

精力善用

# KAKURE

JUDO Club



[www.kakurejudo.com](http://www.kakurejudo.com)

## STUDENT HANDBOOK

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## WHAT IS JUDO?

Judo is a martial art and Olympic sport that combines Throwing, Joint locking, Choking, Ground Holding/Grappling, and Striking (except in sport Judo) techniques.

The word JUDO is commonly translated to "Gentle Way". This is a very loose translation and should not be interpreted to mean that Judo is always effortless, easy or gentle! In fact, Judo is one of the more physically punishing martial arts around. This may seem to be contradictory; however, in its originally-intended sense, it is not.

The phrase JU (in JUDO) more accurately translates to "flexible" or "supple". The idea of JUDO being the application of suppleness and flexibility of both body and mind much more accurately reflects the Founder's (see photo below) basic underlying principal of Seiryoku Zen Yo -- "Maximum Efficiency/Minimum Effort" -- the idea upon which all JUDO techniques are based.

What this means is that in JUDO, we use (or attempt to use!) the most efficient method to attack, counter, defend or reverse whatever situation presents itself. The idea of JU (gentleness/flexibility) is that one uses the most efficient and suitable technique in a given situation rather than relying only on strength to overcome an opponent.

The truth is that no matter how strong a person is, he or she will at some time come up against an opponent that strength alone cannot overcome. Even assuming a person IS strong enough to make an inferior technique work against a smaller or weaker person, it is still not logical to waste energy when a more efficient means exists that can be applied universally.

The end result of this philosophy is a martial art that allows a smaller person to defeat someone larger and stronger if that person is skilled enough and applies sound technique.

Judo was founded in 1882 by Jigoro Kano and became an Olympic Sport in 1964.



Prof. Jigoro Kano

## **PREPARATION for CLASS**

You should arrive at least ten minutes before the class start time in order to give yourself time to change into a Judogi ("gi" = uniform) -- arrive even earlier if possible to help set up the tatami (mats), if needed. The gi should consist of a white jacket and pants, and a belt which is coloured according to your grade. Women wear white T-shirts under their jackets. Make sure your finger and toe nails are short! A long nail can easily cut your partner while practicing judo; and if a partner suddenly pulls their gi out of your grip, it may tear off your nail. Long hair should be tied back for similar reasons: it is all too easy for hair to get caught up in the action of throwing. Remove any jewellery. Even a small ring can cause a serious accident.

When not on the tatami, you should wear shoes or slippers to avoid picking up dirt and transferring it to the work area. Remember that you will spend a large proportion of your time doing ground work -- you will be lying in any dirt that is brought onto the tatami. NEVER wear shoes on the tatami -- even a small piece of grit can cut the vinyl covering of the mats, cuts that will grow rapidly with the hard wear and tear of a judo class. You should not wear socks either, since the smooth surface of the tatami may cause you to slip dangerously.

## **DOJO ETIQUETTE**

As with many things that have their origin in the Japanese way of life, many rituals -- some minor, some lengthy and quite important -- surround the Martial Arts. These rituals train us to discipline our own behaviour, one of the most important aspects of the study of Martial Arts. Etiquette -- a code of good manners -- is a very important part of this discipline. Here are the main rituals that you will discover throughout each lesson.

Pause at the entrance to the dojo (the room where the lessons will take place) and bow briefly. We do this when entering and when leaving the room. Before coming on to the tatami, remove any footwear and again bow briefly. You should enter the dojo and tatami with your left foot first (in judo many things are done by advancing the left foot first: moving from a waiting stance to a combat stance, kneeling, etc.).

The senior instructor ("Sensei" if black belt, "Sempai" if brown) will indicate that the class is about to begin by calling kyotsuke ("attention"). Each class begins with a formal kneeling bow that comprises three acknowledgments. First, the senior instructor will lead a general bow (rei). The highest-ranking student will then lead a bow to the founder of judo, Jigoro Kano ("Kano Shihan; Rei") followed by a greeting to the senior instructor ("Sensei ni; Rei" or "Sempai ni; Rei"). Students remain kneeling until the instructors have risen.

