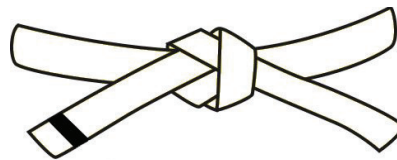
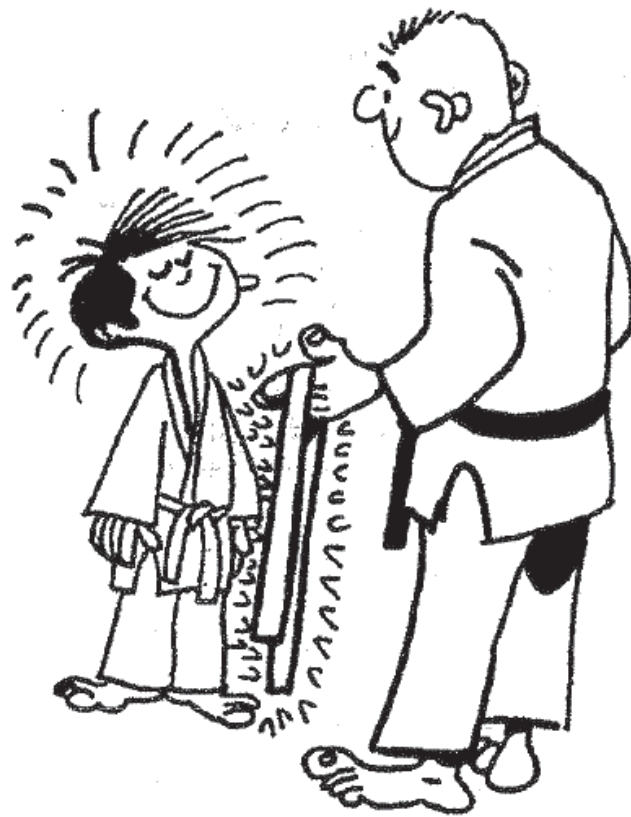




JUNIOR PROMOTION GUIDE



Originated by Noburo Saito - 7th Dan
Adapted by Hal Sharp - 7th Dan

JUNIOR JUDO RANK GUIDE – WHITE BELT

Rank 1 WHITE BELT (Entry Level – no test)

Rank 2 WHITE BELT (One Stripe)

Time-In-Grade Requirement – 24 classes as a white belt.

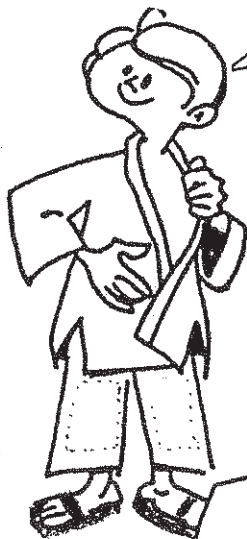
- _____ Judo Suit (Judogi) – Proper dress and belt tying
- _____ Bow (Rei) – From standing and sitting positions.
- _____ Break Falls (Ukemi) – Both sides on forward rolling.
- _____ Gripping (Kumikata) – Both sides.
- _____ Off-balancing (Kuzushi)
- _____ Repetition Training (Uchikomi)
- _____ Free Practice (Randori)
- _____ Competition (Shiai)
- _____ Give and Take Throwing Practice (Yaku Soku Geiko)
- _____ Major Hip Throw (O-Goshi)
- _____ Major Outer Reap (O-Soto-Gari)

How to wear the JUDO GI

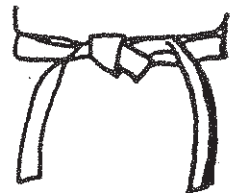
The kneepad on the pants goes in front. The drawstring belt is tied tight

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?

