hadn't invented the *judogi* (Judo uniform) yet, and his students were still practicing in *kimono*. They were the wide *obi* still worn with formal *kimono*. In 1907, Kano introduced the modern *judogi* and its modern *obi*, but he still only used white and black belt ranks. The white uniform represented the values of purity, avoidance of ego, and simplicity. It gave no outward indication of social class so that all students began as equals. The black belt with the white gi represents the polarity of opposites, or *In* and *Yo*. The student begins empty, but fills up with knowledge.

Professor Kano was an educator and used a hierarchy in setting learning objectives for Judo students, just as students typically pass from one grade to another in the public school system. The Judo rank system represents a progression of learning with a syllabus and a corresponding grade indicating an individual's level of proficiency. Earning a black belt is like graduating from high school or college. It indicates you have achieved a basic level of proficiency, learned the fundamental skills and can perform them in a functional manner, and you are now ready to pursue Judo on a more serious and advanced level as a professional or a person seeking an advanced degree would. Of course, the rankings also represent progress towards the ultimate objective of judo which is to improve the self not just physically, but morally as well.

Around 1930 the Kodokan created a new belt to recognize the special achievements of high ranking black belts. Jigoro Kano chose to recognize sixth, seventh, and eighth degree black belts with a special *obi* made of alternating red and white panels (*kohaku obi*). The white color was chosen for purity, and red for the intense desire to train and the sacrifices made. The colors red and white are an enduring symbol of Japan, and they have been used in Judo since Jigoro Kano started the first Red and White Tournament in 1884. The *kohaku obi* is often worn for special occasions, but it is not required to be worn at any time and the black belt remains the standard for all the *yudansha* ranks. In 1943 the Kodokan created the optional red belt to recognize 9th and 10th degree *yudansha*.

1. No individual shall be allowed on the mat or to participate in class unless he/she has signed a waiver/release form.
2. No individual will be allowed on the mat unless an instructor is present and the individual has the instructor's approval.
3. Students should bow (rei) onto and off the mat every time and should not leave the mat without the permission of the instructor. Students should rei to their partners when beginning and finishing training exercises or drills with them.
4. Students should be well groomed and neat in both their appearance and clothing. Gis or workout clothes should be clean and neat. Hairstyles should be worn away from the face and long hair pulled up or back. Fingernails and toenails should be neatly trimmed. Poor personal hygiene that is offensive to others will not be tolerated.
5. No shoes will be allowed on the mat at any time during or beyond class times.
6. No jewelry, watches, metal hair adornments, or sharp objects will be allowed on persons participating in class. If you have a piercing which cannot be removed, it must be taped and covered in such a way that it presents no danger.
7. No gum, food or drinks allowed on the mat at any time.
8. Students must show respect for themselves, their Instructors, and their classmates. Courtesy and attentiveness are requirements that show respect and must be practiced at all times.
9. No inappropriate behavior such as unwelcome advances, physical or verbal impropriety, as well as any intimidation or bullying will not be allowed or tolerated at any time. No profanity will be allowed at any time.
10. Students are responsible for their safety and the safety of all their classmates. No horse-playing or rough-housing will be allowed at any time. No sparring or direct body blows to any part of the body will be allowed at any time

Gym Rules

ATTENDING CLASS

Classes are broken down into WORKOUT and TECHNIQUE

WORKOUT – You must have a minimum of 10 class hours, demonstrate Ukemi knowledge and technical skill, and have the permission of the Head Instructor and/or Louisiana Judo advisory board.

TECHNIQUE – Technique class is divided into FUNDAMENTAL and ADVANCED class.

FUNDAMENTAL	-Every RANK is expected and encouraged to attend.
ADVANCED	-This class is dedicated to Yonkyu students and above. -Gokyu students are allowed with the permission of the Head Instructor and/or Louisiana Judo Advisory Board. -In order to attend the ADVANCED class you are expected to attend the FUNDAMENTAL.