If you arrive late in the dojo (after the instructors have knelt), you must wait for permission from the sensei or sempai to come on to the tatami.

If a black-belt holder enters the dojo at any point during the class, the highest-ranking judoka will stop the class by calling kyotsuke. Students stand, face the sensei, and bow.

Classes end with another formal kneeling bow. After any comments or announcements, the instructors stand and indicate to the highest graded student that they may stand. A standing bow closes the proceedings.

## GRADES

When you begin in judo, you are given a white belt. As you learn more about the skills and knowledge of the sport, you will be awarded belts of different colours (yellow, orange, green, blue and brown). From the brown belt, you can take an examination at the national level, which leads to the goal of all judoka: the black belt. Even then, there are more levels of black belt: 1<sup>st</sup> dan, 2<sup>nd</sup> dan, etc., up to 5<sup>th</sup> dan. Higher dan levels are honourific, awarded for service to judo. The highest level is 10<sup>th</sup> dan, of which there are only four in the world (recognized by the Kodokan and/or the IJF) at the time of the writing of this handbook.

These are the skills and knowledge that you must demonstrate in order to earn each belt. A list of breakfalls (Ukemi), throws (Gokyo no waza), joint locks (Kansetsu waza) and chokes (Shime waza) are given in later pages.

## GRADING SYLLABUS

### YELLOW BELT – Gokyu

#### **Demonstrable Skills for Grading:**

- Yellow Belt Throws
- Ground Holds:           Kesa Gatame  
                                  Kata Gatame  
                                  Kami Shiho Gatame  
                                  Yoko Shiho Gatame
- Chokes:                    Hadaka Jime (3 variations)
- Joint Locks:              Ude Hishigi Juji Gatame
- Escapes:                  Kesa Gatame  
                                  Use of the “Guard” position for defense
- All basic breakfalls

#### **Required General Skills:**

- Competent use of one or two throws in Randori
- Safe breakfalls
- Some of the most common vocabulary

**Time Frame:** 4 to 6 months of consistent attendance and effort.

### ORANGE BELT - Yonkyu

#### **Demonstrable Skills for Grading:**

- Orange Belt Throws
- Ground Holds:            Tate Shiho Gatame  
                                  Kuzure Kesa Gatame  
                                  Use of the opponent's belt/judogi to trap an arm
- Chokes:                    Okuri Eri Jime

- Joint Locks: Kata Ha Jime
- Escapes: Ude Garami
- Yoko Shiho Gatame
- Pass the "Guard" position (1 way)
- "Sweep" from the "Guard" position [1 way].
- All breakfalls

**Required General Skills:**

- Effective use of several throws from Orange and lower belt levels in Randori
- Reasonable ability at Ne Waza
- Good breakfalls
- Reasonable competence as Uke
- Most of the common vocabulary

**Time Frame:** 6 to 8 months of consistent attendance and effort.

**GREEN BELT - Sankyū**

**Demonstrable Skills for Grading:**

- Green Belt Throws
- Kata-style Ippon Seoi Nage, Uki Otoshi, Kata Guruma (done individually)
- Ground Holds: Kuzure Yoko Shiho Gatame
- Kuzure Tate Shiho Gatame
- Kuzure Kami Shiho Gatame
- Makura Kesa Gatame
- Ushiro Kesa Gatame
- Chokes: Jigoku Jime
- Tsukkomi Jime
- Joint Locks: Ude Hishigi Ude Gatame
- Waki Gatame
- Escapes: Kuzure Yoko Shiho Gatame
- Kata Gatame
- Pass the "Guard" position (2 ways)
- "Sweep" from the "Guard" position [2 ways].