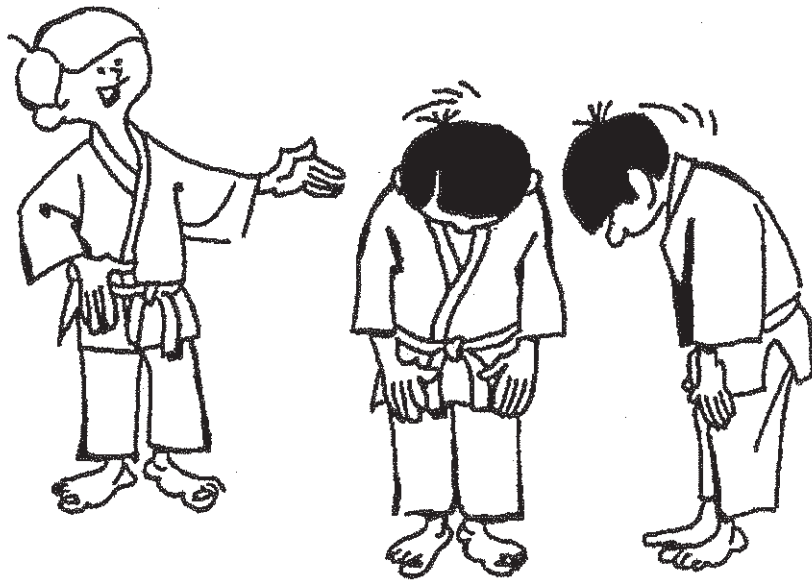
Now we are ready. So -----

REI (BOWING AND GREETING)

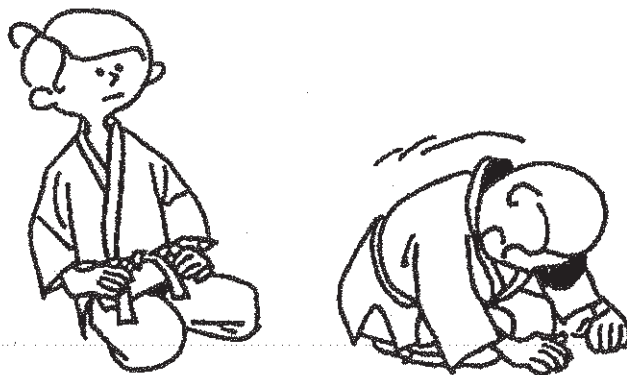
The *rei* is judo's way of showing courtesy and greetings.

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



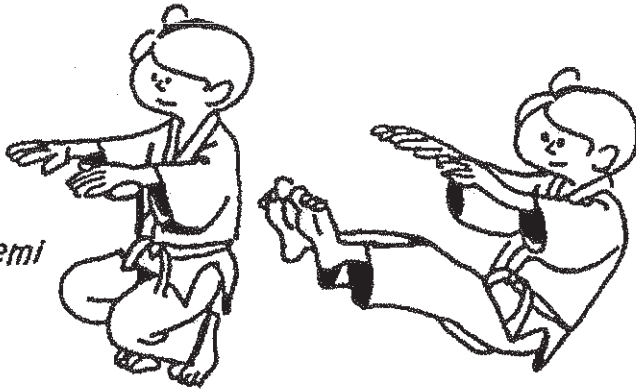
At the beginning and at the end of each lesson, students line up side by side and by rank in front of the *senseis*. A Command of "seiza" (formal sitting position) is given and then everybody kneels down on the mat. The kneeling bow (*zarei*) begins with good posture. At next command "*sensei ni rei*" (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)