RANKING SYSTEM

Achievement in Judo is recognized by a series of ranks. The student ranks are called *kyu* and are usually differentiated by colored belts (*obi*). Different colors may be used around the world and in some countries there are more than 6 *kyu* ranks. The ten black belt, or expert, ranks are called *dan*. The traditional Judo ranks are:

English	Japanese	Color
6 th grade	Rokyu	Yellow
5 th grade	Gokyu	Orange
4 th grade	Yonkyu	Green
3 rd grade	Sankyu	Brown
2 nd grade	Nikyu	Brown
1 st grade	Ikkyu	Brown
1 st degree	Shodan	Black
2 nd degree	Nidan	Black
3 rd degree	Sandan	Black
4 th degree	Yodan	Black
5 th degree	Godan	Black
6 th degree	Rokudan	Red/White
7 th degree	Shichidan	Red/White
8 th degree	Hachidan	Red/White
9 th degree	Kudan	Red
10 th degree	Judan	Red

PROMOTION STANDARDS

We have chosen to follow, in general, the Kodokan system. However, because of the many and varied special problems we have in this country, it will be essential that we deviate from time to time in order that an orderly system will evolve. In order to be fair to all concerned, both competitor and strong Judo leaders and teacher attempts will be made to equitably adjust those persons rank who we feel deserve recognition in accordance with the equivalent rank that person might have achieved in the Kodokan with similar contributions.

Any contestant 4th Dan or below who shows outstanding ability in National Judo Championships, or in international competition, may be promoted without respect as to time in grade.

From time to time a particularly strong Judo leader will emerge, whose contribution far exceeds that of other persons who, though they be strong competitors, have no ability to contribute to Judo as a whole (e.g.: as a teacher, coach, organizer, etc.). These contributing leaders will be rewarded with rank for their contributions.

It is important, however, that when a promotion is made under special conditions, that all true facts concerning the actual technical ability and contribution of the recommended judoka be known. It is necessary that these promotions be for the greater good of Judo and not of sole benefit to a small group or to an individual. In order that this right to deviate from the exact written standard be justified for special promotions, the organization reserves the right to refuse to process any promotion which it considers dishonorable and generally unfavorable to the art and sport of Judo.

Promotion eligibility shall be based upon the following:

1. Character and Attitude Weighted Heavily...
2. General experience, contributions, and time in grade
3. Recommendation by instructor

Each Belt is broken down into the technical progression of three divisions which encompass:

1. General Knowledge and Vocabulary of Judo
2. Groundwork Technique or Katame Waza
3. Throwing Technique or Nage Waza

These are guidelines which may be accelerated or adjusted upon the discretion of the Head Instructors and/or Louisiana Judo Advisory Board.

Louisiana Judo will hold promotional exams at intervals that suit the class size and the experience of the students. This generally means that exams will be given four times a year, but in no case fewer than once a year. It is advisable to seek the advice of an instructor for the progress of a student and their suitability for a promotion.

The instructors will do their best to counsel the students on the knowledge required for the successful promotion to the next rank. However, it is possible to fail the examination. In this case, students will be informed of the areas that were not satisfactory and encouraged to continue practicing.

All promotion candidates must have paid up membership of USJA or USA Judo.

SANKYU rank and above must have paid up membership to both USJA and USA JUDO.

In all cases the Head Instructor (Sensei) retains the right to make the final decisions on requirements, examinations, promotions, sequencing, and suitability of a student for promotion.

TIME REQUIREMENTS				
Belt	Classes in Grade	Time in Grade	Total Time in Judo	Service Hours in Grade
Rokyu	40 hours	-	-	-
Gokyu	40 hours	3 months	6 months	-
Yonkyu	40 hours	6 months	12 months	-
Sankyu	100 hours	12 months	24 months	5 hours
Nikyu	100 hours	12 months	36 months	10 hours
Ikkyu	100 hours	12 months	48 months	20 hours
Shodan	100 hours	12 months	60 months	40 hours

TECHNICAL REQUIREMENTS

ROKYU – Yellow Belt

Zempo Kaiten Ukemi (Migi and Hidari) –
Front falling ways
Koho Ukemi – Back falling (from standing)
2 throws from 1st kyo
1 pin and 1 escape

GOKYU – Orange Belt

All falling ways from above
Yoko Ukemi (Migi and Hidari) Side falling
5 throws from 1st kyo
2 pins and 2 escapes