- All breakfalls

**Required General Skills:**

- Effective use of several throws from Green and lower belt levels in Randori
- Good Ne Waza technique
- Excellent breakfalls
- Competent as Uke
- A lot of vocabulary

**Time Frame:** 6 to 8 months of consistent attendance and effort.

## **BLUE BELT - Nikyu**

### **Demonstrable Skills:**

- Blue Belt Throws
- First set of Nage No Kata (Formal)
- Ground Holds:           Uki Gatame  
                                  Ura Gatame
- Chokes:                   Kata Juji Jime  
                                  Gyaku Juji Jime  
                                  Nami Juji Jime  
                                  Ryote Jime
- Joint Locks:            Ude Hishigi Zampaku Gatame  
                                  Hara Gatame
- Escapes:                 Kata Gatame  
                                  Tate Shiho Gatame  
                                  Kami Shiho Gatame
- All breakfalls

### **Required General Skills:**

- Effective use of many throws from Blue and lower belts in Randori
- Excellent Ne Waza technique; smooth links between holds, etc.
- Virtually perfect breakfalls; full confidence as Uke for Makikomi style throws, etc.
- Very good as Uke
- Most of the vocabulary
- Occasional assistance with class instruction

**Time Frame:** 8 to 10 months of consistent attendance and effort.

## **BROWN BELT - Ikkyu**

### **Demonstrable Skills:**

- Throws: Brown Belt Throws
- First set of Nage No Kata done formally, second set done individually
- Ground Holds: all holds from previous belt levels (no additions)
- Chokes:                   Sankaku Jime  
                                  Sode Guruma Jime  
                                  Guruma Jime  
                                  Katate Jime
- Joint Locks:            Ashi Garami  
                                  Ashi Gatame  
                                  Ude Hishigi Hiza Gatame
- Escapes:                 overall efficient escapes -- multiple from each hold
- Turnovers:              Turn opponent over from "turtle" into:

Juji Gatame (several ways)  
Jigoku Jime (2 ways)

Sankaku Jime (2 ways)

- All Breakfalls

**Required General Skills:**

- Effective use of many throws from Blue and lower belts in Randori
- Excellent Ne Waza technique; efficient use of Shime and Kansetsu Waza, etc.
- Perfect breakfalls
- Excellent as Uke; crisp, precise Kata breakfalls, etc.
- All vocabulary
- Occasional assistance with class instruction

**Time Frame:** 10 to 12 months of consistent attendance and effort.

**SYLLABUS NOTES:**

- “Demonstrable Skills for Grading” are the techniques that you will be required to perform during the grading test for that belt level. These skills are cumulative -- you will be asked to perform a selection of skills from earlier belt levels as well.
- “Required General Skills” are general knowledge and abilities that your instructor will have observed before you will be allowed to test for that belt level.
- The “Time Frame” listed for each belt level is not absolute. A student’s progress, previous martial arts’ experience, physical ability, attendance and effort, etc., will be considered.
- The syllabus may be modified at the instructor’s discretion to accommodate students with physical or other limitations.

**UKEMI**

Before you can throw successfully or be thrown by your partner, you must learn how to fall in such a way that you do not hurt yourself. The techniques that dissipate, or break, the impact of the fall are called “breakfalls” (Ukemi).

You can fall in one of three directions -- forward, backward, and to the side. In the forward and side directions, the action can be to the right (Migi) or to the left (Hidari). The backward breakfall (Ushiro Ukemi) can be the most disconcerting for the beginner, since you have no visual contact with the mat. There is no right or left, just straight back!

With all these falls a shock is created as the body hits the mat. Hitting the mat forcefully with the arm and the palm of the hand at the instant the body lands can reduce this shock. The arm should be held at an angle of approximately 30° to the body, must be held straight and should slap the mat with the hand with force.

For all breakfalls, the head must be tucked down (chin near your chest). You can injure your spine if you land on your head or neck.

The forward breakfalls can be accomplished with either a rolling motion or by landing directly on your front. The basic forward roll is called "Zempo Kai Ten"; the right and left versions of the forward rolling breakfall are called "Chugaeri Migi" and "Chugaeri Hidari" respectively. The non-rolling front breakfall is called "Mae Ukemi".

The forward rolling breakfalls are the most spectacular of all the breakfalls. Their success depends on having the confidence to "throw" yourself into it without collapsing. Your hand, arm, and back should form a smoothly rounded arc. The legs are held as straight as possible in order to give the momentum necessary to carry the movement through. The trailing arm is held ready to slap the mat (see the "Chugaeri Hidari" photo below).