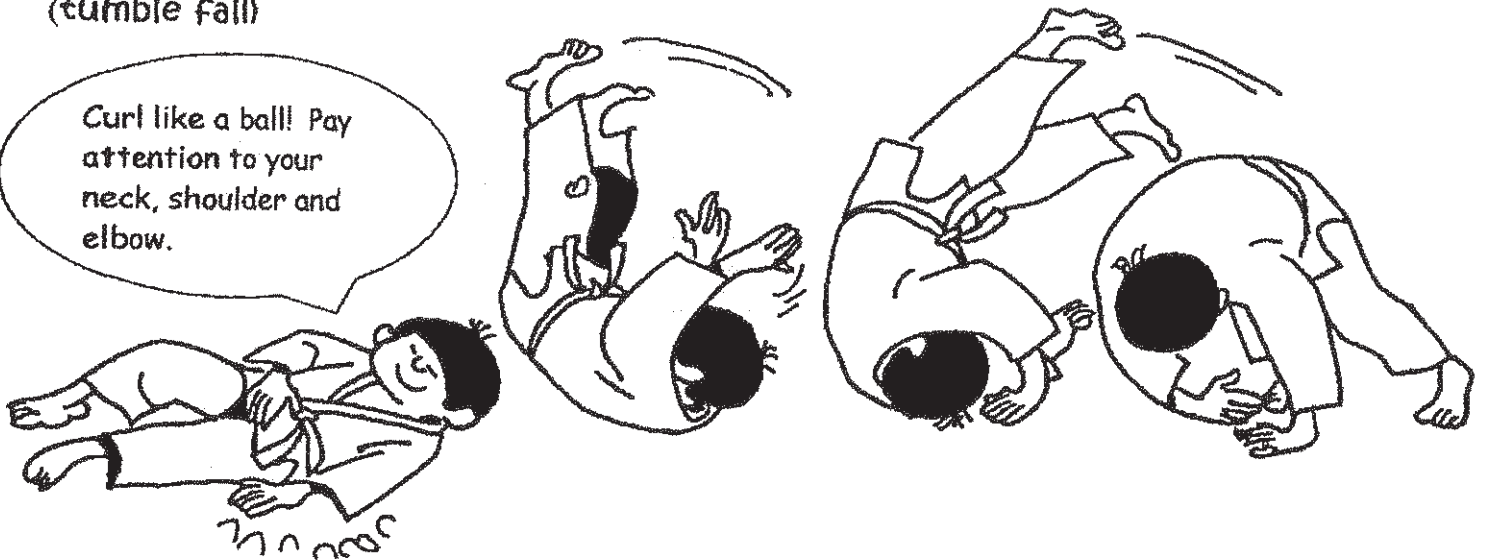


Yoko ukemi
(side fall)



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.



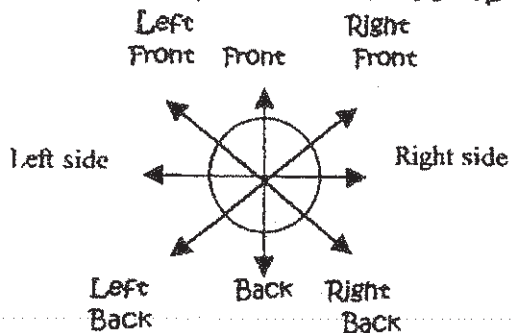
KUZUSHI (off-balancing)

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



UCHI KOMI (fitting in practice)

He is confusing speed with proper throwing skills. Make sure to come in all the way to complete a technique.