YONKYU – Green Belt

All falling ways
All of 1st kyo
3 pins and 3 escapes
1 armbar and 1 choke

**Sankyu and higher must demonstrate
all throws left and right side**

**Sankyu and higher must have a paid up
membership to both USJA and USA JUDO.**

SANKYU – 3rd Brown Belt

All falling ways
All of 1st kyo and 4 throws from 2nd kyo
4 pins and 4 escapes
2 arm bars and 2 chokes

NIKYU – 2nd Brown Belt

All falling ways
All of 1st and 2nd kyos
5 pins (Pin Cycle) and 5 escapes
3 arm bars and 3 chokes

IKKYU – 1st Brown Belt

All falling ways
All of 1st, 2nd, and 3rd kyos
5 pins (Pin Cycle), Transition (Envelope
Drill), and 5 escapes
4 arm bars and 4 chokes

SHODAN – 1st Black Belt – (“1st Step”)

All falling ways
All of 1st, 2nd, 3rd, and 4th kyos
5 pins (Pin Cycle), Transition (Envelope
Drill), and 5 escapes
5 arm bars and 5 chokes
Sections 1 through 3 of Nage No Kata
Essay Question

KNOWLEDGE REQUIREMENTS

Each rank in Judo requires the student to learn not only techniques and Life Skills, but also some of the vocabulary and general knowledge/history of Judo. The following section, broken down by rank, indicates the exact knowledge requirement for each rank.

Special Note: Sankyu and all consecutive ranks are responsible for ALL PREVIOUS GENERAL KNOWLEDGE/HISTORY and VOCABULARY. Shodan candidates will participate in a written essay and/or oral questioning per the Head Instructors of Louisiana Judo Martial Arts.

General Knowledge/History

1. What does "Judo" mean in English?

The gentle way.

2. What is the name of your club?

Louisiana Judo

3. What is the name of your judo organization?

USA Judo

4. Who was the founder of judo?

Dr. Jigoro Kano

5. What is the name of the school he founded?

The Kodokan

6. What are the numbers between one and ten in Japanese?

1-Ichi	6-Roku
2-Ni	7-Sichi
3-San	8-Hachi
4-Shi	9-Ku
5-Go	10-Ju

7. What are the numbers counting by "10's" in Japanese?

20-Ni Ju
30-San Ju
40-Yon Ju
50-Go Ju
60-Roku Ju
70-Nana Ju
80-Hachi Ju
90-Kyu Ju
100-Hyaku

Vocabulary

Judo Uniform:	Judogi
Judo belt:	Obi
Judo Player:	Judoka
Attention!	Kyotsuke!
Bow!:	Rei!
Begin!:	Hajime!
Stop!:	Matte!
Judo School:	Dojo
Judo Mat:	Tatame
Teacher:	Sensei
Foot:	Ashi
Hand:	Te
Hip:	Goshi or Koshi
Knee:	Hiza
Sitting Formal Style:	Seiza
Sitting Cross Legged:	Anza
Falling method or ways:	Ukemi
Hold:	Gatame
Wheel:	Guruma
4-corners (as in pins):	Shiho
Shoulder:	Seoi
Class of belt ranks below black belt:	Kyu
Step or degree in the black belt ranks:	Dan

General Knowledge/History

1. What is the date of the founding of Kodokan Judo?

1882

2. What is the martial art that judo came from?

Ju Jitsu

3. Name three parts of a judo throw in English.

1-Off-balance

2-Entry

3-Execution

4. Name three parts of a judo throw in Japanese.

1-Kuzushi - Off-balance

2-Tsukuri – Entry

3-Kake – Execution

5. What are the two principles of Kodokan Judo as defined by Dr. Kano in English and Japanese?

Jita Kyoei – Mutual benefit & Welfare

Seiroyku Zenyo – Maximum efficiency

6. What is the ultimate goal of judo as defined by Dr. Kano?

The harmonious development and eventual perfection of the human character.