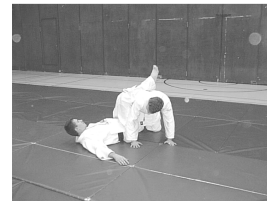
"Zempo Kai Ten"



"Chugaeri Hidari"



← "Ushiro Ukemi" →



The side breakfall is called "Yoko Ukemi" and can be performed on either the right or left sides. The back breakfall, "Ushiro Ukemi", is performed either with a rolling motion or by landing directly on your back. The version which is executed depends on the dynamic with which you are thrown.

## GOKYO NO WAZA

There are forty basic throwing techniques (there are many variations on each basic throw) that a judoka must learn in order to progress through the different coloured belts. These throws are divided into five groups of eight techniques ("Go Kyo" = "Five Groups"). While it is true that the latter throws require more skill, coordination, and sense of balance (particularly the "sacrifice" throws where you throw yourself to the ground), you should not think of the first throws as less effective, or easier to execute. Indeed, the very first technique, De Ashi Harai, requires a sense of timing that you may not achieve before earning your brown belt!





<b>Belt Level</b>	<b>Japanese Name</b>	<b>English Name</b>	<b>Classification</b>
<b>Yellow</b>	De Ashi Harai Hiza Guruma Sasae Tsurikomi Ashi Uki Goshi O Soto Gari O Goshi O Uchi Gari Ippon Seoi Nage Morote Seoi Nage	Advanced Foot Sweep Knee Wheel Propping Drawing Ankle Throw Floating Hip/Loin Major Outer Reaping Major Hip/Loin Major Inner Reaping 1 Arm Shoulder Throw 2 Arm Shoulder Throw	Ashi Waza Ashi Waza Ashi Waza Koshi Waza Ashi Waza Koshi Waza Ashi Waza Te Waza Te Waza
<b>Orange</b>	Ko Soto Gari Ko Uchi Gari Koshi Guruma Tsuru Komi Goshi Okuri Ashi Harai Tai Otoshi Harai Goshi Uchi Mata	Minor Outer Reaping Minor Inner Reaping Loin Wheel Lift Pull Loin Sweeping Ankle Throw Body Drop Sweeping Loin Inner Thigh	Ashi Waza Ashi Waza Koshi Waza Koshi Waza Ashi Waza Te Waza Koshi Waza Ashi Waza
<b>Green</b>	Ko Soto Gake Tsuru Goshi Yoko Otoshi Ashi Guruma Hane Goshi Harai Tsuru Komi Ashi Tomoe Nage Kata Guruma	Minor Outer Hooking Lifting Hip/Loin Side Drop Leg Wheel Spring Hip Throw Sweeping Drawing Ankle Throw Throwing in a High Circle Shoulder Wheel	Ashi Waza Koshi Waza Yoko Sutemi Waza Ashi Waza Koshi Waza Ashi Waza Ma Sutemi Waza Te Waza
<b>Blue</b>	Sumi Gaeshi Tani Otoshi Hane Makikomi Sukui Nage Utsuri Goshi O Guruma Soto Makikomi Uki Otoshi	Corner Throw Valley Drop Outer Winding Spring Hip Scooping Throw Changing Hip Major Wheel Outer Winding Throw Floating Drop	Ma Sutemi Waza Yoko Sutemi Waza Yoko Sutemi Waza Te Waza Koshi Waza Ashi Waza Yoko Sutemi Waza Te Waza

<b>Brown</b>	O Soto Guruma Uki Waza Yoko Wakare Yoko Guruma Ushiro Goshi Ura Nage Sumi Otoshi Yoko Gake	Major Outer Wheel Floating Throw Side Separation Side Wheel Rear Hip Rear throw Corner Drop Side Body Drop	Ma Sutemi Waza Yoko Sutemi Waza Yoko Sutemi Waza Te Waza Koshi Waza Ashi Waza Yoko Sutemi Waza Te Waza
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## KATAME WAZA

Judo is not just a throwing art; you must also be able to hold your opponent on the ground in such a way that they cannot free themselves, or be able to apply techniques that cause your opponent to submit. There are three methods for doing this: holding the opponent on their back (Osae Komi Waza), choking or strangling them (Shime Waza), and applying joint locks or twists in a painful manner (Kansetsu Waza). Of these, Osae Komi Waza (holding or grappling techniques) are the most important and are taught first. The other techniques are studied as extensions of the fundamental holding techniques.



“Yoko Shiho Gatame”  
Osae Komi Waza



“Okuri Eri Jime”  
Shime Waza



“Ude Garami”  
Kansetsu Waza

It is important to let your opponent know that their technique is effective and that you want to stop. Although the holding techniques put you in no danger, a choke may render you unconscious if held too long, and arm locks can sprain or even break an arm if applied too forcefully. To submit, you must tap twice with your hand, foot, or anything that you can move, or say “matte”, meaning “stop!” You tap on the tatami, on yourself or on the opponent. If you are applying the technique, you must stop immediately and let go of you partner if they “tap out”.

## OSAE KOMI WAZA (Holding techniques)

Japanese	English
Kesa Gatame	Scarf Hold
Kata Gatame	Shoulder Lock/Hold
Kami Shiho Gatame	Upper 4 Quarters Lock/Hold
Yoko Shiho Gatame	Side 4 Quarters Lock/Hold
Tate Shiho Gatame	Vertical 4 Quarters Lock/Hold
Kuzure Kesa Gatame	Variation on Scarf Hold
Ushiro Kesa Gatame	Rear Scarf Hold
Kuzure Kami Shiho Gatame	Variation on Upper 4 Quarters Hold
Kuzure Yoko Shiho Gatame	Variation on Side 4 Quarters Hold
Kuzure Tate Shiho Gatame	Variation of Vertical 4 Quarters Hold
Ura Gatame	Rear Hold
Uki Gatame	Floating Hold
Mune Gatame	Chest Hold
Sankaku Tate Shiho Gatame	Triangular, Vertical Lock/Hold

## SHIME WAZA (Choke Techniques)

Chokes may be applied with your arm, or your leg, or by pulling on the opponent's Judogi. You must not use just your hands or fingers. Some chokes put pressure on the windpipe. If correctly done, these are immediately effective (and painful) and your opponent will quickly signal submission. Most chokes put pressure on the arteries in the neck, reducing the blood supply to the brain. There may be no indication of effectiveness until the person loses or is about to lose consciousness.

Japanese	English
Hadaka Jime	Naked Choke
Okuri Eri Jime	Sliding Lapel Choke
Kata Ha Jime	Single Wing Choke
Nami Juji Jime	Normal Cross Choke
Kata Juji Jime	Single Cross Choke
Gyaku Juji Jime	Reverse Cross Choke
Ryote Jime	Front 2 Hands Choke
Sankaku Jime	Triangular Choke
Tsukkomi Jime	Thrusting/Plunging Choke
Katate Jime	Single Hand Choke
Jigoku Jime	Hell Strangle
Do Jime	Waste/Trunk Choke

Koshi Jime	Hip/Loin Choke
Sode Jime	Sleeve Choke
Sode Guruma Jime	Sleeve Wheel Choke
Suso Jime	Skirt Choke
Ashi Jime	Leg Choke

## KANSETSU WAZA (Joint Lock Techniques)

The elbow is formed in such a way that it can move in only one direction. By putting pressure on the joint, you can “lock” it. Most of the methods apply this pressure to a straight arm; however, there are some (e.g. Ude Garami) that twist the arm.

You must be very careful when using these techniques: they are designed to apply a great deal of pressure with little effort.

While there are joint locks that can be applied to many parts of the body (wrist, elbow, knee, ankle, shoulder, etc.), in Judo, the only joint that can be legally locked is the elbow.

Japanese	English
Ude Garami	Arm Entanglement
Ude Hishigi Juji Gatame	Cross Arm Lock
Ude Hishigi Ude Gatame	Arm Arm Lock
Ude Hishigi Hiza Gatame	Knee Arm Lock
Ude Hishigi Zampaku Gatame	Forearm Arm Lock
Ashi Garami	Leg Entanglement
Ude Hishigi Ashi Gatame	Leg Arm Lock
Waki Gatame	Armpit Lock
Hara Gatame	Stomach Lock

## VOCABULARY

It is common practice in judo to use the original Japanese words for techniques, actions, parts of the body, etc. This makes judo an internationally intelligible sport. Here is a brief list of words you will encounter frequently:

## NUMBERS

Number	Japanese	Pronunciation
1	ICHI	ee-chee
2	NI	nee
3	SAN	saan

4	SHI	shee
5	GO	go
6	ROKU	ro-koo
7	SHICHI	she-chee
8	HACHI	ha-chee
9	KYU	kyoo
10	JU	joo
100	HYAKU	hya-koo

## Words

Japanese	English
Ago/Kachikake	Chin
Aka	Red
Ashi Fumi	Foot stamp (stomp)
Ashi Yubi	Toe
Ashikubi	Ankle
Atemi	Strike or blow
Ayumi Ashi	Natural walking style
Dan	Degree (black belt)
De	Advancing
Do	(a) The Way; (b) The trunk (of body)
Dojo Shu	Person who runs the Dojo
Dojo	School
Eri	Collar
Fukushin	Judges
Gaeshi	Counter/reversal
Gake	Hooking
Garami	Entangling
Gari	Reaping
Gatame	Holding
Gi	Uniform
Go	Five
Gokyo	Five groups (of throws)
Gonosen No Waza	Counter throwing techniques
Goshi/Koshi	Hip
Guruma	Wheel
Gyaku	Reverse/upside down
Hachi	Eight
Hadaka	Naked
Hajime	"Begin"

Hansokumake	Disqualification -- Ippon to opponent
Hantei	Judgment/decision
Hara	Stomach
Harai	Sweeping
Hiji	Elbow
Hiki	Pull
Hiki-Wake	Draw/tie
Hishigi	Crushing/squashing
Hiza	Knee
Hon	Fundamental/basic
Hyaku	One Hundred
Ichi	One
Ippon	One point (a win) -- single
Jita Kyoei	Mutual welfare and benefit
Joseki	Seat of honour
Ju	Ten or Soft/gentle/flexible (i.e. "efficient")
Judo	The gentle way
Judogi	Judo uniform
Judoka	Judo student
Juji	Cross
Jushin	Center of gravity
Kakato	Heel
Take	The throw itself; instant of maximum power
Kansetsu	A Joint (of the body)
Kao	Face
Kappo	Resuscitation techniques
Kasumi	Temple (part of body)
Kata	(a) Form; (b) One of a pair; (c) Shoulder
Keikoku	Penalty -- Waza-Ari to opponent
Ken	Sword
Kesa	Scarf (a Buddhist monk's surplice)
Kiai	Power shout
Kiri	Cut
Ko	Small/ minor
Kobushi	Fist (literally "little warrior")
Koka	Lowest scoring throw in Shiai
Komi	Within
Ku	Nine
Kubi	Neck
Kuchi	Mouth
Kumi Kata	Method of gripping a partner's Gi
Kuzure	Crumbling or collapsing (i.e. a variation)
Kuzushi	Breaking balance

Kyo	Group or Principal
Kyotsuke	“Attention”
Kyu	Grade (coloured belt)
Ma	Direct
Mae	Front
Makikomi	Wrapped or rolled up
Makura	Pillow
Mata/Momo	Thigh
Matte	“Wait” -- (generally used to mean “Stop”)
Migi	Right
Mimi	Ear
Morote	Both hands
Mudansha	Non Black-belt holder
Mune	Chest (part of body)
Nage	Throw
Ne	Lying down
Ni	Two
No	Belonging to (“of”)
O	Large/ major
Obi	Belt
Okuri	Sent forward (“Assist”)
Osaekomi	Holding
Oshi	Push
Otoshi	Drop
Randori	Free practice
Rei	Bow
Renraku Waza	Continuous attacking techniques
Renshu	To train
Renzoku Waza	Combination techniques
Ritsurei	Standing bow
Roku	Six
San	Three
Sasae	Propping/supporting
Seiryoku Zen Yo	Maximum efficiency -- minimum effort
Seiza	Formal kneeling position
Sempai	Brown-belt instructor
Sensei	Teacher (black-belt)
Seoi	Carrying on the back
Shi	Four
Shiai	Contest
Shichi	Seven
Shido	Penalty -- Yuko to opponent
Shihan	Master/past-master/founder

Shiho	Four quarters/directions
Shinzo	Heart
Shiro	White
Shizentai	Natural posture
Sode	Sleeve
Sore Made	"Finish"
Soto	Outer
Suigetsu	Solar plexus
Sukui	Scooping up
Sumi	Corner
Sutemi	Throwing away (i.e. sacrifice)
Tachi Waza	Techniques from a standing position
Tai Sabaki	Proper standing body position
Tai	Body
Tani	Valley
Tatami	Rice-straw mat -- 6'x3'x2'
Tate	Vertical
Te Kube	Wrist
Te	Hand
Tegatanna	Edge of hand
Toketa	"Ground hold is broken"
Tokui Waza	Favourite technique
Tomoe	Turning -- twisting over; curved line
Tori	Person throwing ("to give")
Tsugi Ashi	'Following feet' -- shuffle step
Tsukuri	Moving into position to throw
Tsuri	Lifting up
Uchi Komi	Going in (repetitions without throwing)
Uchi	Inner
Ude	Arm
Uke	Person being thrown ("to receive")
Ukemi	Art of falling
Uki	Floating
Ura	Back/rear
Ushiro	Behind/backwards
Utsuri	Changing/moving
Wakare	Dividing/separating
Waki	Arm pit
Waza	Technique
Waza-Ari	"Half-Technique" -- Score 2 for Ippon
Yama	Mountain
Yoko	Side
Yowai	Weak



Yubi	Finger
Yudansha	Black-belt Holder
Yuko	Lowest score for a throw – a minor score
Zarei	Kneeling bow

## BOOKS

When you have learned a few of the principles involved in judo, you will want to have a reference book handy in order to remind yourself of names, techniques, variations, etc. Here are some excellent manuals, each filled with photographs or drawings and clear explanations. Many of these books are available at public libraries or can be ordered through a quality bookseller.

### **Kodokan Judo**

By Jigoro Kano (Kodansha)

### **Judo: A Pictorial Manual**

By Pat Harrington (Charles E. Tuttle Company)

### **Dynamic Judo – Throwing Techniques**

### **Dynamic Judo – Grappling Techniques**

By Kazuzo Kudo - 9<sup>th</sup> Dan (Japan Publications Trading Company)

### **Best Judo**

By Isao Inokuma and Nobuyuki Sato (Kodansha International Ltd.)

### **The Complete 7 Katas of Judo**

By Mikonosuke Kawaishi Shihan (Overlook Press)

### **Judo – Formal Techniques**

By Tadao Otaki and Donn F. Draeger (Charles E. Tuttle Company)

### **Competitive Judo - Winning training and tactics.**

By Ron Angus (Human Kinetics)

### **Mixed Martial Arts Unleashed**

By Mickey Dimic and Christopher Miller (McGraw-Hil)

You may also like this little book on Japanese Warrior mentality and philosophy, written several centuries ago by a Samurai who is widely regarded as being Japan's best and most famous swordsman ever.

### **Book of Five Rings**

By Miyamoto Musashi (Shambala)

### **Websites**

There are a great many resources available online now. Below is a listing of some important, informative, or interesting ones:

The Kodokan website: [www.kodokan.org](http://www.kodokan.org)

The International Judo Federation: [www.ijf.org](http://www.ijf.org)

Judo Canada: [www.judocanada.org](http://www.judocanada.org)

Judo Ontario: [www.judoontario.ca](http://www.judoontario.ca)

Hamilton School of Martial Arts: [www.hsma1.com](http://www.hsma1.com)

The Kakure Judo Club: [www.kakurejudo.com](http://www.kakurejudo.com)

The Judo Info website: [www.judoinfo.com](http://www.judoinfo.com)

The Judo Info website's Forum site: [www.judoforum.com](http://www.judoforum.com)

YouTube: [www.youtube.com](http://www.youtube.com) also has a plethora of videos of various techniques, tournament matches, instructional Kata videos, etc. Just search for whatever interests you.