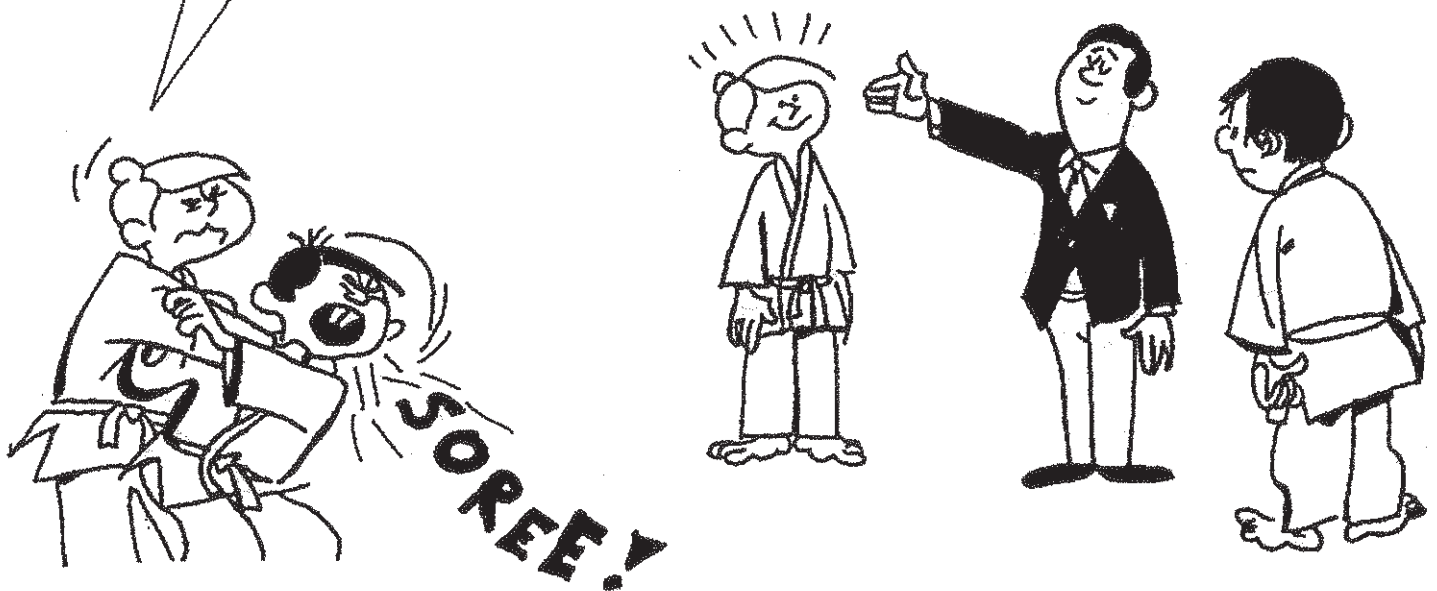
Now you must learn good Uchikomi. Uchikomi is the most important practice in judo. This is a repetition practice to learn Kuzushi, proper distance, placement of your body against uke, and speed of the entry and accuracy of throwing techniques.



RANDORI and SHIAI (free practice & competition)

We will also practice Randori. This practice is for us to learn the attacking and defending without thinking who is winner and who is loser. It is important that we need to relax so that we can feel each other and learn efficient way of using each other's energy.

You are the best. Very good!
Bravo! Very fine. Do it again
Clap Clap Clap Clap Clap Clap



You will be able to participate in "Shiai"... and it is possible that the referee will grant you the victory, but you will never know.

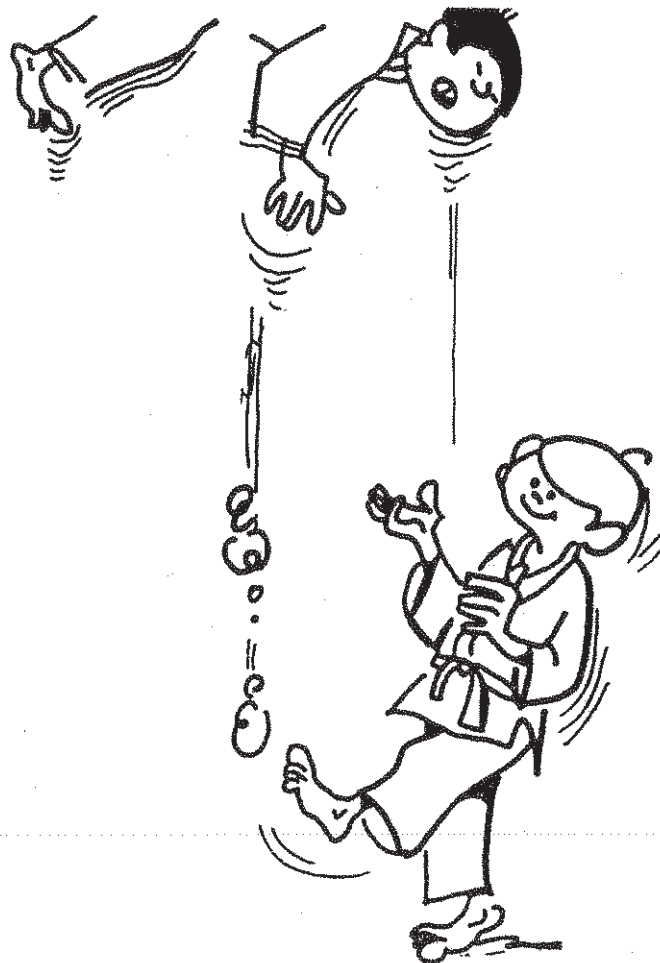
YAKU SOKU GEIKO

(Give and Take Throwing Practice)

Now you will practice Yaku soku geiko. You will move around like free practice and exchange throws with your partner. However your partner will not defense your entry nor counter your technique. When you enter properly, he will be flipped. Now you must give your partner a chance to throw you.

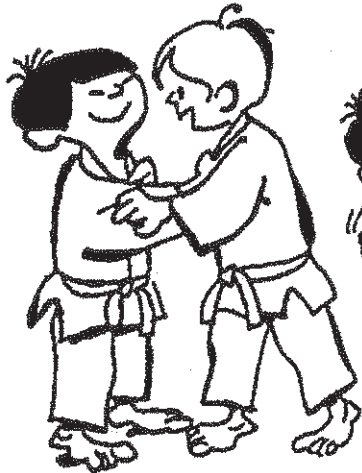
I should not be afraid of falling. I hope god! If my mom finds out about this!!!

Naturally when he attacks, I must let him flip me without resisting.



OGOSHI (Major Hip)

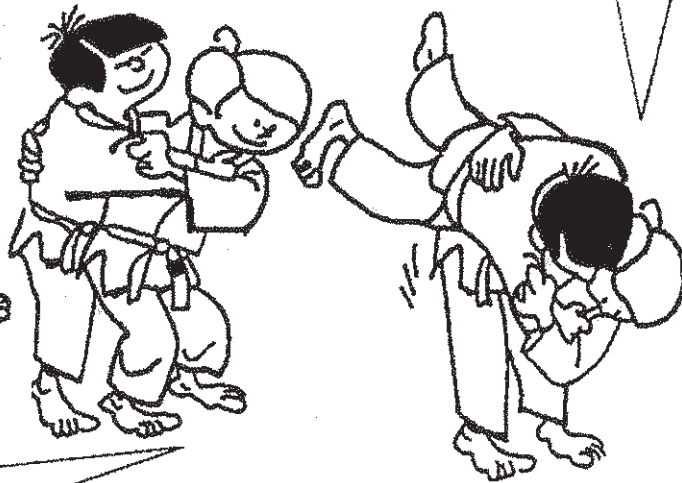
Step 1, while I pull *uke* off balance to the right front, I reach around his back and hold his body....



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

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



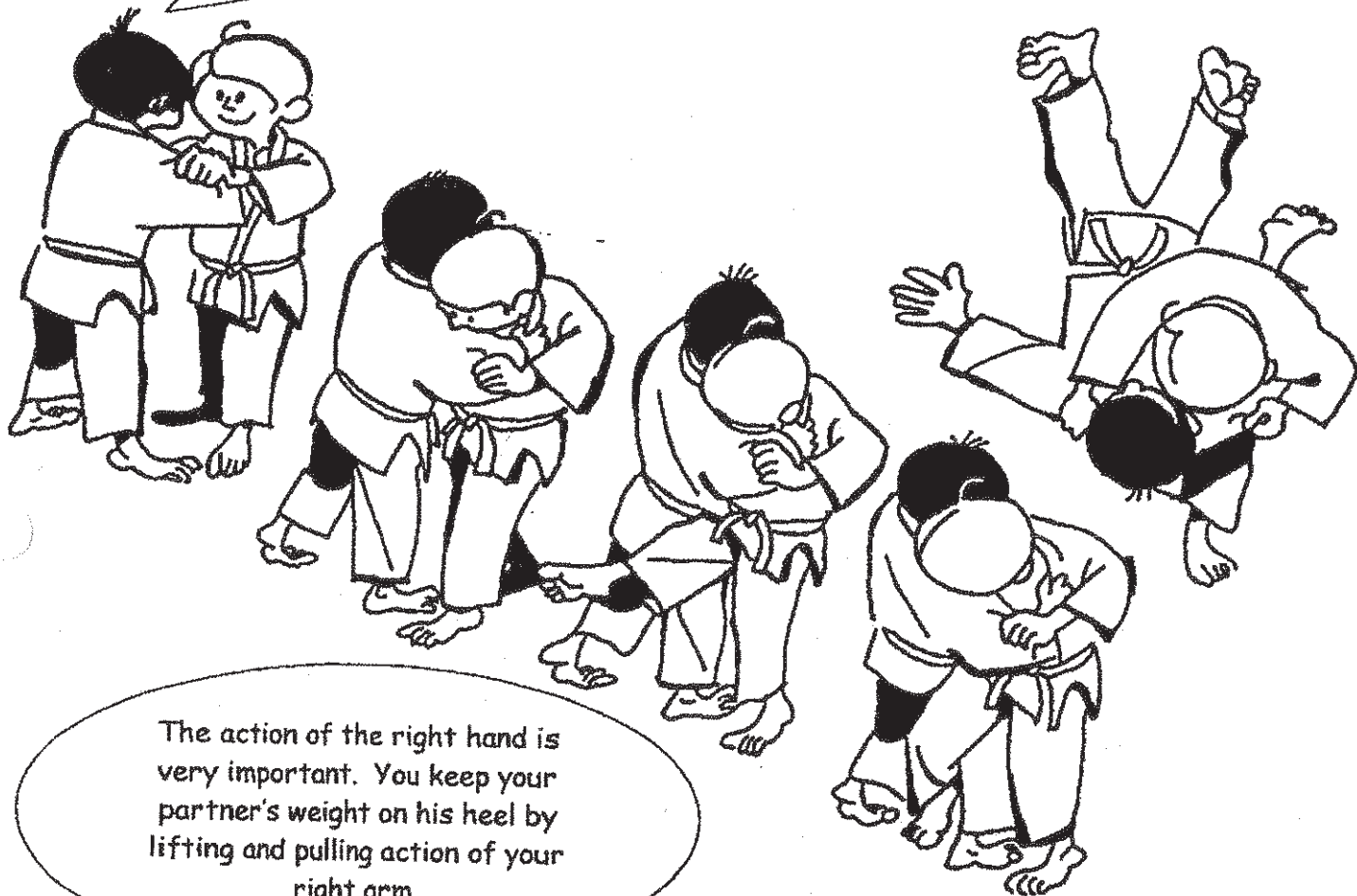
It is impossible to throw your partner unless you place your hips below his center of gravity. Bend your knees!



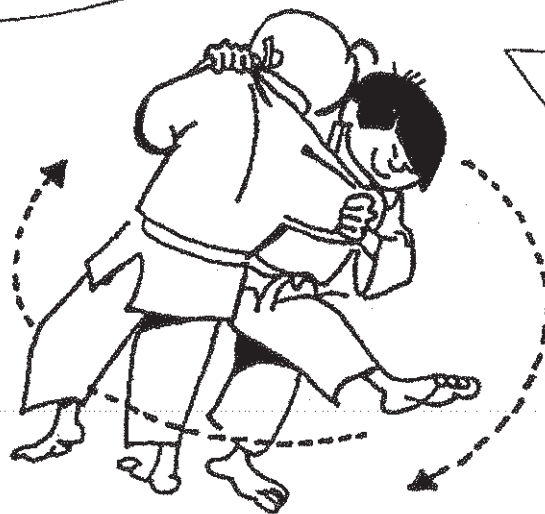
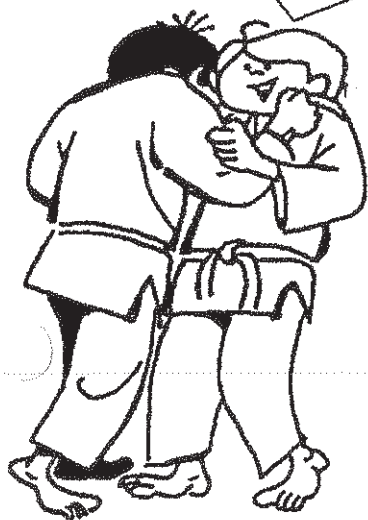
This "O" means big movement and "Goshi/Koshi" means hips.

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.