7. Formal Eight directions of Off-Balancing.

Happo No Kuzushi

Vocabulary

Person performing the technique:	Tori
Person receiving the technique:	Uke
Left:	Hidari
Right:	Migi
Front:	Zempo
Back:	Koho
Side:	Yoko
Big or Major:	O
Small or Minor:	Ko
Outside:	Soto
Inside:	Uchi
Sweep:	Gari
Reap:	Harai
Dash:	Gake
Spring:	Hane
Grappling:	Katame
Throwing:	Nage
Technique:	Waza
Natural Posture:	Shizen Hontai
Defensive Posture:	Jigo Hontai
Variation (of technique):	Kuzure
Counter technique:	Kaeshi Waza

General Knowledge/History

1. Name the two major techniques emphasized here in English and Japanese.

Nage Waza – Throwing Techniques

Katame Waza – Grappling Techniques

2. Name the two divisions of throwing techniques (Nage Waza) in English and Japanese.

Tachi Waza - Standing Techniques

Sutemi Waza – Sacrifice Techniques

3. Name the three divisions of grappling techniques (Katame Waza) in English and Japanese.

Osaekomi Waza – Holding Techniques

Shime Waza – Strangling Techniques

Kansetsu Waza – Joint Lock Techniques

4. Name the three divisions of standing throwing techniques (Tachi Nage Waza) in English and Japanese.

Te Waza – Hand Techniques

Hip Waza – Koshi Techniques

Ashi Waza – Foot & Leg Techniques

5. Name the two divisions of sacrifice throwing techniques (Sutemi Nage Waza) in English and Japanese.

Ma Sutemi Waza – Back Sacrificing Techniques

Yoko Sutemi Waza – Side Sacrificing Techniques

6. List four kata of Kodokan Judo we focus on in English and Japanese.

Nage No Kata Forms of Throwing

Katame No Kata Forms of Grappling

Ju No Kata Forms of Gentleness

Goshin Jitsu No Kata Forms of Self Defense

7. List the Five Types of Randori.

Uchi Komi – Repetition practice without throwing.

Nage Komi – Repetition practice with no resistance throwing (trading throws).

Sute Geiko – Alternate throwing practice with little defense (ie “stepping out”).

Also known as “Hop Randori”.

Randori – Freestyle practice or sparring

Shiai – Competition, contest, or tournament style fighting.

Referee Hand Signals



Ippon Score



Wazari Score



Yuko Score



Wazari awasete Ippon



Nullifying Score



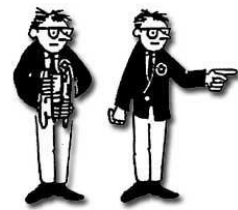
False Attack



Osaekomi - Hold Down!



Toketa - Hold Broken!



Non-Combativity/Stalling



Fix Judogi



Sonomama – Don't Move!



Yoshi – Continue!

Vocabulary

Ippon score:	One point! (referee award)
Wazari score:	Half point! (referee award)
Yuko score:	Near Wazari! (referee award)
Shido:	Note! (referee call for slight penalty)
Chui	Caution! (referee call for moderate penalty)
Hansoku Make:	Loss by rule violation! (referee call)
Arm:	Ude
Armpit:	Wake
Entangle:	Garame
Choke:	Shime or Jime
Normal:	Nami
Reverse:	Gyaku
Cross:	Juji
Thigh:	Mata
2-handed:	Morote
Lapel:	Eri
Sleeve:	Sode
Favorite Technique:	Tokui Waza
Holder of any black belt rank:	Yudansha
Holder of any rank below black belt:	Mudansha
Way of the Warrior:	Bushido
Martial Arts:	Budo

NE WAZA FUNDAMENTAL DRILLS

PIN CYCLE

kesa gatame – scarf hold

kata gatame – shoulder hold

kami shiho gatame – upper/top 4corner hold

yoko shiho gatame – side 4corner hold

tate shiho gatame – straight locking 4corner hold

To complete PIN cycle you must reverse and go in the other direction, ending in kesa gatame on the same side of uke that you started from.

ENVELOPE DRILL – aka transition drill

A - kesa gatame



D - kuzure kami gatame – variation upper hold



B - yoko shiho gatame (mune gatame)



E - makura kesa gatame – pillow scarf hold



C - ushiro kesa gatame – reverse scarf hold



F - kami shiho gatame











To complete ENVELOPE drill you must continue in the same direction, but the techniques will be in reverse, ending in kesa gatame on the other side of uke.

TRADITIONAL GOKYO NO WAZA

40 Throwing Techniques


The Gokyo no Waza (five sets of techniques) is the standard syllabus of Judo throwing techniques originated in 1895 at the Kodokan in Tokyo, Japan. From 1920 to 1982 the Kodokan Gokyo no Waza was made up of the 40 throws in 5 groups as shown below. In 1982 [additional techniques](#) (eight reinstated techniques and Shinmeisho No Waza) were added to recognize standard Judo throws that were not part of the Gokyo. All ranks below Shodan will focus on the traditional 40 as shown below.

<i>Dai-ikkyo (group 1)</i>							
							
De-ashi-harai	Hiza-guruma	Sasae-tsurikomi-ashi	Uki-goshi	Osoto-gari	O-goshi	Ouchi-gari	Seoi-nage

<i>Dai-nikyo (group 2)</i>							
							
Kosoto-gari	Kouchi-gari	Koshi-guruma	Tsurikomi-goshi	Okuri-ashi-harai	Tai-otoshi	Harai-goshi	Uchi-mata

<i>Dai-sankyo (group 3)</i>							
							
Kosoto-gake	Tsurigoshi	Yoko-otoshi	Ashi-guruma	Hane-goshi	Harai-tsurikomi-ashi	Tomoe-nage	Kata-guruma

<i>Dai-yonkyo (group 4)</i>							
							
Sumi-gaeshi	Tani-otoshi	Hane-makikomi	Sukui-nage	Utsurigoshi	O-guruma	Soto-makikomi	Uki-otoshi

<i>Dai-gokyo (group 5)</i>							
							
Osoto-guruma	Uki-waza	Yoko-wakare	Yoko-guruma	Ushiro-goshi	Ura-nage	Sumi-otoshi	Yoko-gake

SHIME-WAZA

11 Choking Techniques

Nami-juji-jime – normal cross choke



Gyaku-juji-jime – reverse cross choke



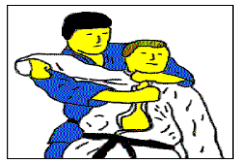
Kata-juji-jime – half cross choke



Had aka-jime – naked choke



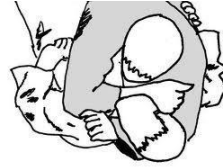
Okuri-eri-jime – sliding lapel choke



Kata-ha-jime – single wing choke



*Sode-guruma-jime – sleeve wheel choke



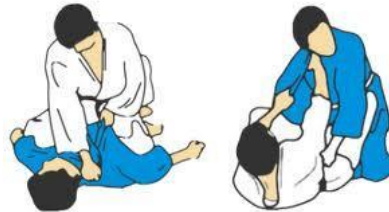
*Kata-te-jime – single hand choke



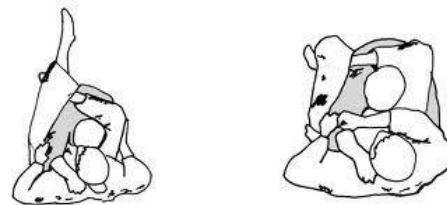
*Ryo-te-jime – two hand choke



*Tsukkomi-jime – thrust choke



*Sankaku-jime – triangle choke



*newly added techniques

KANSETSU- WAZA

9 Arm bar/ Arm Lock Techniques

Ude-garami – arm wrap



Ude-hishigi-waki-gatame – armpit armlock



Ude-hishigi-hara-gatame – stomach lock



Ude-hishigi-juji-gatame – cross armlock



*Ude-hishigi-ashi-gatame – leg lock



Ude-hishigi-ude-gatame – forearm lock



*Ude-hishigi-te-gatame – hand armlock



Ude-hishigi-hiza-gatame – arm knee lock



*Ude-hishigi-sankaku-gatame – triangle armlock



*newly added techniques

CONGRATULATIONS!

The student has shown proficiency in each of the divisions and received a belt for each. In order to become a Shodan or Black Belt the student must know all previous material and techniques for each of the previous ranks.

Sankyu and all consecutive ranks are responsible for ALL PREVIOUS GENERAL KNOWLEDGE/HISTORY and VOCABULARY.

Shodan candidates will participate in a written essay and/or oral questioning per the Head Instructors of Louisiana Judo Martial Arts.

The student's rank may be accelerated or adjusted upon the discretion of the Head Instructors and/or Louisiana Judo Advisory Board.

Thank You...It has been both a privilege and an honor to instruct you. -Louisiana JUDO

NOTES: