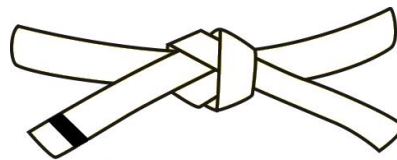
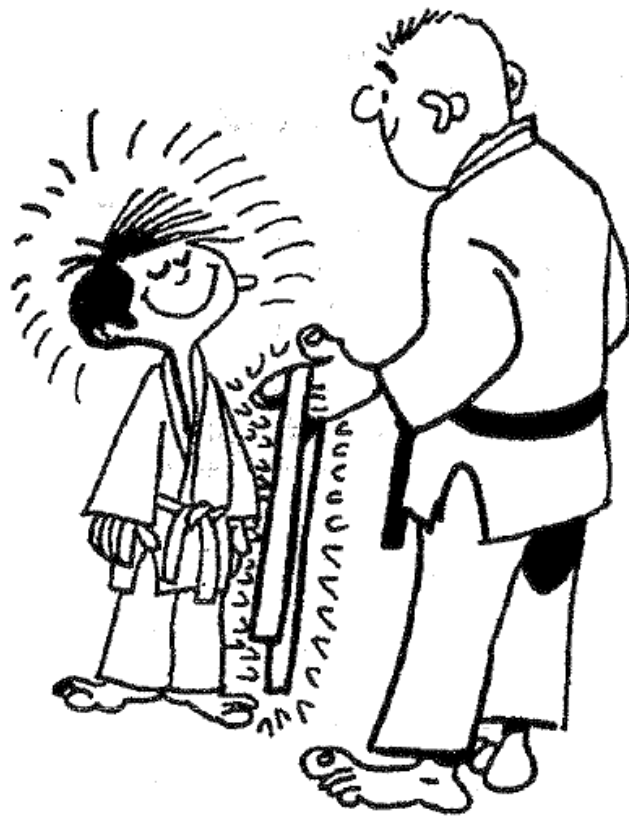




JUNIOR PROMOTION GUIDE



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

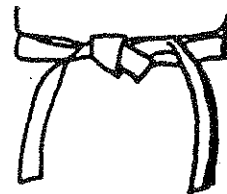
The kneepad on the pants goes in front. The drawstring belt is tied tight

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?

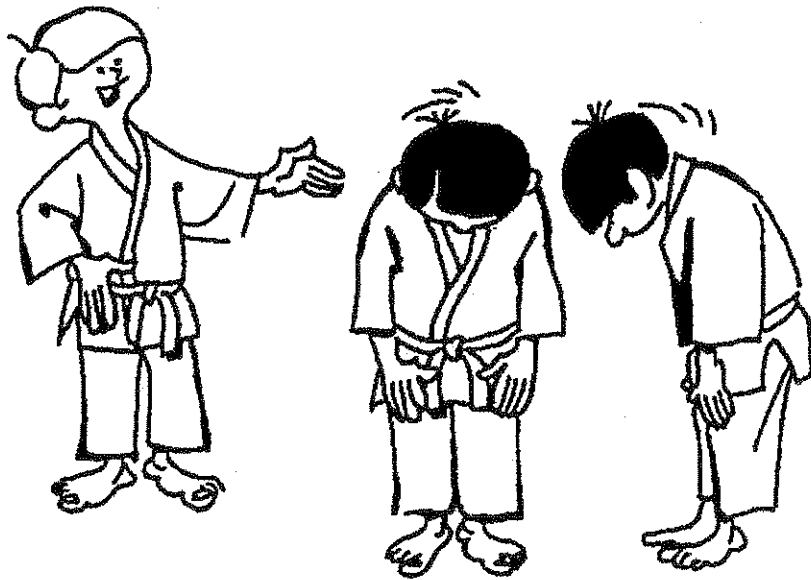
Now we are ready. So - - - -

REI (BOWING AND GREETING)

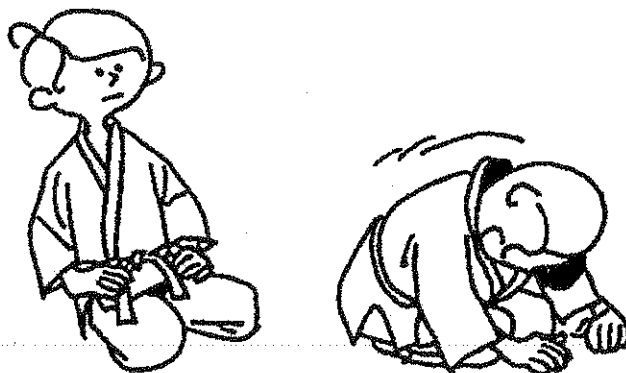
The *rei* is judo's way of showing courtesy and greetings.

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



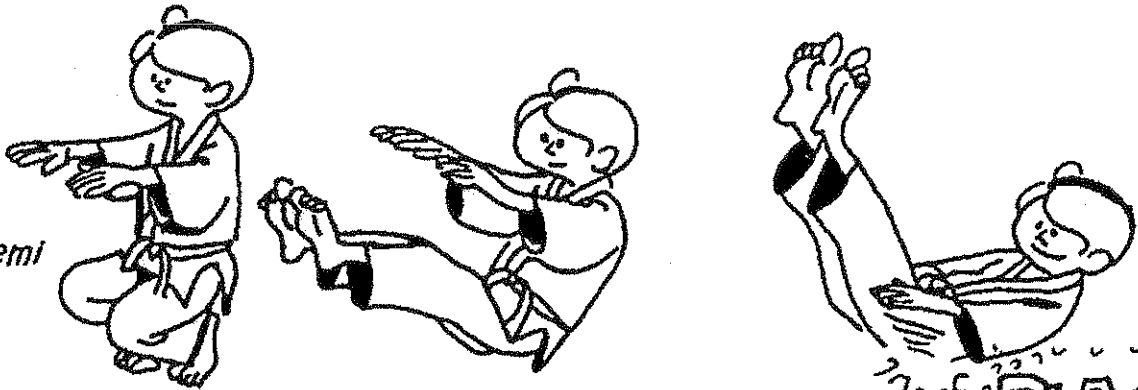
At the beginning and at the end of each lesson, students line up side by side and by rank in front of the *senseis*. A command of "seiza" (formal sitting position) is given and then everybody kneels down on the mat. The kneeling bow (*zarei*) begins with good posture. At next command "*sensei ni rei*"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

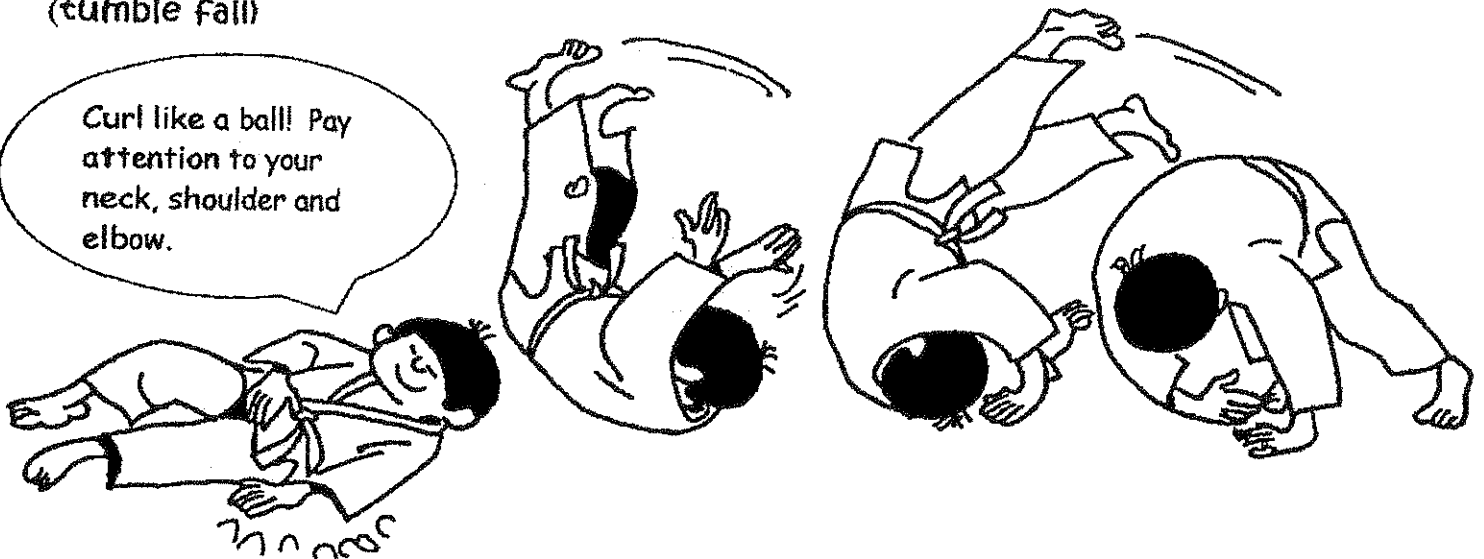


Yoko ukemi
(side fall)



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.



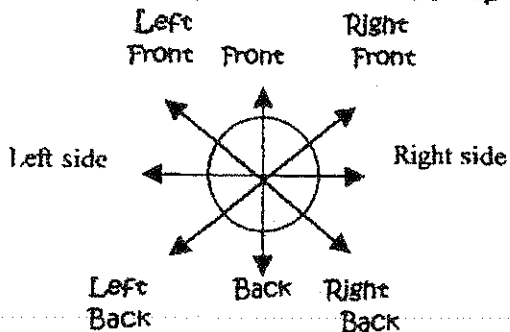
KUZUSHI (off-balancing)

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.

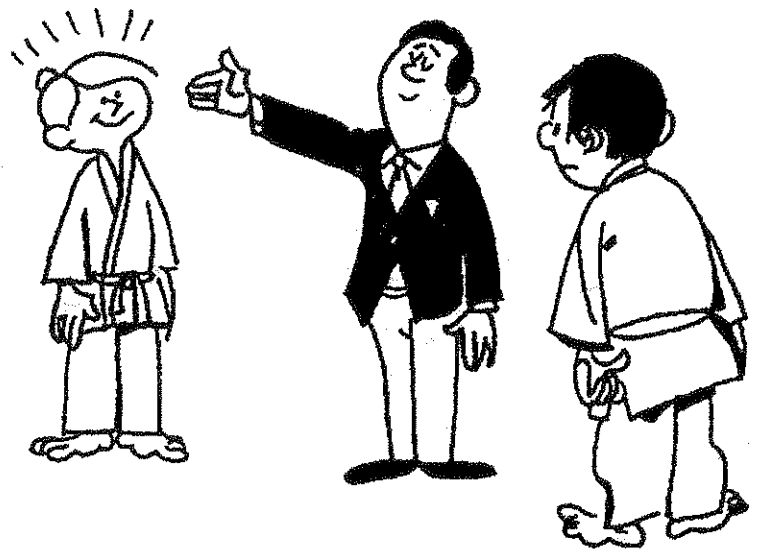
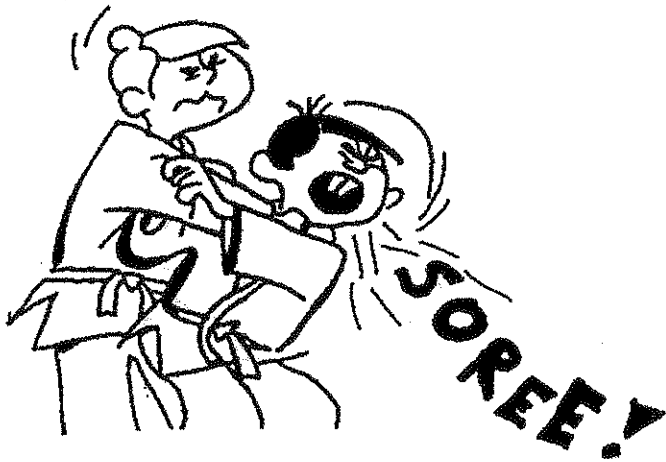
Now you must learn good Uchikomi. Uchikomi is the most important practice in judo. This is a repetition practice to learn Kuzushi, proper distance, placement of your body against uke, and speed of the entry and accuracy of throwing techniques.



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.

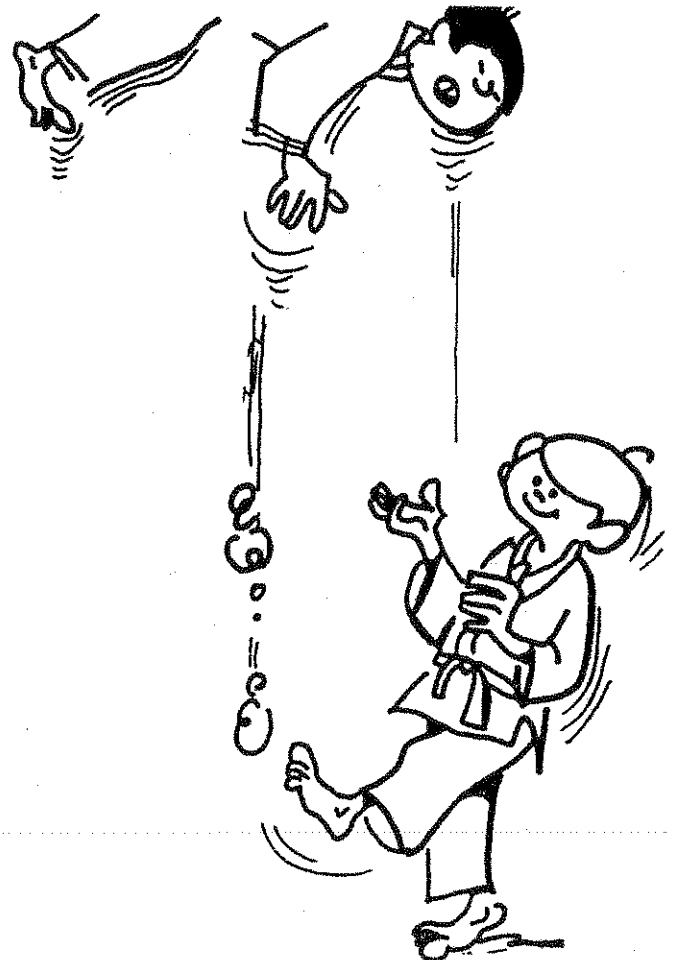
YAKU SOKU GEIKO

(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)

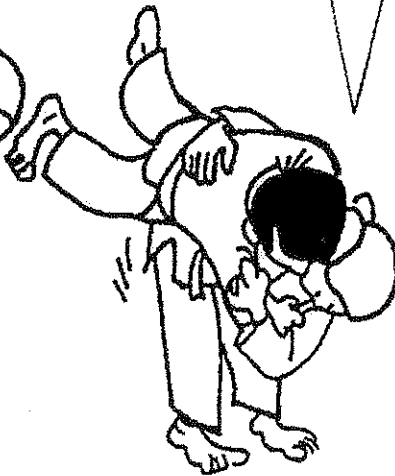
Step 1, while I pull *uke* off balance to the right front, I reach around his back and hold his body....



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.

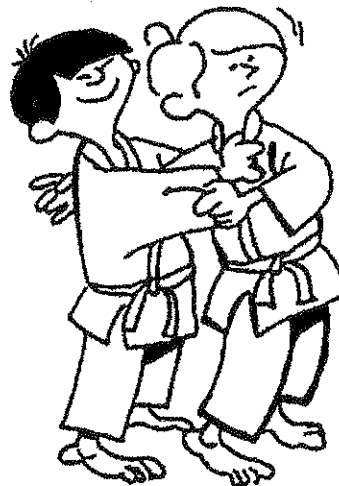


Step 3, bending my knees and place my hips below his belt

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



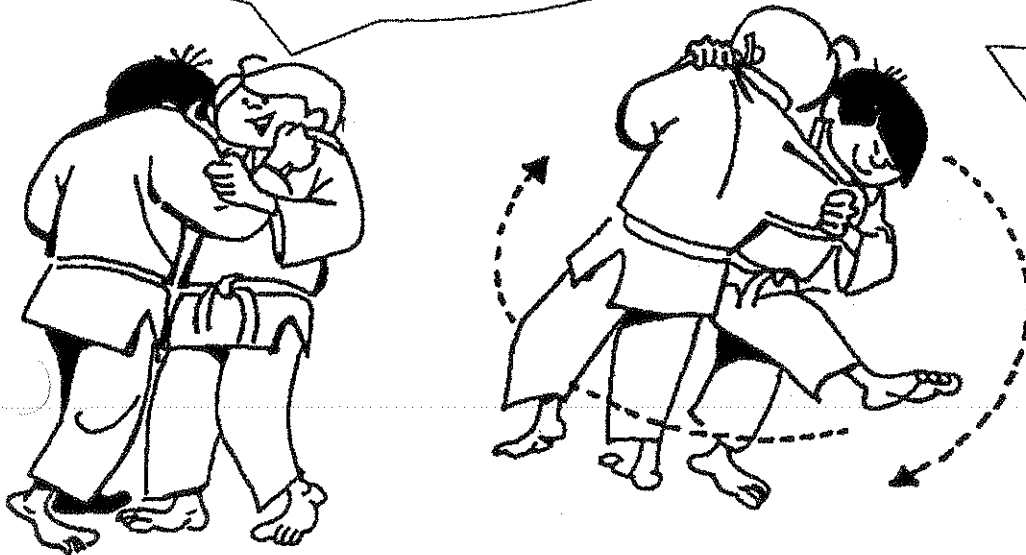
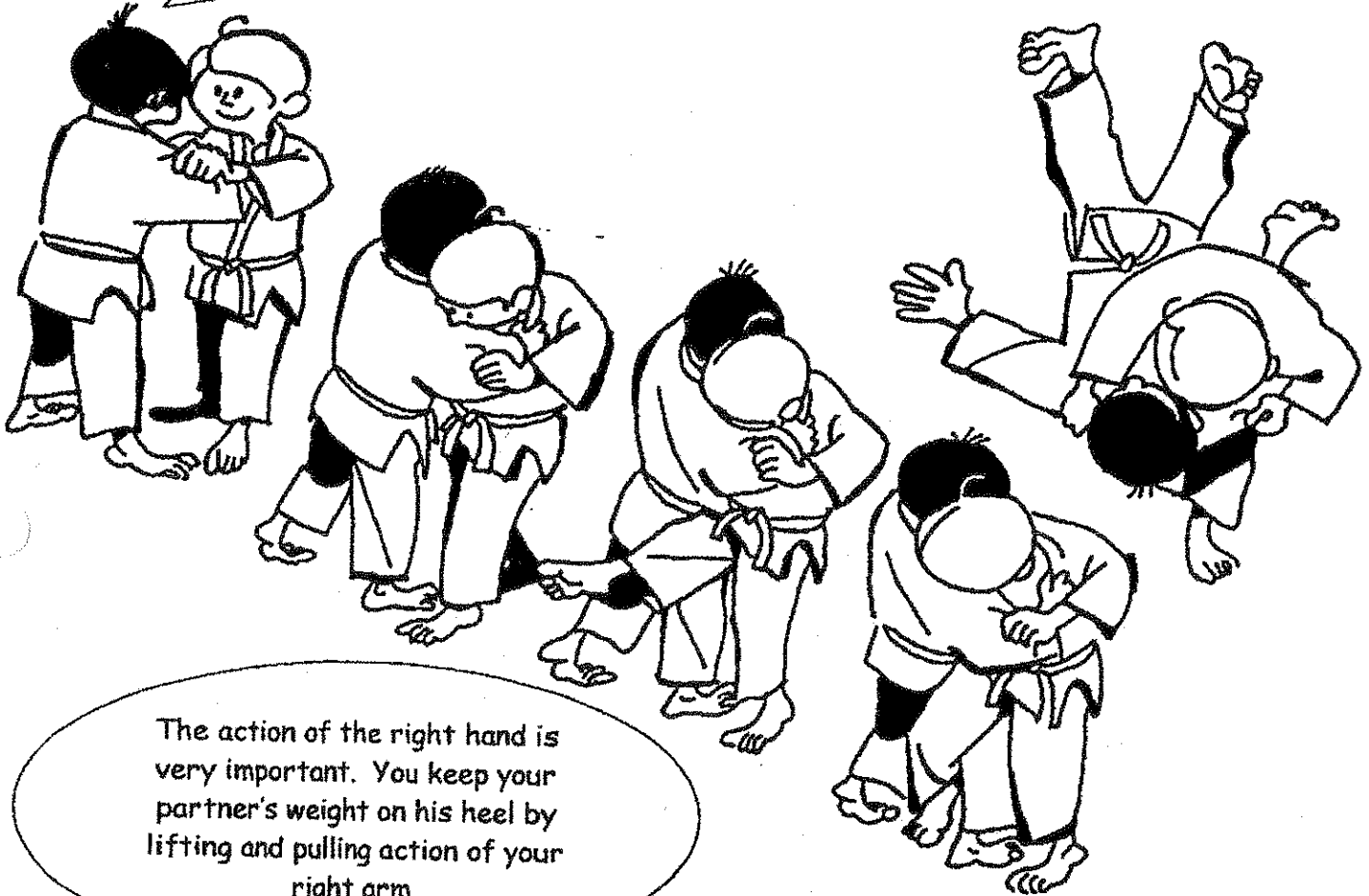
It is impossible to throw your partner unless you place your hips below his center of gravity. Bend your knees!



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

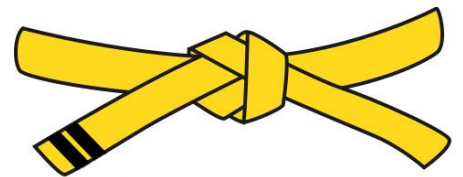
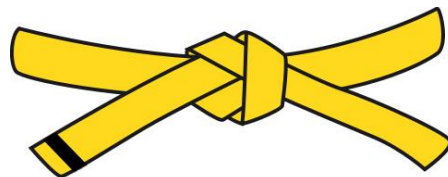
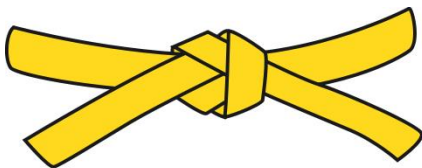
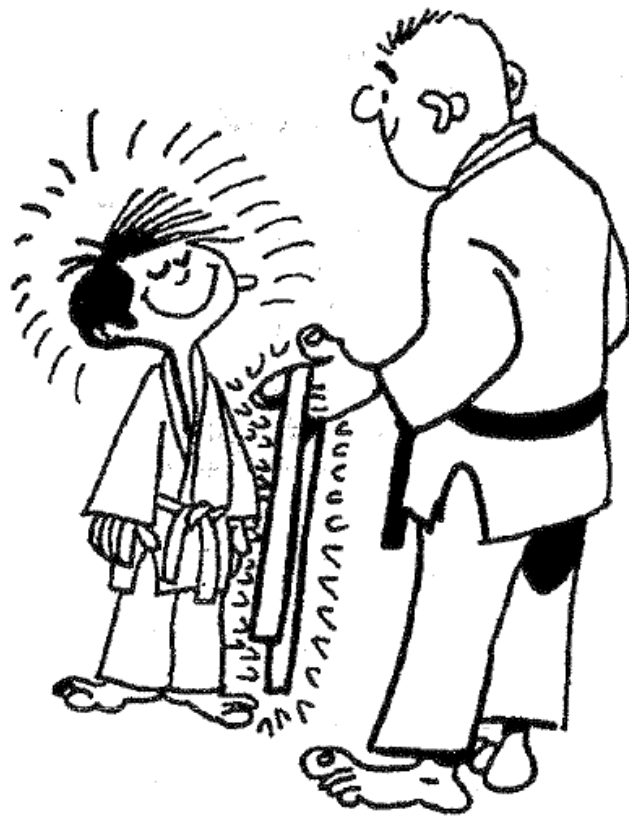
O SOTO GARI (Major Outer Reap)

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.





JUNIOR PROMOTION GUIDE



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

JUNIOR JUDO RANK GUIDE – YELLOW BELT

Rank 3 YELLOW BELT (Entry– No Stripe)

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

- _____ Repeat Rank 2 Test
- _____ One Arm Shoulder Throw (Ippon-Seoi-Nage)
- _____ Lifting Propping Ankle Block (Sasae-Tsurikomi-Ashi)
- _____ Scarf Hold (Kesa-Gatame)
- _____ Modified Scarf Hold (Kuzure-Kesa-Gatame)
- _____ Escape From Kesa-Gatame

Rank 4 YELLOW BELT (One Stripe)

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

- _____ Repeat Rank 3 Test
- _____ Two Arms Shoulder Throw (Morote-Seoi-Nage)
- _____ Knee Wheel (Hiza-Guruma)
- _____ Pillow Scarf Hold (Makura-Kesa-Gatame)
- _____ Rear Scarf Hold (Ushiro-Kesa-Gatame)
- _____ Escape from Ushiro-Kesa-Gatae

Rank 5 YELLOW BELT (Two Stripes)

Time-In-Grade Requirement – 24 classes as a yellow belt with one stripe.

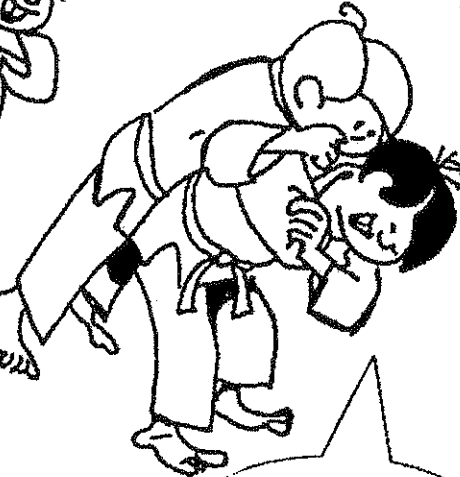
- _____ Repeat Rank 4 Test
- _____ Floating Hip (Uki-Goshi)
- _____ Advancing Foot Sweep (De-Ashi-Harai)
- _____ Side Four Corner Hold (Yoko-Shiho-Gatame)
- _____ Modified Side Four Corner Hold (Kuzure-Yoko-Shiho-Gatame)
- _____ Escape from Yoko-Shiho-Gatame

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...

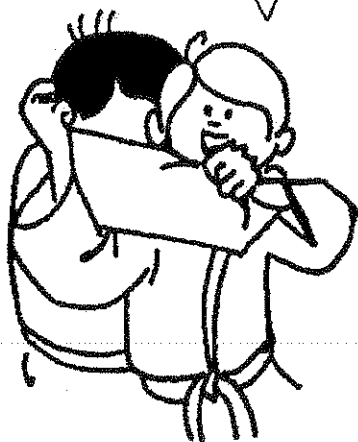


Step 3, I pull *uke* tight to my body and bow from my waist...

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.

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

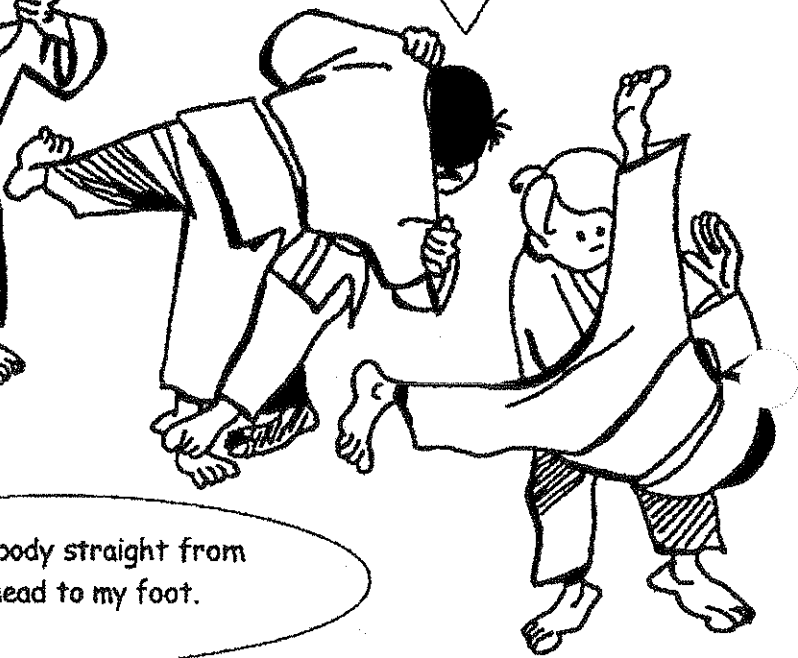
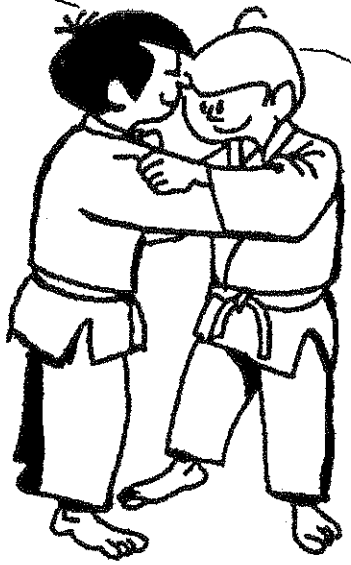


Choking me!
Choking me!
Help!

SASAE TSURIKOMI ASHI (supporting foot Lift-Pull Throw)

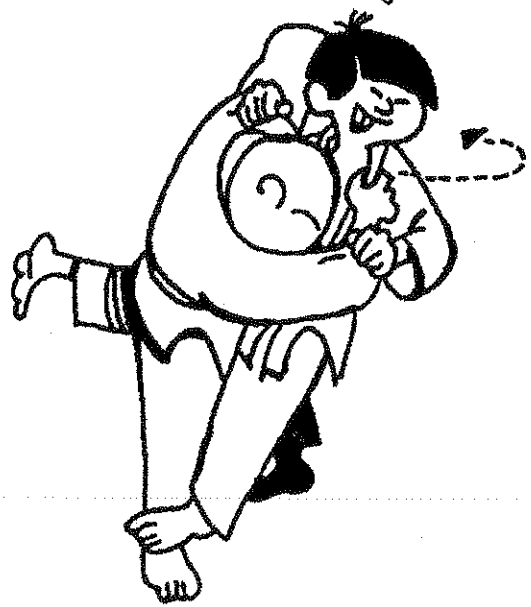
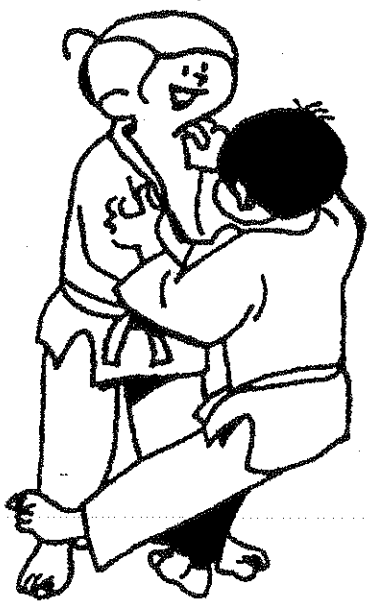
As I step my right foot in front of uke's left foot, I make my uke off balance to his right front by pulling with my left arm and pulling-lifting with my right arm.

While I am keeping uke off-balanced toward his right front, I place my sole of my left foot around the arch in front of uke's right ankle. I maintain my body straight from my left shoulder to left foot while turning my body to left will throw my uke.



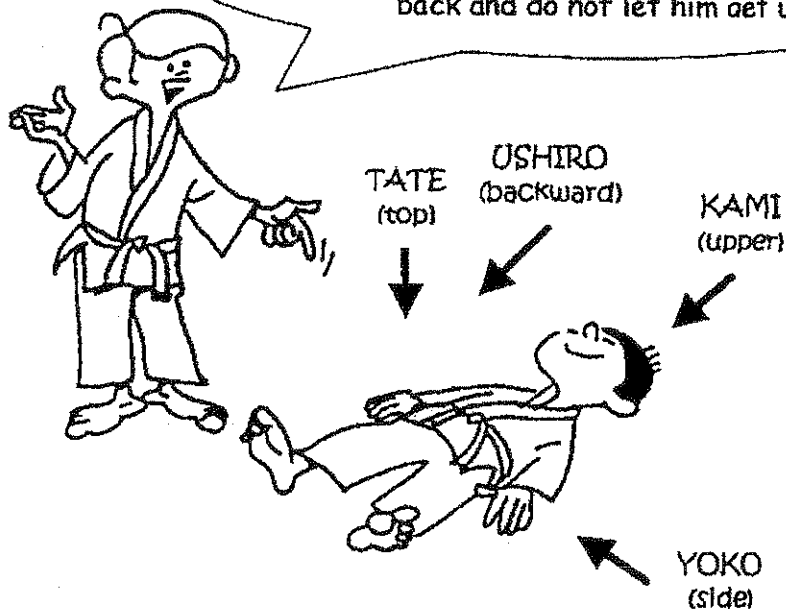
Don't bend your body.

Keep my body straight from your head to my foot.



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.

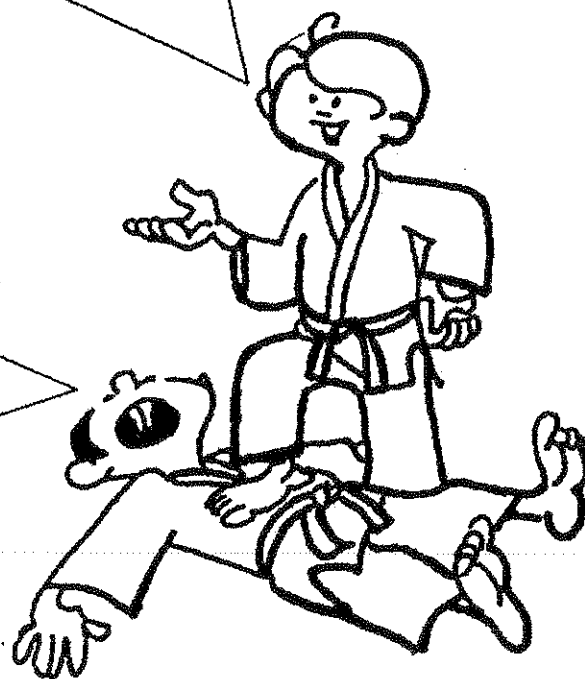


The name of the hold is indicated by the side you position yourself to practice your techniques. So you must learn these words.

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

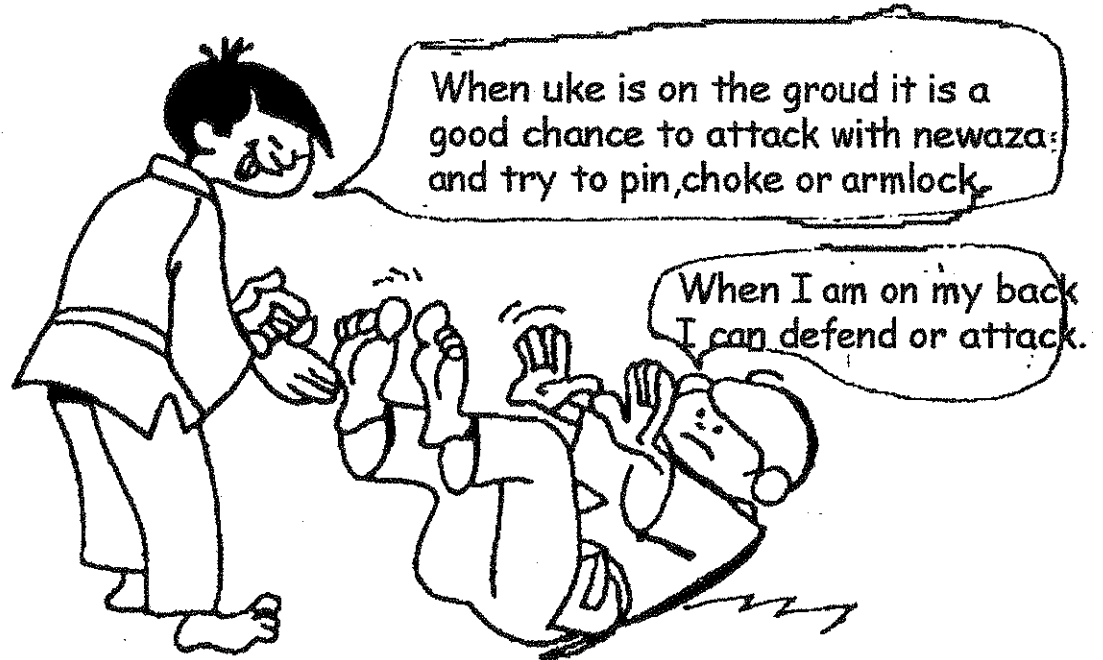
It is prohibited to place your foot on my stomach, tickle, pull the hair, twist the fingers, place the hand on my face, bite, pull on my ears.....

It is illegal...
I said "It is illegal!!!"



ENTERING INTO MAT TECHNIQUES

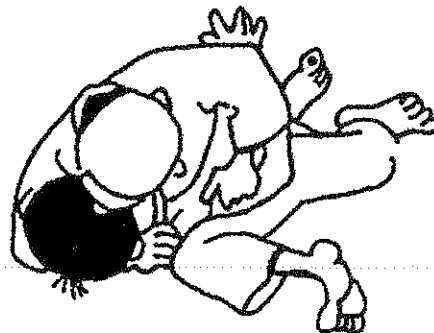
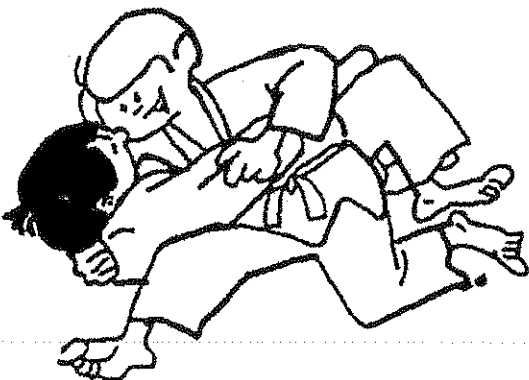
(Newaza)



KEŌA 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.



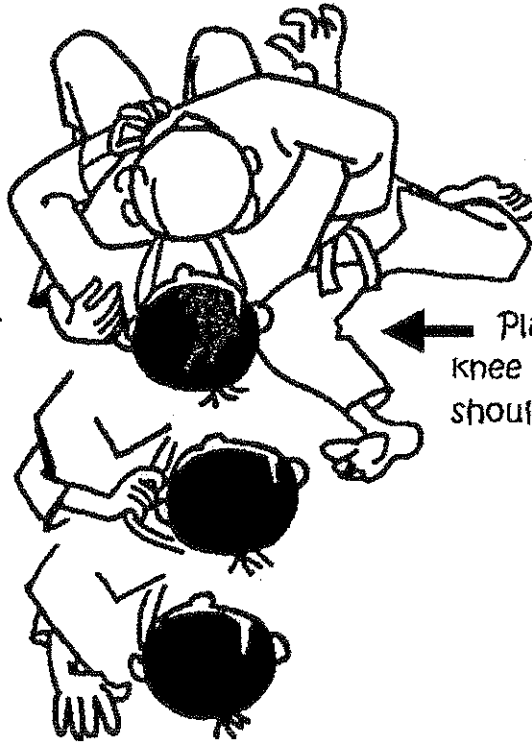
KUZURE KESA GATAME (modify scarf hold)

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

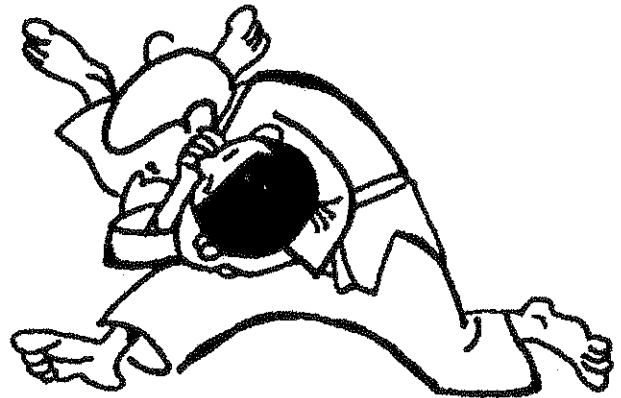
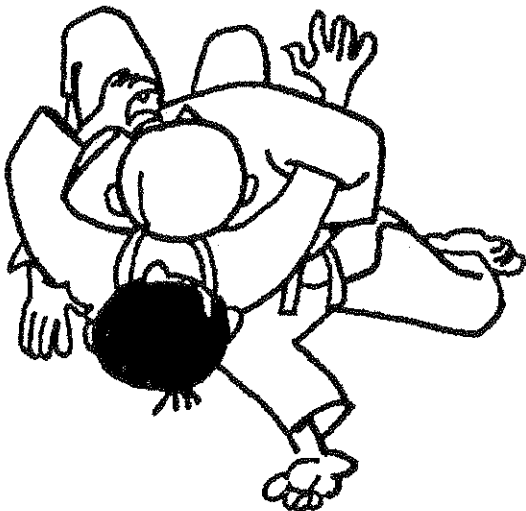
You can grab his collar like this....

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



Place your knee against his shoulder.

More Variations of KESA GATAME



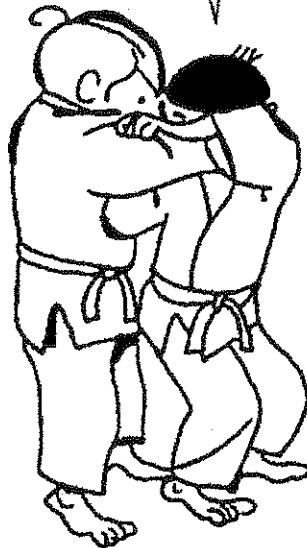
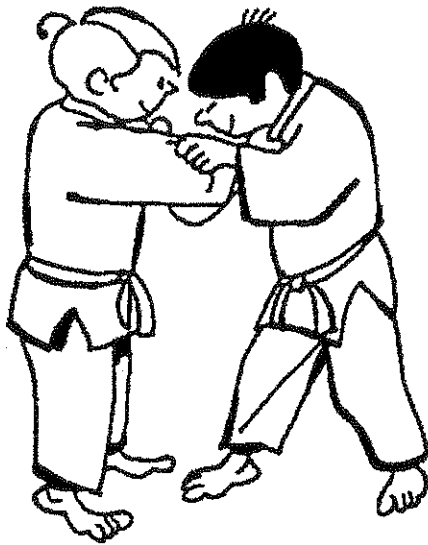
MOROTE SEOI NAGE

(two arm 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.

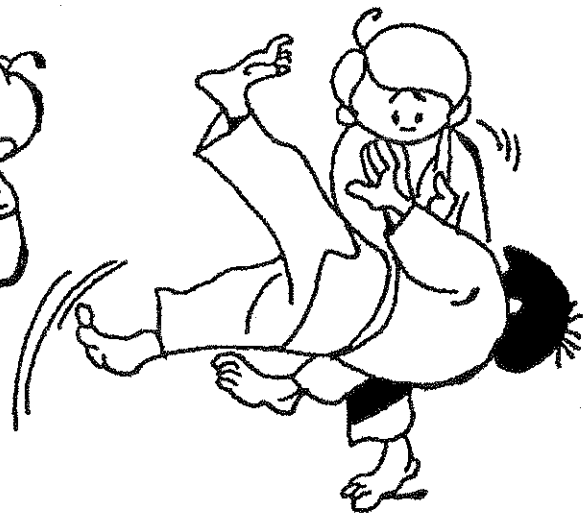
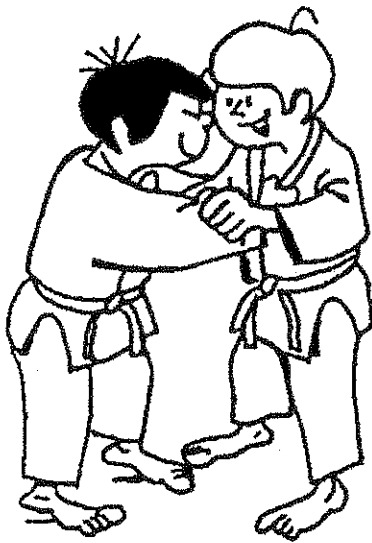
Bending my knees in order to gain leverage. I pull uke tight to my back. Bow down and straightening your legs at the same time to make the throw.



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.

MAKURA KESA GATAME (Pillow Scarf Hold)

Similar to Kesa Gatame except slide over uke's right shoulder putting your thigh under his head like a pillow.



USHIRO KESA GATAME (Backward Scarf Hold)

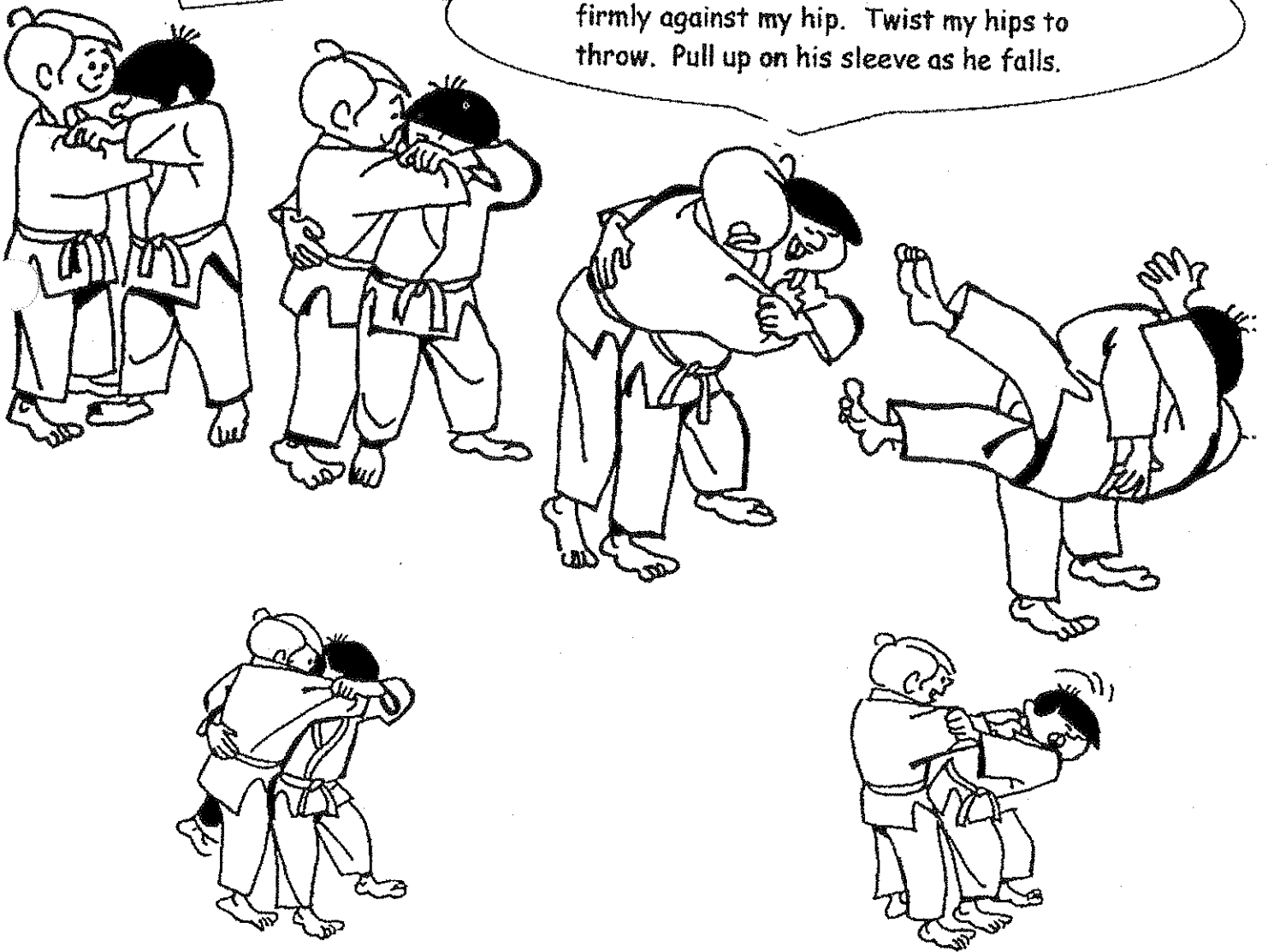
This is a reverse Kuzure Kesa Gatame immobilizing uke's right side. To control his left side grip his belt.



UKI GOSHI (floating hip)

Begin with the right natural posture. While turning to the right, pull my uke with my right hand to make him step forward with his left foot. Then I break his balance to his right front corner by pulling a bit with my left hand. Put my right arm around his waist and step in close to him, placing my right foot parallel to his in front of his instep.

I bring my left foot back and hold him firmly against my hip. Twist my hips to throw. Pull up on his sleeve as he falls.



GOOD (firm contact)

BAD (bending body)

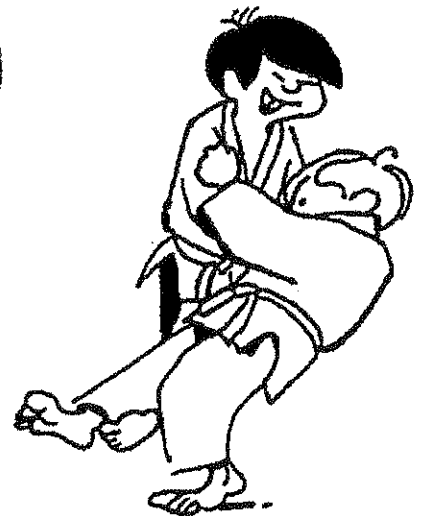
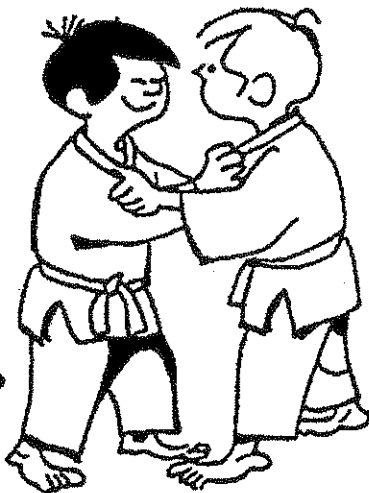
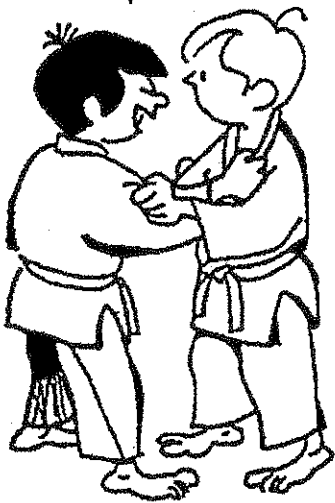
(The throw differs from *Ogoshi* in that you do not raise your hips or bend forward.)

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.

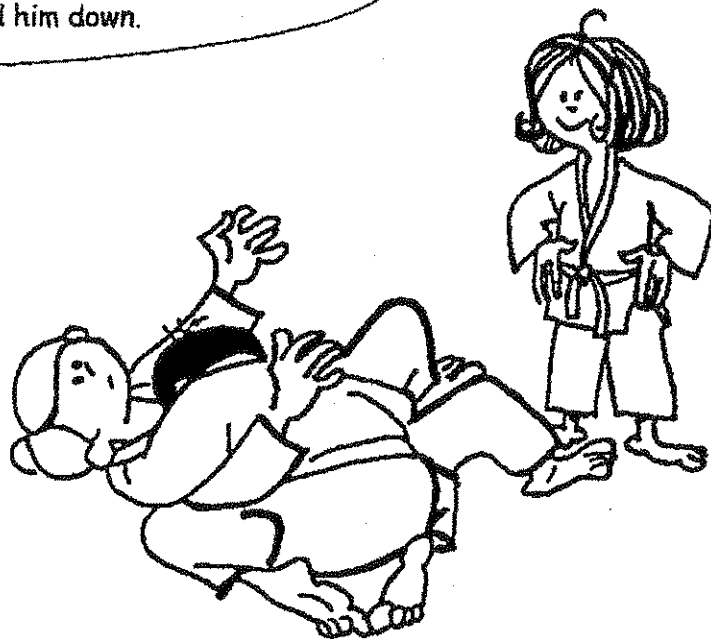
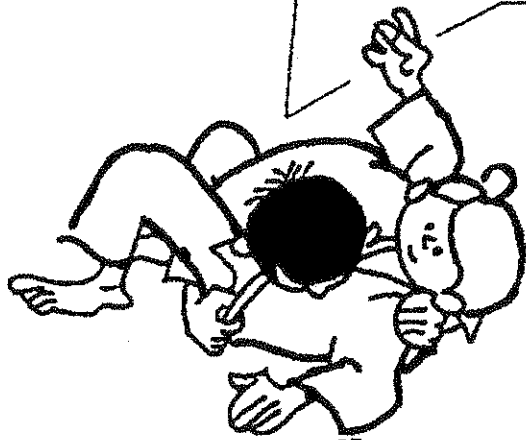
Then place your left foot, the area around the arch, against *uke's* left ankle and sweep his left foot toward his left toes. Pull his right sleeve downward with my left hand to throw him.



YOKO SHIHO GATAME

(Side 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.



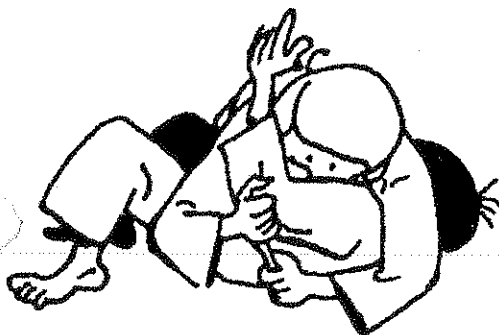
KUZURE YOKO SHIHO GATAME

(Modified Side Four Corner Hold)

Similar to Yoko Shiho Gatame, except your right arm is over his shoulder and holds his belt.

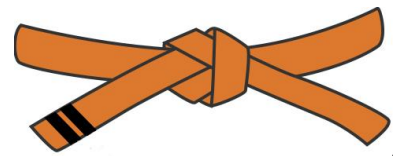
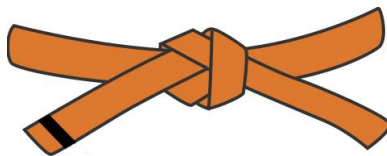
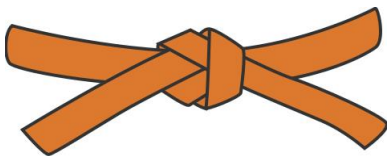
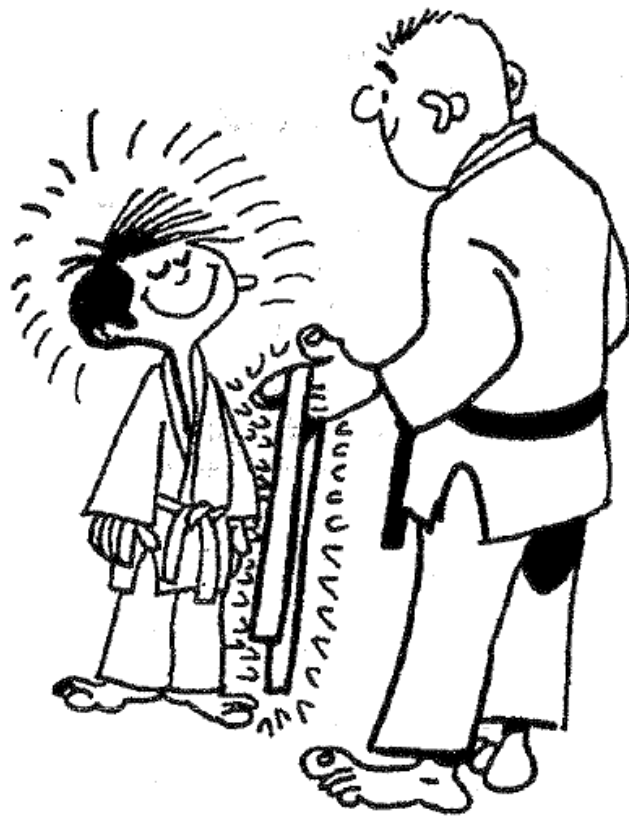


Your right hand grips his left sleeve or is used as a stopper in case uke bridges to his left.





JUNIOR PROMOTION GUIDE



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

JUNIOR JUDO RANK GUIDE – ORANGE BELT

Rank 6 ORANGE BELT (Entry– No Stripe)

Time-In-Grade Requirement – 24 classes as a yellow belt with two stripes.

- _____ Repeat Rank 5 Test
- _____ Body Drop (Tai-Otoshi)
- _____ Major Inner Reap (O-Uchi-Gari)
- _____ Upper Four Corner Hold (Kami-Shiho-Gatame)
- _____ Modified Upper Four Corner Hold (Kuzure-Kami-Shiho-Gatame)
- _____ Escape From Kami-Shiho-Gatame

Rank 7 ORANGE BELT (One Stripe)

Time-In-Grade Requirement – 24 classes as an orange belt.

- _____ Repeat Rank 6 Test
- _____ Hip Wheel (Koshi-Guruma)
- _____ Minor Inner Reap (Ko-Uchi-Gari)
- _____ Straight Four Corner Hold (Tate-Shiho-Gatame)
- _____ Modified Straight Four Corner Hold (Kuzure-Tate-Shiho-Gatame)
- _____ Escape from Tate-Shiho-Gatame

Rank 8 ORANGE BELT (Two Stripes)

Time-In-Grade Requirement – 24 classes as an orange belt with one stripe.

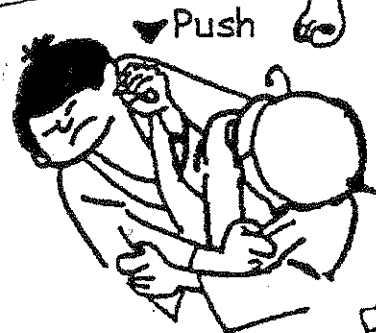
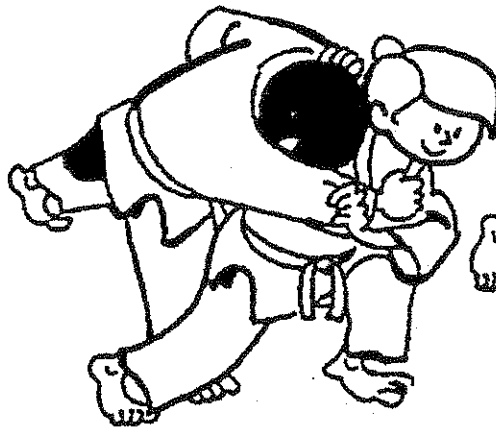
- _____ Repeat Rank 7 Test
- _____ Lift Pull Hip (Tsurikomi-Goshi)
- _____ Sleeve Lift Pull Hip (Sode-Tsurikomi-Goshi)
- _____ Shoulder Hold (Kata-Gatame)
- _____ Escape from Kata-Gatame
- _____ Entry from Uke's Legs No. 1
- _____ Entry from Uke's Legs No. 2

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.



YES



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.

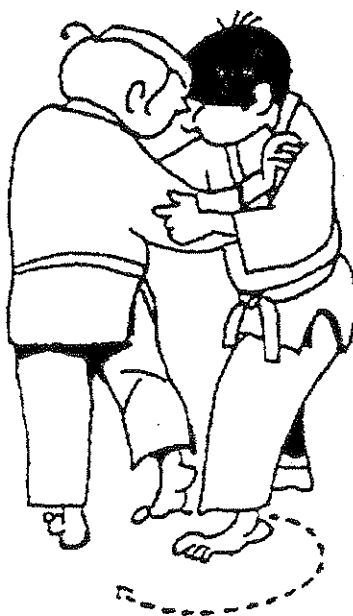
I strongly pull uke's body downward and extend my right leg up as uke's right leg touches my right lower leg.

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.

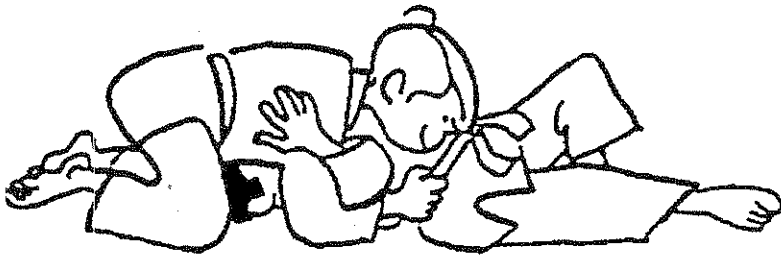


KAMI SHIHO GATAME

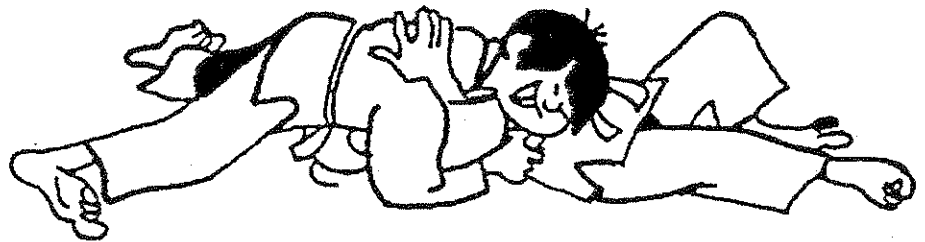
(Upper Four Corner Hold)

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.



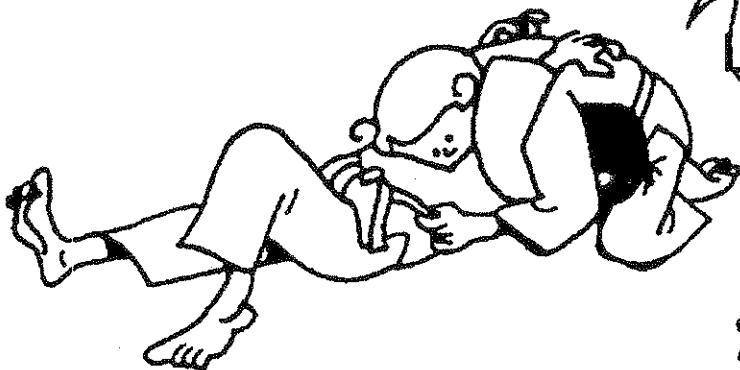
Control uke from top of uke's head with 4 points of support.



KUZURE KAMI SHIHO GATAME

(Modified Upper Four Corner Hold)

Similar to Kami Shiho Gatame, except your body is not over his head, but is at an angle over his shoulder.



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.

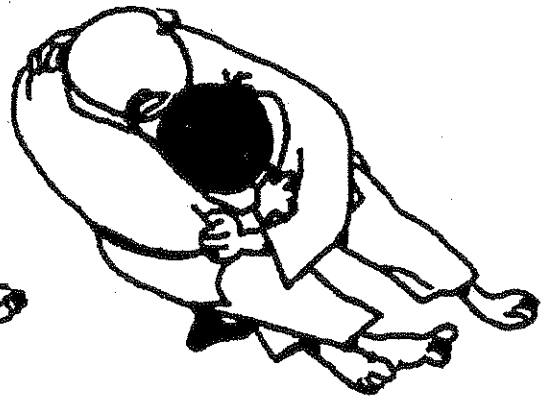


KOUCHI GARI (minor inner reap)

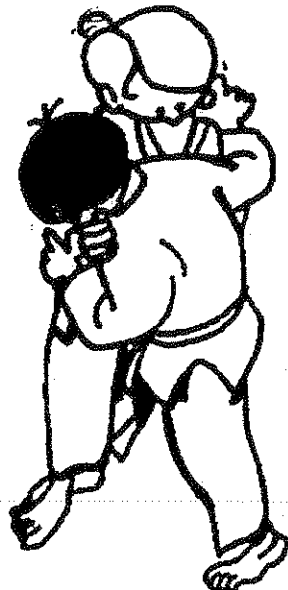
This is a rear throw. I make uke off-balance to his back by pushing him backward with my right arm and by pulling his right sleeve down and toward me.

I quickly bring my right foot behind my left foot and then sweep uke's right foot from his heel to toe. I need to keep the outer edge of my right foot slide over the mat surface while sweeping.

I must push uke backward with my entire body.



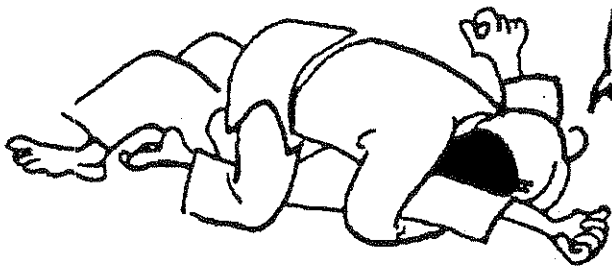
I pull downward with my left arm.



I push him to the right back with my right arm.

TATE SHIHO GATAME

(Straight Four Corner Hold)



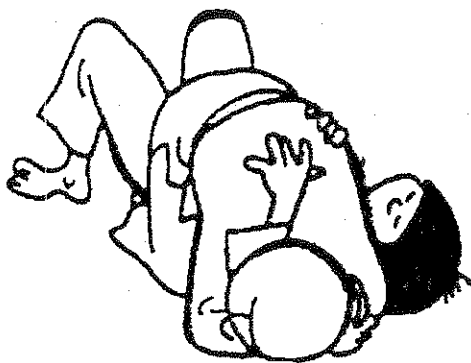
Straddle uke's body hooking your knees tight against his waist with your heels under his thighs.



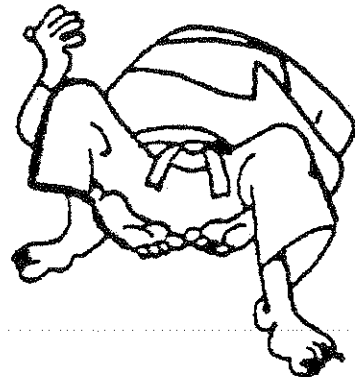
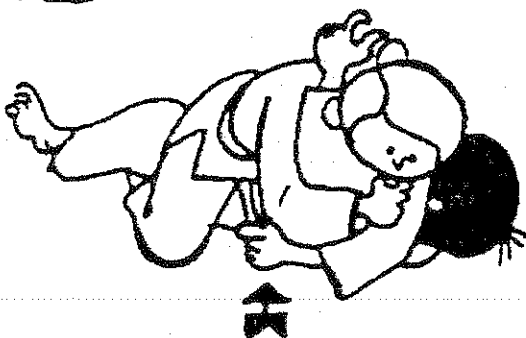
Trap his left arm against his head gripping you collar with your right arm gripping your own collar.

KUZURE TATE SHIHO GATAME

(Modified Straight Four Corner Hold)



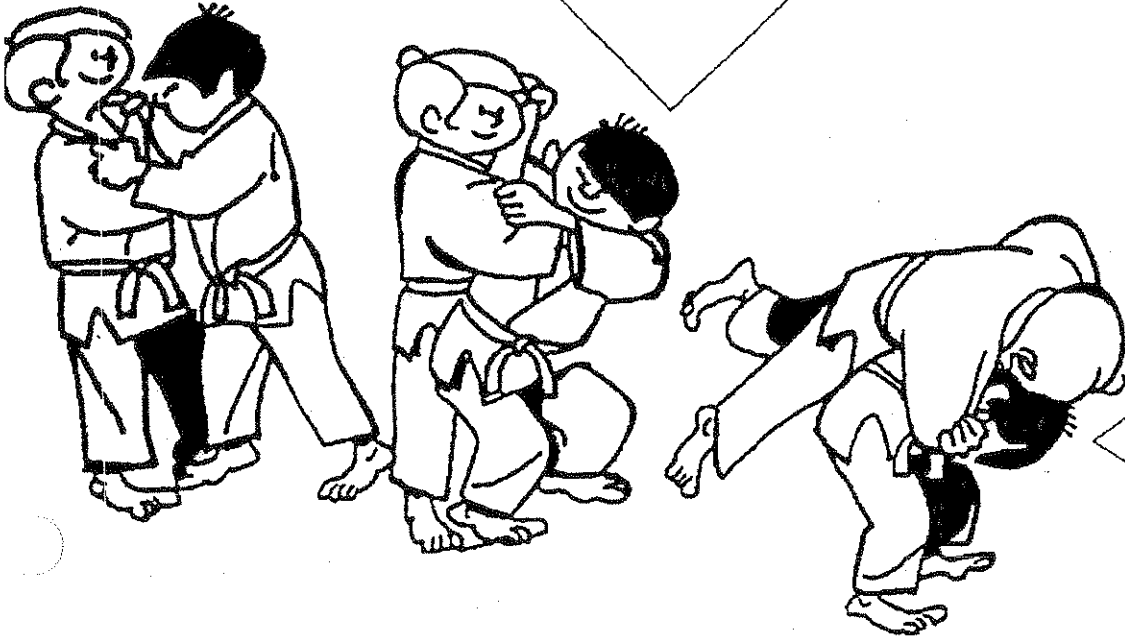
Similar to Tate Shiho except you hunch forward trapping his left arm with both your arms. Grip your collar with your right hand and his belt with your left. Hook your feet under his thighs.



TSURIKOMI GOSHI

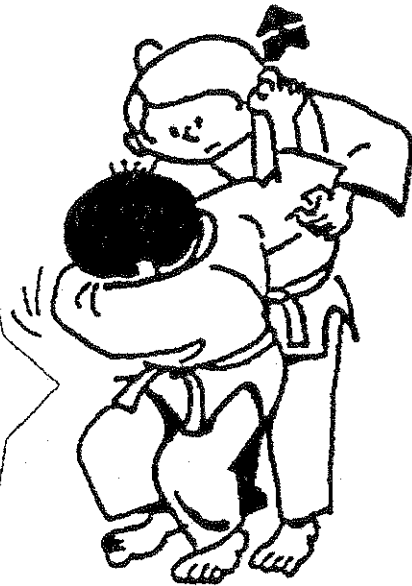
(lift-pull hip)

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.



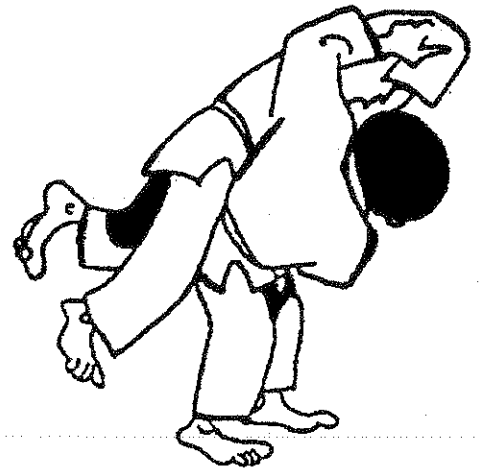
Make sure that my hips are place well below the uke's center of gravity, then pull uke over my hips.

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.



SODE TSURIKOMI GOSHI

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



KATA GATAME (Shoulder Hold)

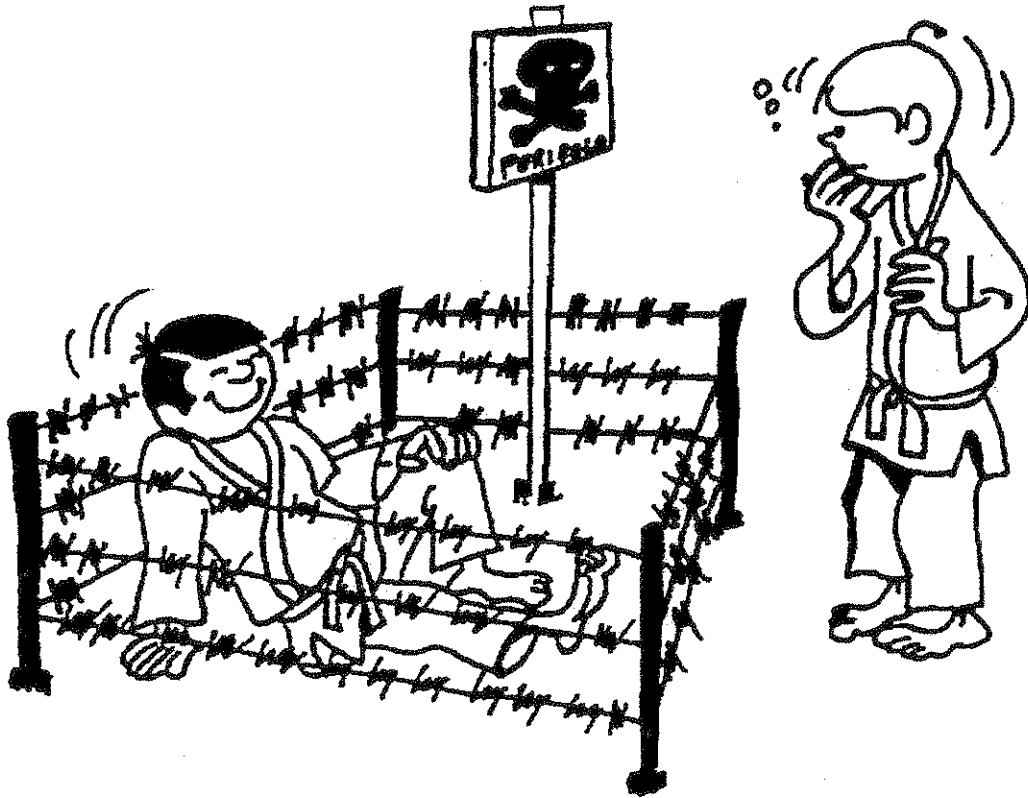


My right forearm, my right knee and my left foot form a triangle for perfect balance.

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.



The Entry



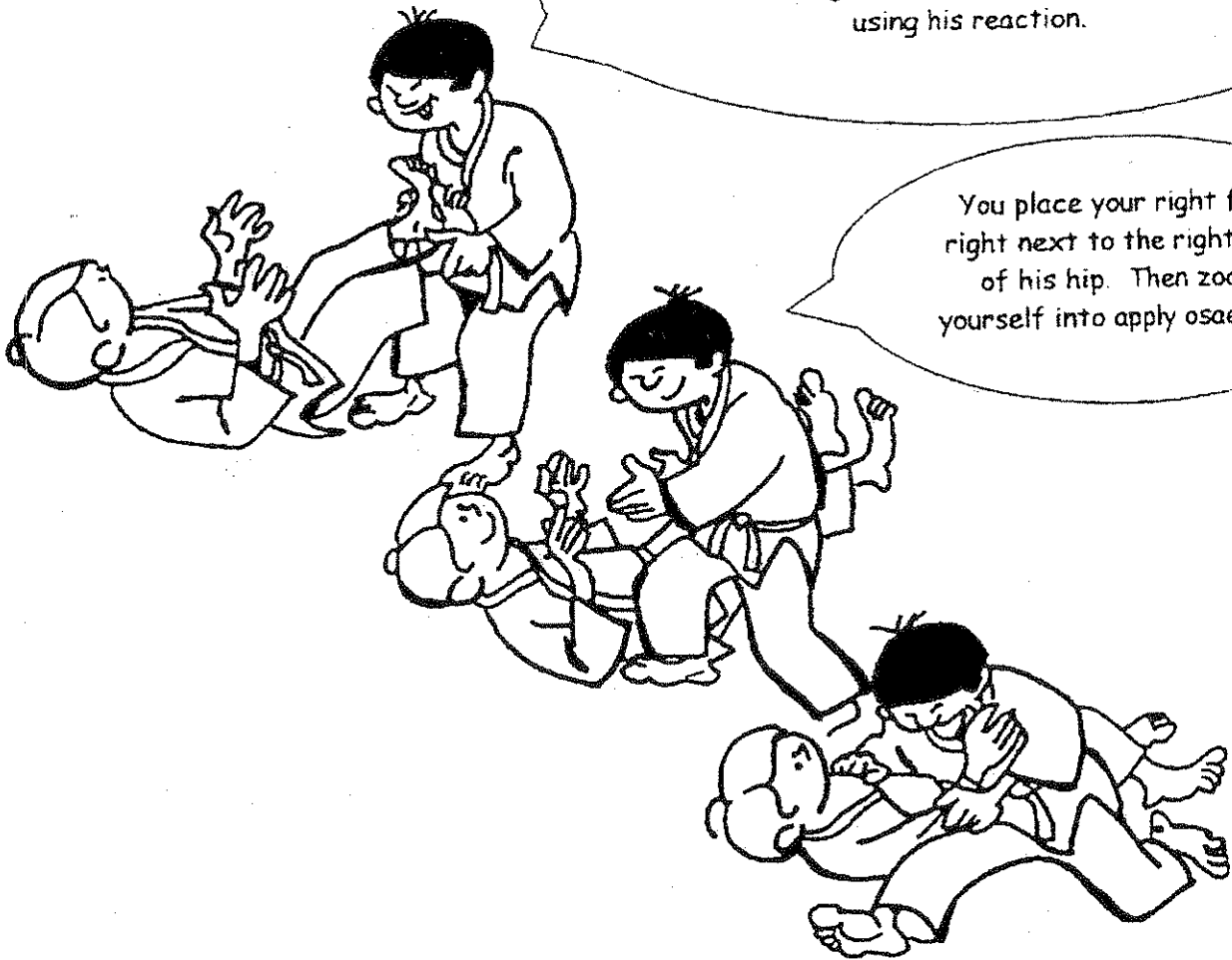
There are the techniques to penetrate against uke's defense. You will learn the basics of the entry from opponent's legs. These techniques will give you advantage.

ENTRY FROM UKE'S LEGS

No.1

Your opponent is on his back in front of you. You grab his ankles and you fake pushing them to right, then bring them to his left using his reaction.

You place your right foot right next to the right side of his hip. Then zoom yourself into apply osaekomi.

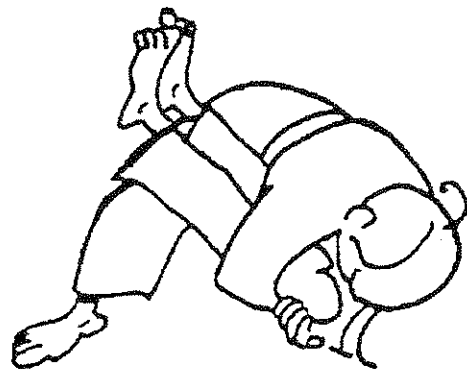
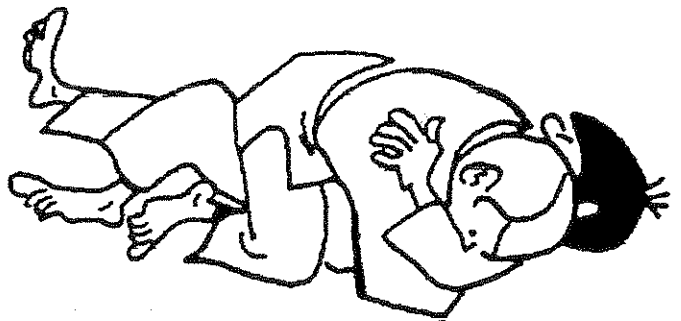
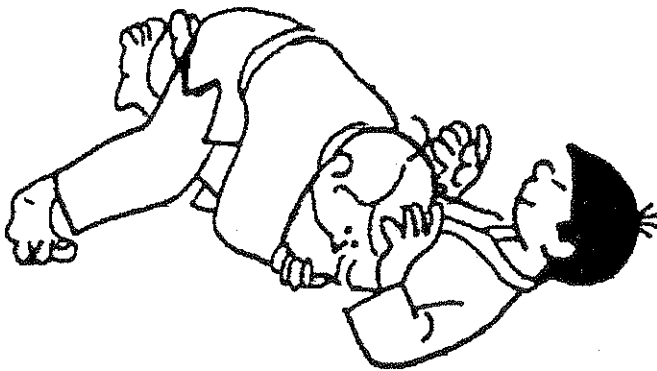


ENTRY FROM UKE'S LEGS

No.2



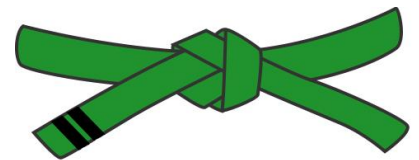
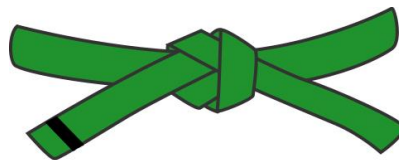
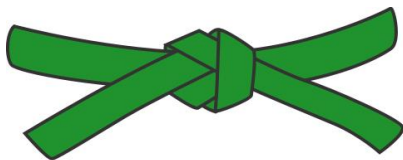
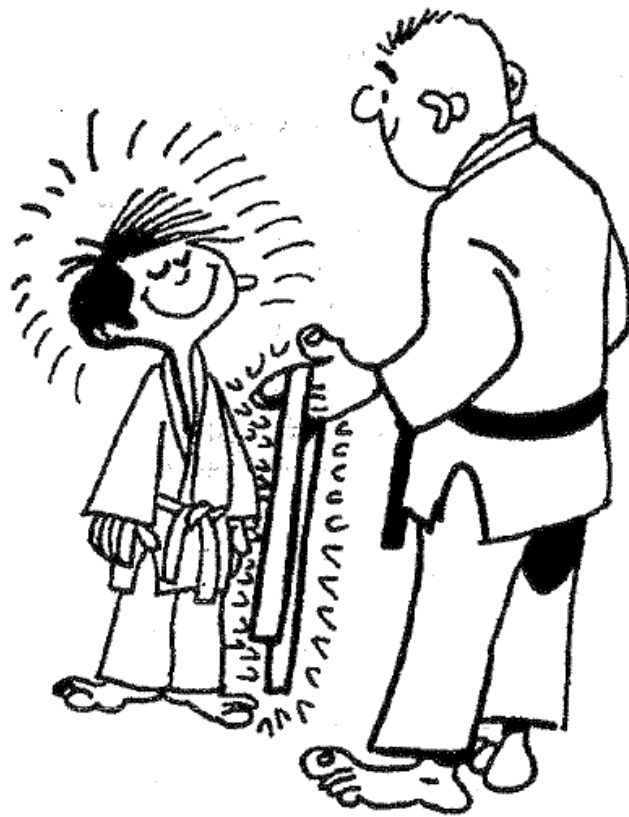
Take the feet of your opponent and Pull them towards you and hug his knees. Then crawl, as you would climb up a tree and hold him in the tate shiho gatame.



You can bring his legs to your side. In this case, you will enter in to the yoko shiho gatame.



JUNIOR PROMOTION GUIDE



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

JUNIOR JUDO RANK GUIDE – GREEN BELT

Rank 9 GREEN BELT (Entry– No Stripe)

Time-In-Grade Requirement – 24 classes as an orange belt with two stripes.

- _____ Repeat Rank 8 Test
- _____ Sweeping Hip (Harai-Goshi)
- _____ Sliding or Follow Foot Sweep (Okuri-Ashi-Harai)
- _____ Entry from Uke's Legs No. 3
- _____ Entry from Uke's Legs No. 4
- _____ Naked or Bare-Handed Choke (Hadaka-Jime)

Rank 10 GREEN BELT (One Stripe)

Time-In-Grade Requirement – 48 classes as a green belt.

- _____ Repeat Rank 9 Test
- _____ Inner Thigh (Uchi-Mata)
- _____ Major Outer Drop (O-Soto-Otoshi)
- _____ Entry from Uke's Legs No. 5
- _____ Sliding Collar Choke (Okuri-Eri-Jime)

Rank 11 GREEN BELT (Two Stripes)

Time-In-Grade Requirement – 48 classes as a green belt with one stripe.

- _____ Repeat Rank 10 Test
- _____ Spring Hip (Hane-Goshi)
- _____ Minor Outer Reap (Ko-Soto-Gari)
- _____ Turning Over Technique No. 1
- _____ Turning Over Technique No. 2
- _____ Two-Handed Choke (Morote-Jime)

HARAI GOSHI

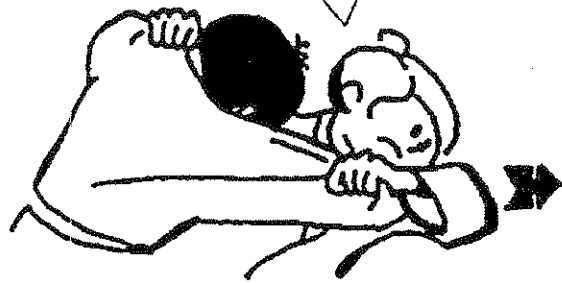
(sweeping hip throw)

As I step my right foot near the top of triangle, I make my uke off balance to his right front corner by pulling with my left arm and pulling-lifting (fishing) with my right arm.

Then I bring my left foot right behind my right foot and turn to my left to place my hips against uke's low abdomen. I sweep his right leg from his thigh to his ankle with my right leg.



The off balance is obtained by pulling with my left hand towards the direction of my shoulder.



Do not place my hips too deep against uke's front or bending my right leg when I sweep. I end up sweeping just the air.



OKURI ASHI HARAI

(Sliding or Follow Foot Sweep)

Uke steps to his left side. I follow him by stepping from my right to. As he moves his right foot to the left, pursue it with my left. Just as he is shifting his weight to his left foot and starts to move his right foot to the left, sweep it with the sole of your left foot in the direction it is moving. At the same time, lift up with my right hand and push down with my left. Uke's legs will fly out from under him.



Ouiouiouioui!!!



NO NO
OKURI ASHI
NOT OUCHI ASHI

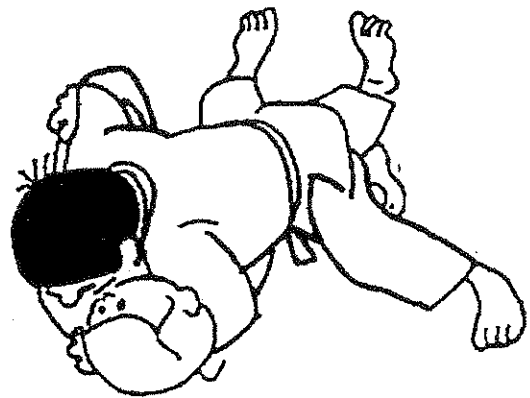
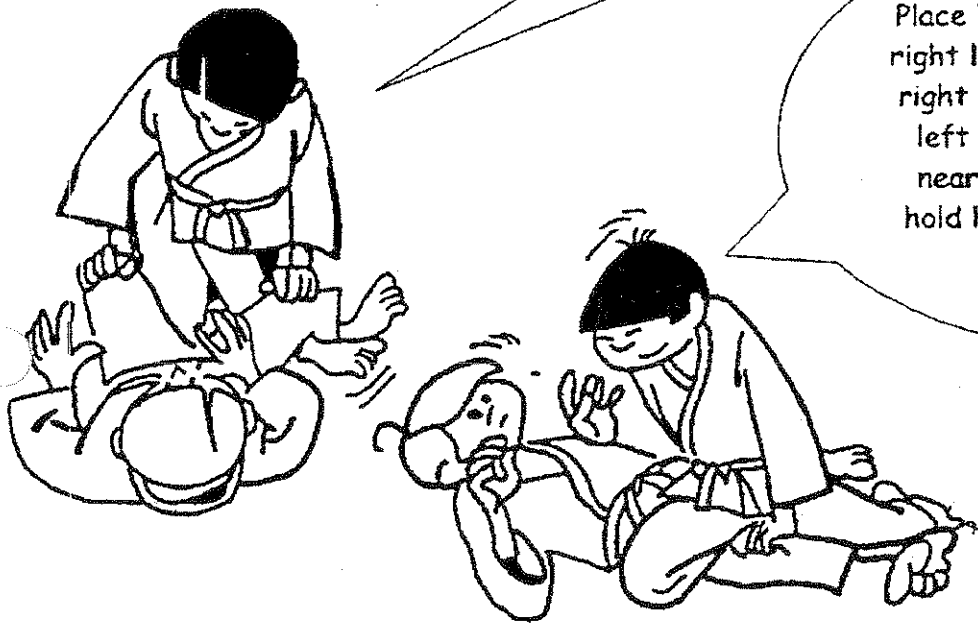
For the technique to work, you must stay loose and move smoothly. Put the sole of your foot as close as possible to his outer ankle and sweep just as he is shifting his weight to his left foot. Be sure to sweep with your whole leg. Not just your foot. Sweep in the direction his foot is traveling.

ENTRY FROM UKE'S LEGS

No.3

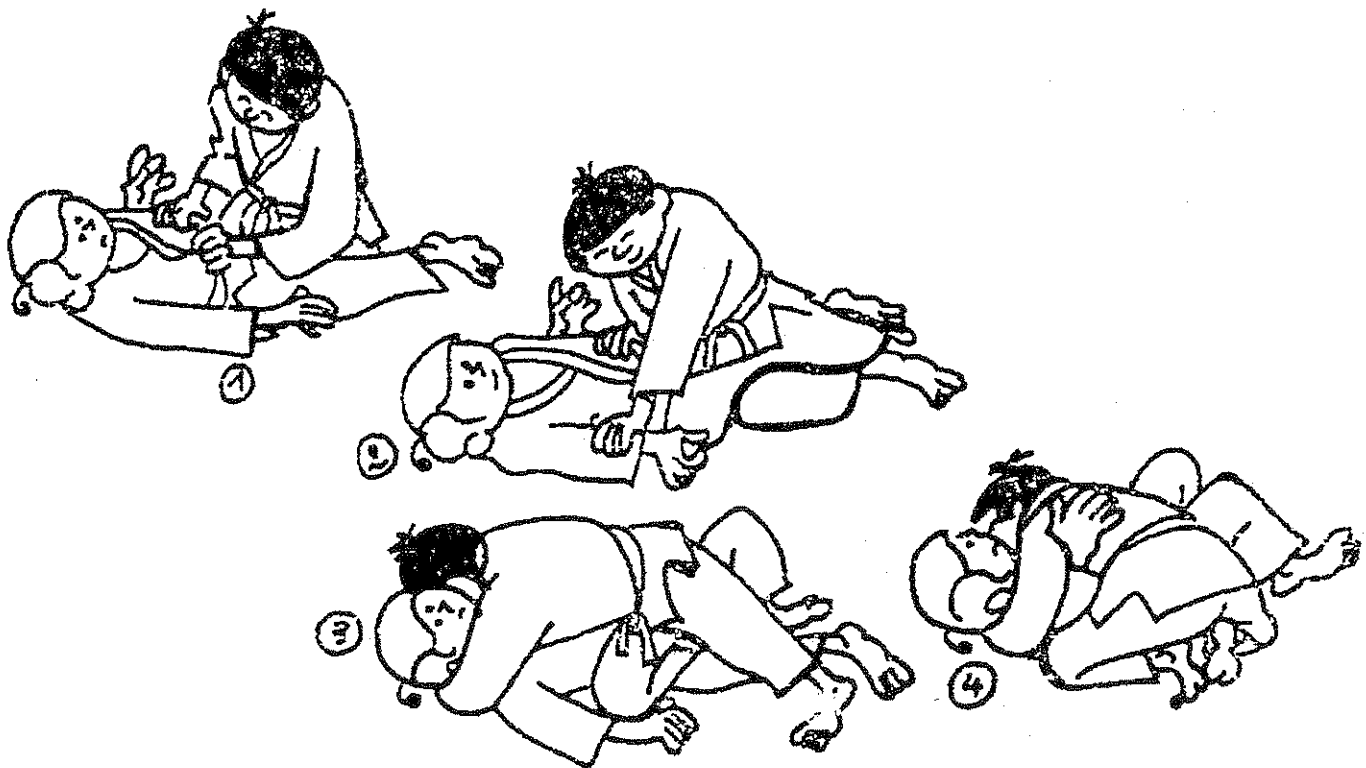
You are in front of uke who is on his back. Grab his pants at the knees. You make his leg straight by your right ko uchi gari.

Place his right leg under your right lower leg and block uke's right leg. Then advance your left leg and grab his collar near the left shoulder and hold him with the yoko shiho gatame.



ENTRY FROM UKE'S LEGS

No.4



1. Grab uke's belt and spread his legs with you elbows.
2. Grab his right arm sliding your right leg over his right leg for control.
3. Reach around his collar and move into Yoko Shiho Gatame.
4. Tighten the hold with your knees in his side.

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 or Bare Handed 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)

When uke gives up,
by tapping, stop
choking him.



I'm sorry
sensei!



UCHI MATA (inner thigh)

I step my right foot to the top of the triangle position at the same time I make my uke off balance to his right front corner with my hands and arms. I bring my left foot around behind me. At the same time, I bend my right knee then I sweep his left inner thigh with the back of my right thigh to throw uke.



Make sure to have good contact with chest before I start sweeping with your leg.



Leg Technique



Hip Technique

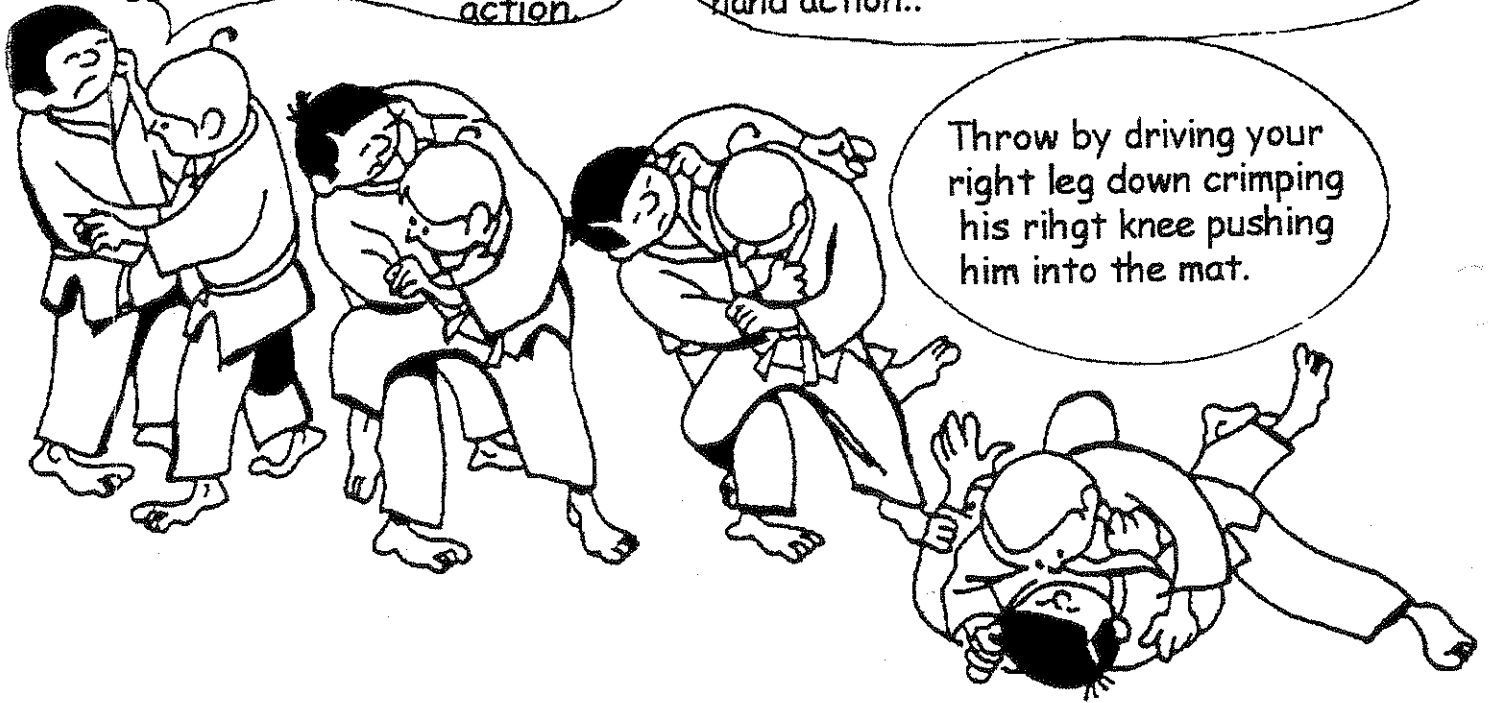
O SOTO OTOSHI

(MAJOR OUTER DROP)

Turn to uke's right driving him onto his right leg by pulling his right elbow in and pushing against left jaw in a wheel action.

Hook his right leg behind his knee with your right leg, at the same time driving hard with your left leg using a strong hand action..

Throw by driving your right leg down crimping his right knee pushing him into the mat.



ENTRY FROM UKE'S LEGS

No.5



Enter between uke's legs grasping his pants at the knees and spreading his legs. Control his right leg by sliding your right leg over his right leg.



Grasp his belt with your right hand and reach over his left shoulder with your left hand. Step around into Kuzure Kami Shiho Gatame.



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.



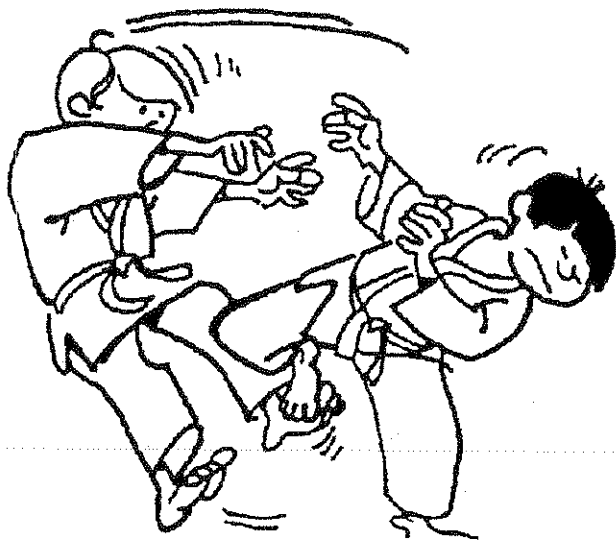
DEFFENSE AGAINST OKURI ERI JIME

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 creatd a space between his right arm and your chin, start to lift his right arm upward with your hands to escape.

HANE GOSHI

(spring hip)

Break uke's balance to his right front corner as I step my right foot to the top of triangle. I bring my left foot around behind me. At the same time, I bend my right knee and place the leg against the inside of uke's right leg. With my hands, pull him to me and load him onto my hip. Straighten my left leg and lift uke off the mat with the springing action of your right hip and leg. I twist to the left and pull out and down hard with both hands. My uke should turn over your right hip and land at your feet.



KUZUSHI
NOT PUSHEE

KOSOTO GARI

(Minor Outer Reap)

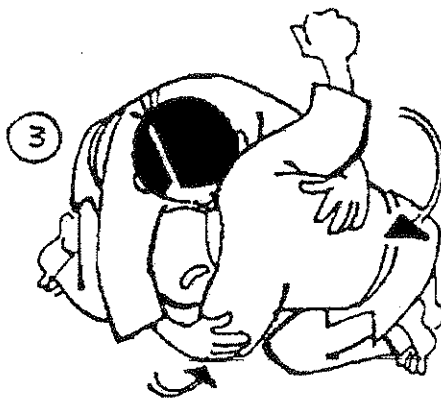
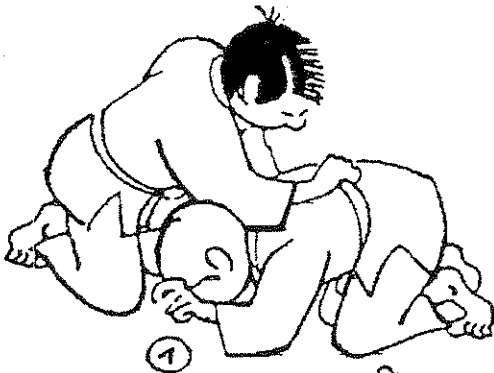
First break Uke's balance to his right back corner, then I reape his right foot from behind with my left foot and throw him backward. I need to place my right foot a right angle to uke's right foot. Ideally the sole of my left foot skims the mat as I reap and big toe is raised, but it is permissible to twist my foot and reap with the sole.



TURNING OVER TECHNIQUES

No.1

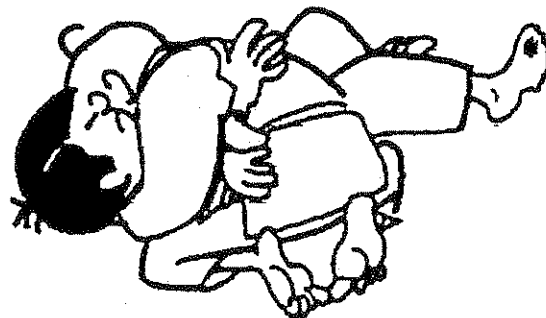
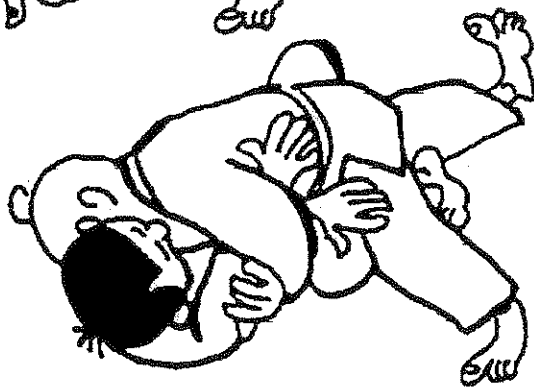
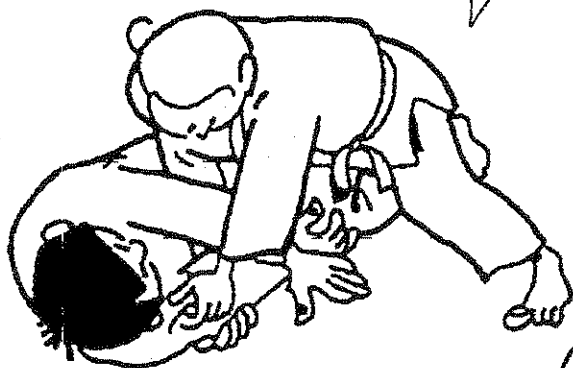
(1) Uke is in "all four position". Approach uke from his head. Grab uke's belt at the center of his back with your right hand. Then push uke downward with your right elbow to keep uke's head down. (2) Insert your left hand under uke's left arm and pass under his right armpit and scoop up uke's left arm. (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).



TURNING OVER TECHNIQUES

No.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.



MOROTE JIME

(Two Handed Choke)

Grab uke's lapel with the both hands and I go down like applying a tomoe nage. I start squeezing uke's neck with my hands.

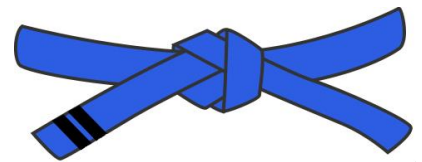
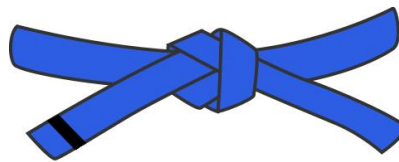
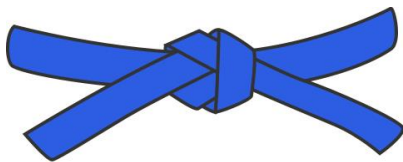
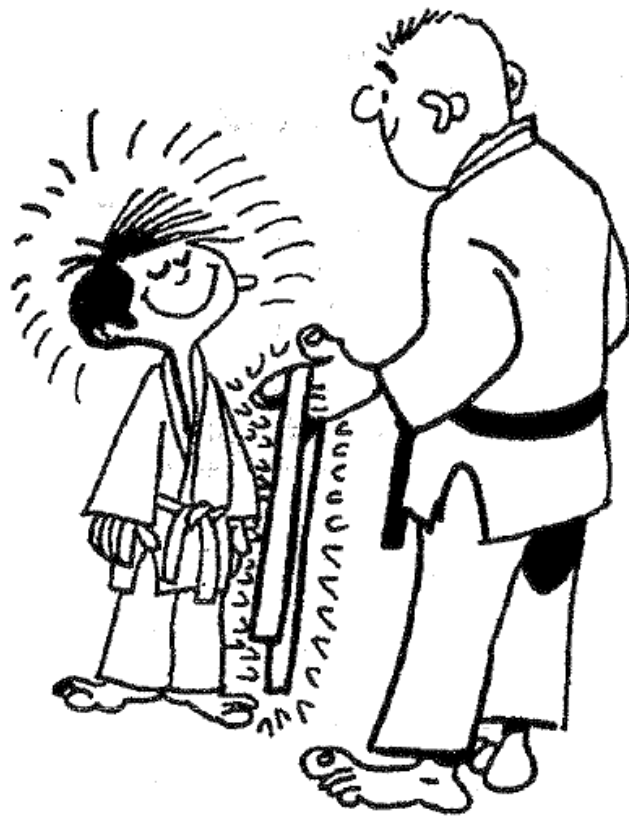


Must release your choke right away when your partner taps.





JUNIOR PROMOTION GUIDE



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

JUNIOR JUDO RANK GUIDE – BLUE BELT

Rank 12 BLUE BELT (Entry– No Stripe)

Time-In-Grade Requirement – 64 classes as a green belt with two stripes.

- _____ Repeat Rank 11 Test
- _____ Shoulder Wheel (Kata-Guruma)
- _____ Circular Throw (Tomoe-Nage)
- _____ Turning Over Technique No. 3
- _____ Turning Over Technique No. 3
- _____ Half Cross-Handed Choke (Kata-Juji-Jime)

Rank 13 BLUE BELT (One Stripe)

Time-In-Grade Requirement – 64 classes as a blue belt.

- _____ Repeat Rank 12 Test
- _____ Leg Wheel (Ashi-Guruma)
- _____ Large Wheel (O-Guruma)
- _____ Turning Over Technique No. 5
- _____ Turning Over Technique No. 6
- _____ Sleeve Wheel Choke (Sode-Guruma-Jime)

Rank 14 BLUE BELT (Two Stripes)

Time-In-Grade Requirement – 64 classes as a blue belt with one stripe.

- _____ Repeat Rank 13 Test
- _____ Back Hip Throw (Ushiro-Goshi)
- _____ Lift-Pull Foot Sweep (Harai-Tsurikomi-Ashi)
- _____ Attacking Uke From Bottom No. 1
- _____ Attacking Uke From Bottom No. 2
- _____ Straight Arm Lock (Ude-Gatame)

KATA GURUMA

(Shoulder Wheel)

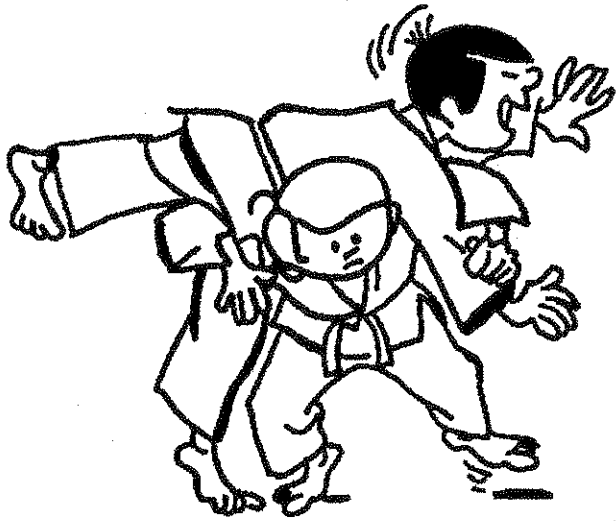
From the right natural posture, I move my left back and pull my uke forward with both hands. As he comes further forward with his right foot, change my left hand grip to his right middle inner sleeve and break his balance to his right front corner. Bend my knees and step in under him with the right foot. As I do so, put my right arm around his right thigh and load him onto my right shoulder. I pull my left hand down toward my chest and straighten up. As uke's weight is evenly distributed on my shoulder, I throw him down to my left front.



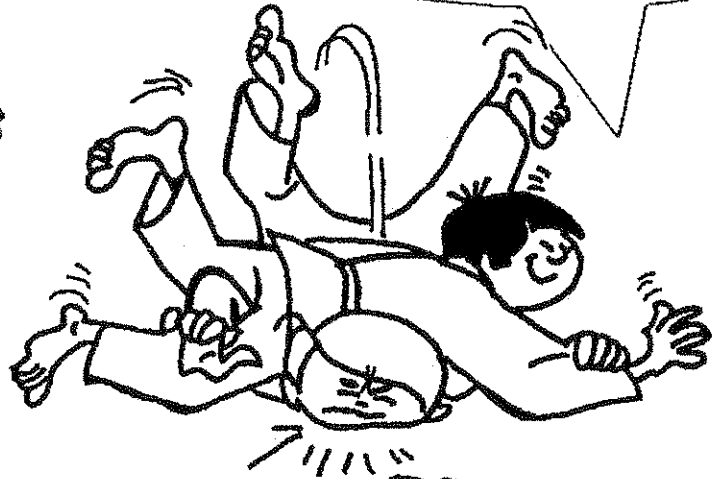
Position of my left hand grip.

Kata Guruma (Continued)

Do not bend your body forward, other wise

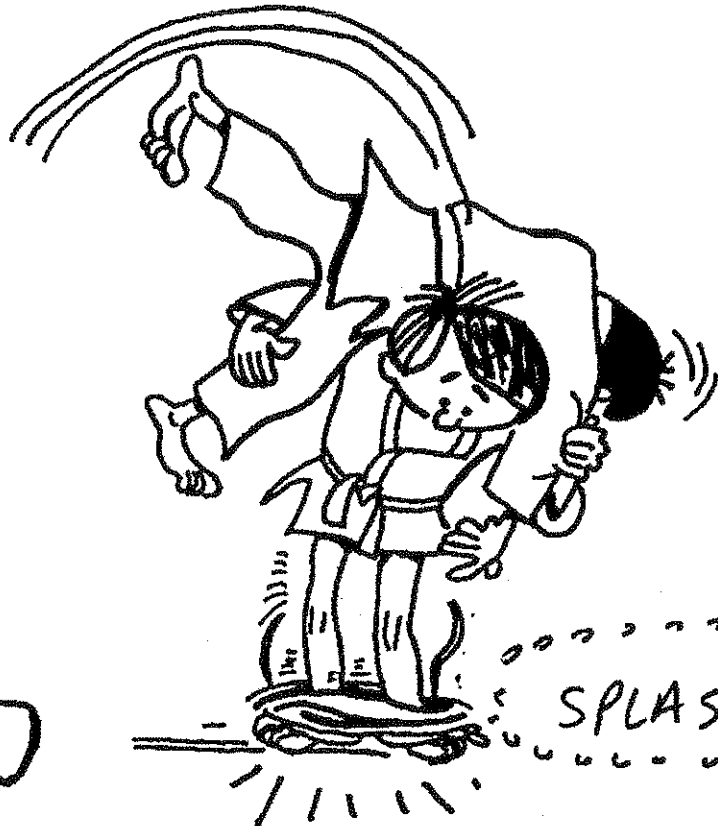


Instead of picking me up on your shoulder, I am landing top of you. How beautiful!!



BEHEMMMMM!!!

Ha! Ha! Ha! If he had read more carefully the lesson No.1, he would not find himself in this embarrassing situation!



SPLASH!



TOMOE NAGE

(Circular Throw)

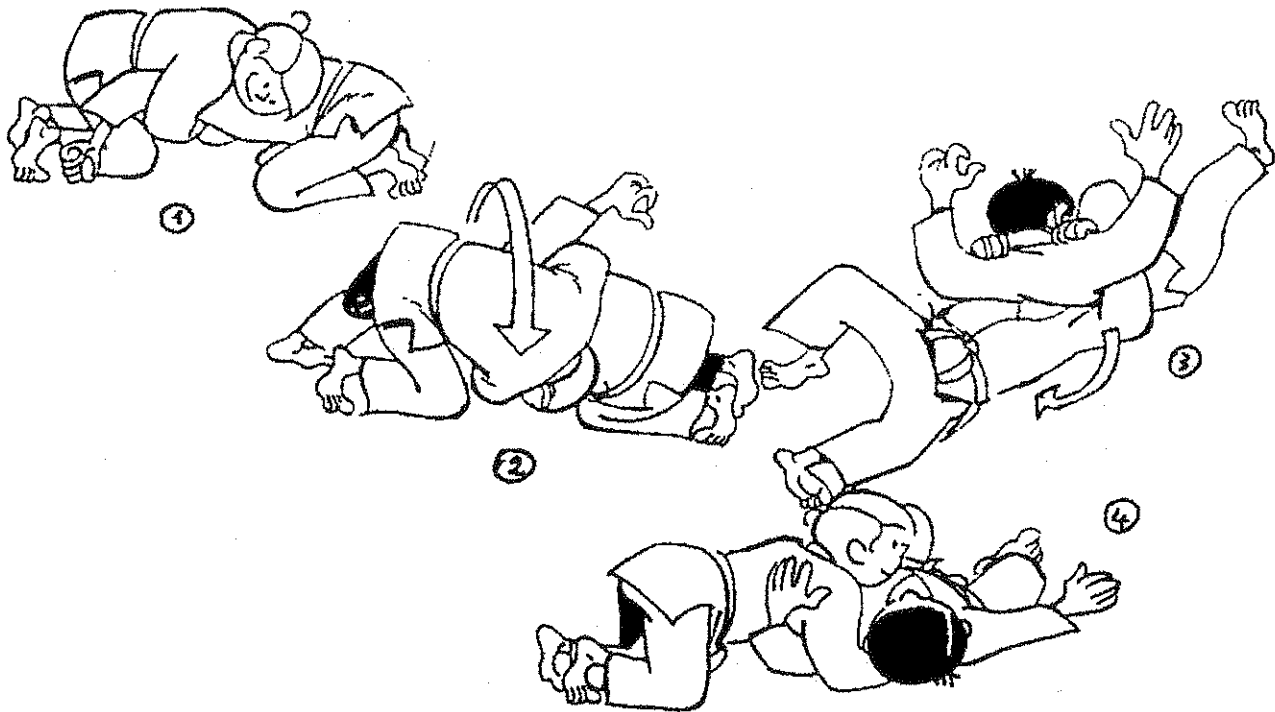
Step forward with your left foot and push uke hard directly backward. Uke pushes me back and comes forward with his right foot. I move my left hand to his right lapel. While pulling him onto his toes with both hands, slip my left foot in between his legs, bend my left knee and sit back, placing my hips as close to my left heel as possible. At the same time, bend my right knee and lightly put the sole of my right foot on his lower abdomen. Push his body up by straitening my right leg, and pull with both hands to throw him.



TURNING OVER TECHNIQUES

No.3

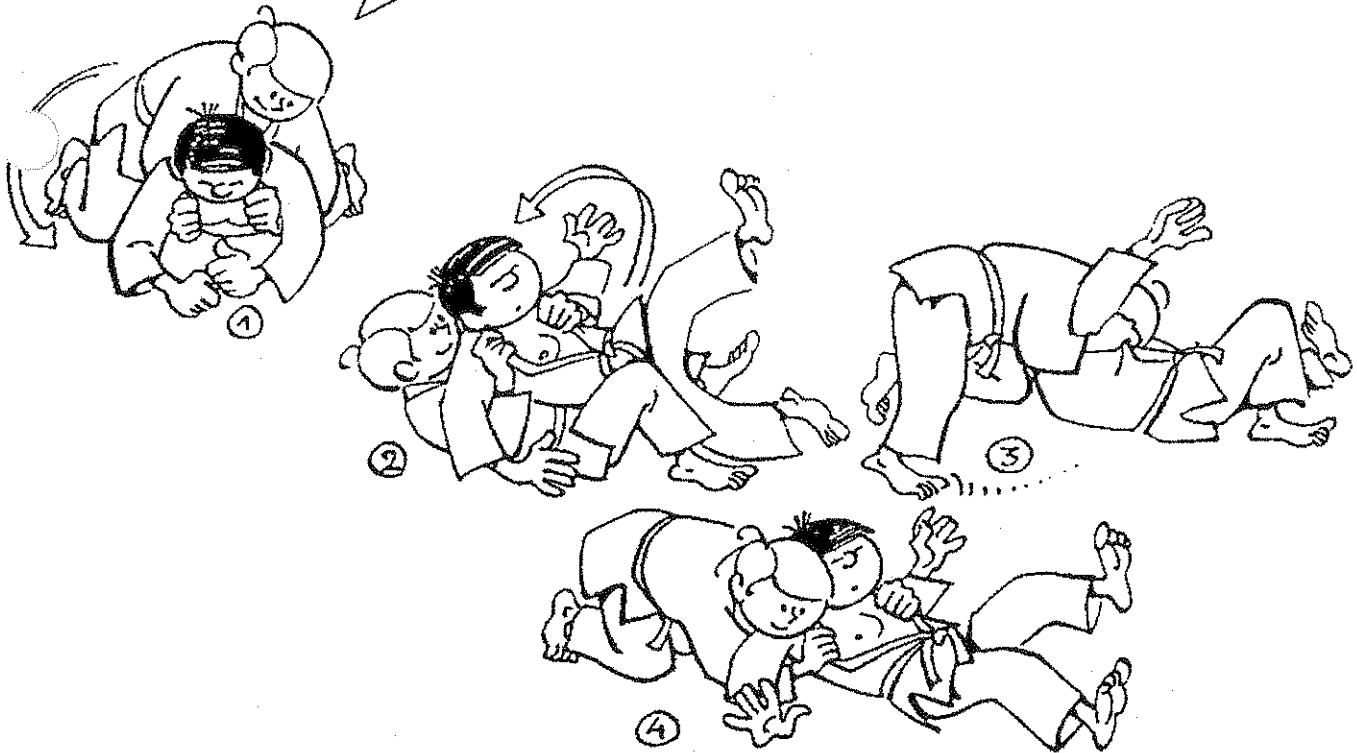
Uke is in an "all four position". Approach uke from the head. Insert your arms under uke's armpits and grab the both of uke's collars. Pull uke's left arm toward you (1). Roll your body to your right side by bringing your head under the uke's body. Continue roll while pulling uke's lapel with your left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



TURNING OVER TECHNIQUES

No.4

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).



KATA JUJI JIME

(Half Cross-Handed Choke)

It is done by method of grabbing collar with the hand crossed like this, my left palm up and my right palm facing downward.

Once I stride uke, grab his right collar with my right hand and pull it up. Then I slide my left hand inside of uke's right collar and grab it. the thumb side of my wrist is contacting uke's neck.

I grab his left collar with my right hand, thumb inside of his collar. I cover his body with mine at the same time start choking with my left hand while pulling and pushing with my right hand around his larynx area.



DEFENCE AGAINST KATA JUJI JIME

Place your hands on tori's elbows and push them upward and toward each others.

Note:
Nami Juji- both palms down.
Gyaku Juji- both palms up.

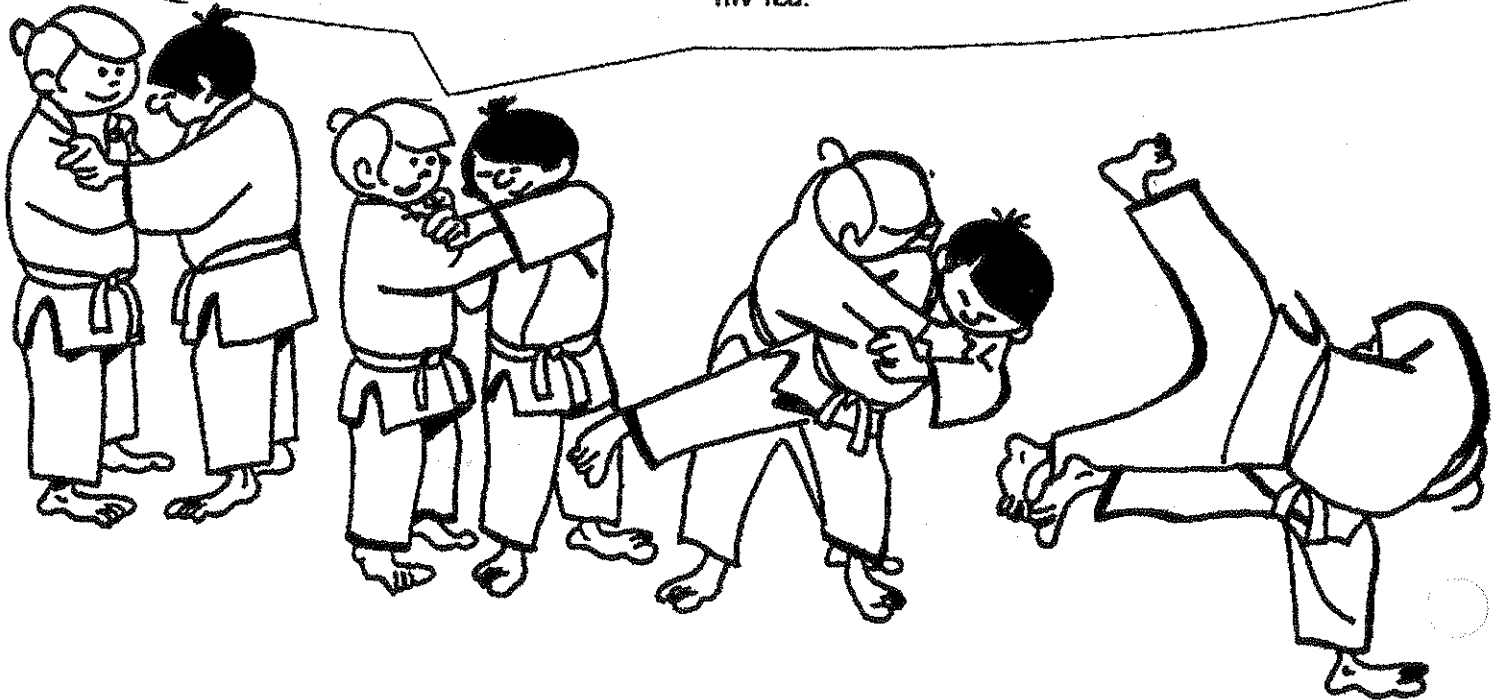
ASHI GURUMA (Leg Wheel)

Step back with my right foot and when my opponent comes forward with his left, break his balance to his left front corner with my hands (left hand pull toward his right front corner and push him to his left with my right). Bring my left foot around behind me and pivot to the left. Stick my right leg across uke's legs and press against his right knee cap, my ankle extending slightly past it. Draw him close to me with left hand and maintain pushing uke to his left and twist to the left. Uke will rotate over my leg.

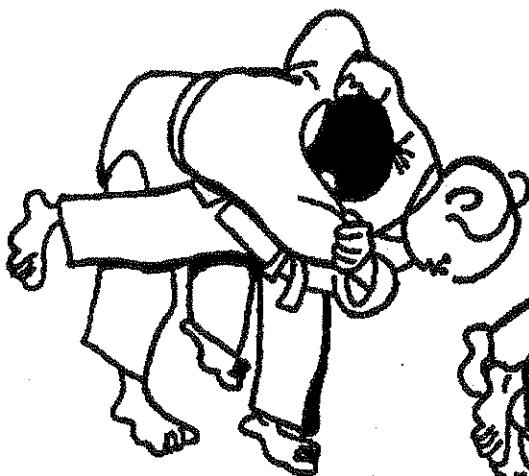


O GURUMA (Large Wheel)

I break uke's balance to his right front corner, place my right leg across his upper legs to lower abdomen area, and lift him by swinging my right leg up and back. At the same time, pull down with both hand. Uke should turn over my leg.



YOU MUST NOTICE THE RESEMBLANCE BETWEEN: O Guruma - Harai Goshi - Ashi Guruma. YOU MUST PAY ATTENTION AND NOT CONFUSE THEM.



O-GURUMA

My leg is in contact with the front of his upper leg and sweep up.



HARAI-GOSHI

My leg contacts uke's lower leg and sweep up.

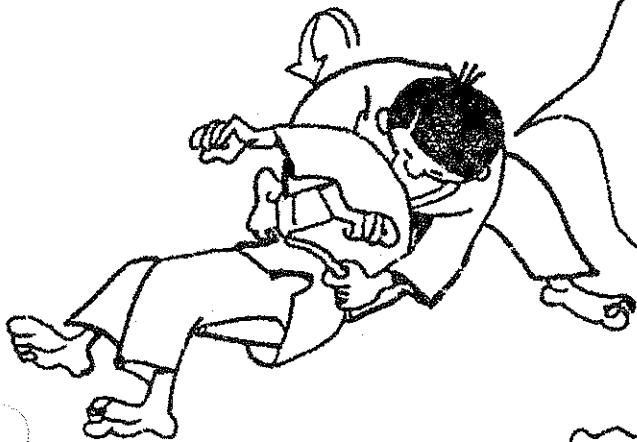


ASHI-GURUMA

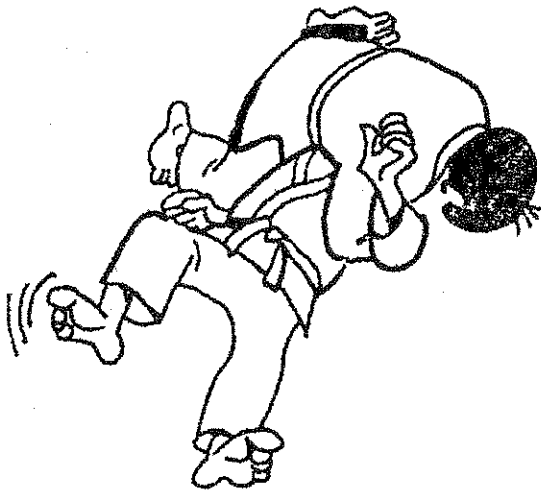
My leg blocks uke's right knee cap and use my hand and arms to throw him forward.

TURNING OVER TECHNIQUES

No.5



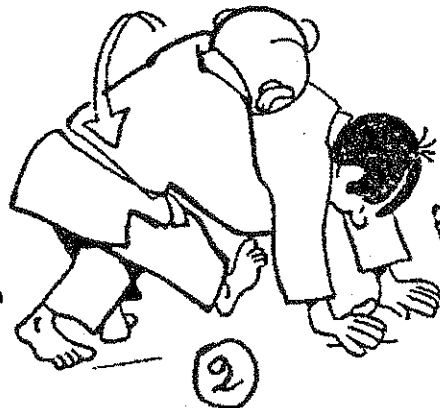
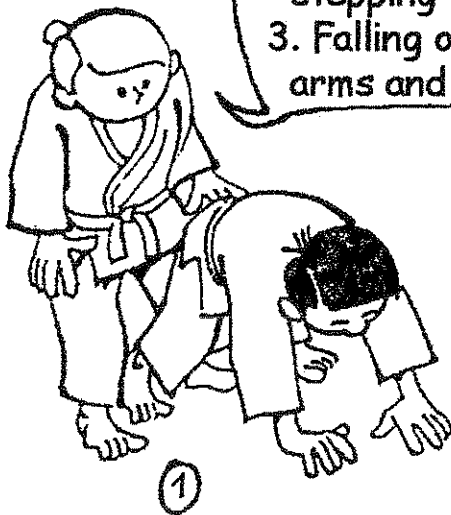
1. As uke turns to his right, hook his left arm with your right arm gripping his belt with your left hand.
2. As you turn him over drop to his right side and control him with Kuzure Kesa Gatame.



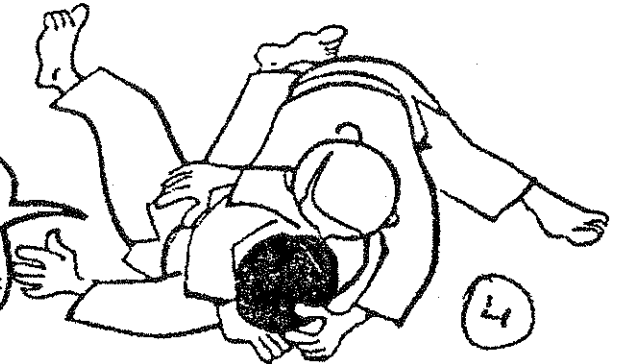
TURNING OVER TECHNIQUES

No.6

1. With uke on all fours approach from his rear.
2. Reach around his waist tightly and turn him over by stepping through with your right leg.
3. Falling on your right side turn him over with your arms and body.



4. Pin uke with Kata Gatame.

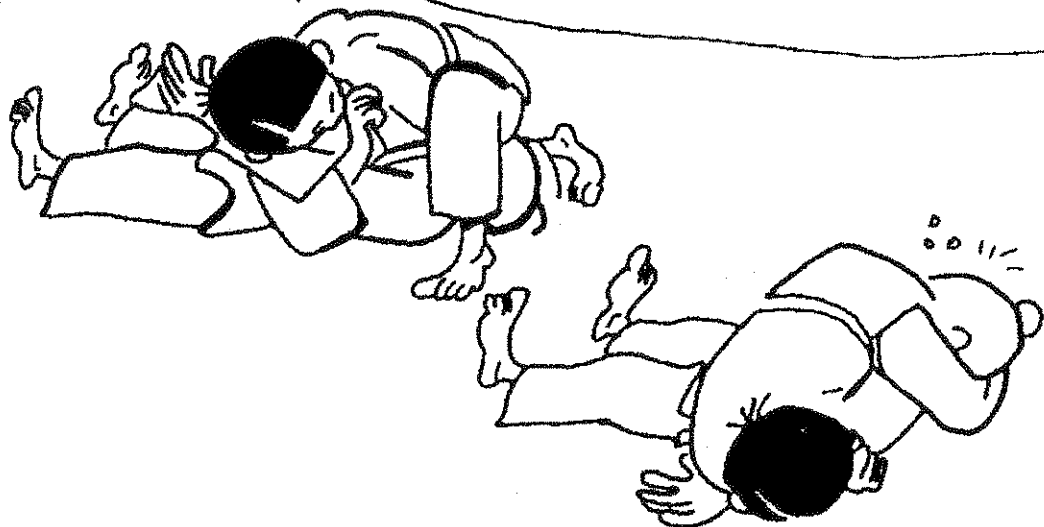


ASHI GATAME JIME

(Leg Lock Choke)

From Yoko Shiho Gatame reach across uke trapping his left arm with your right arm grabbing your left lapel. Your right hand grabs the back of his collar deeply.

Start the choke by stepping over his head with your left leg. Tighten the choke by sliding your head forward into the mat.



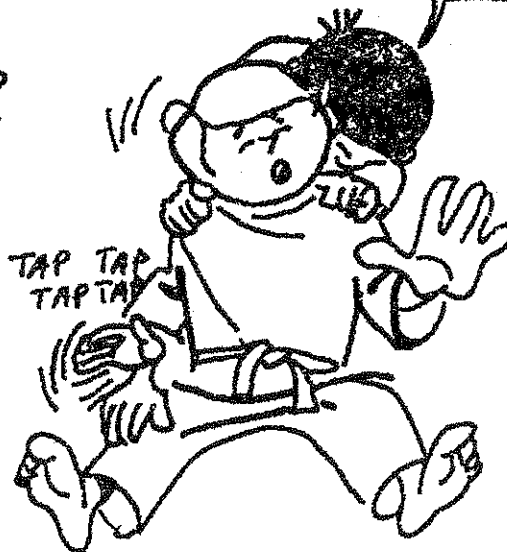
SODE GURUMA JIME

(Sleeve-Wheel Choke)

Fool uke by pulling his lapel across his chest softly.

Quickly pull his lapel up across his neck with your left hand + start the choke.

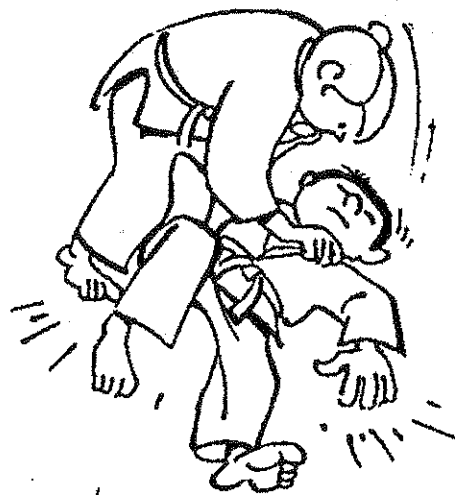
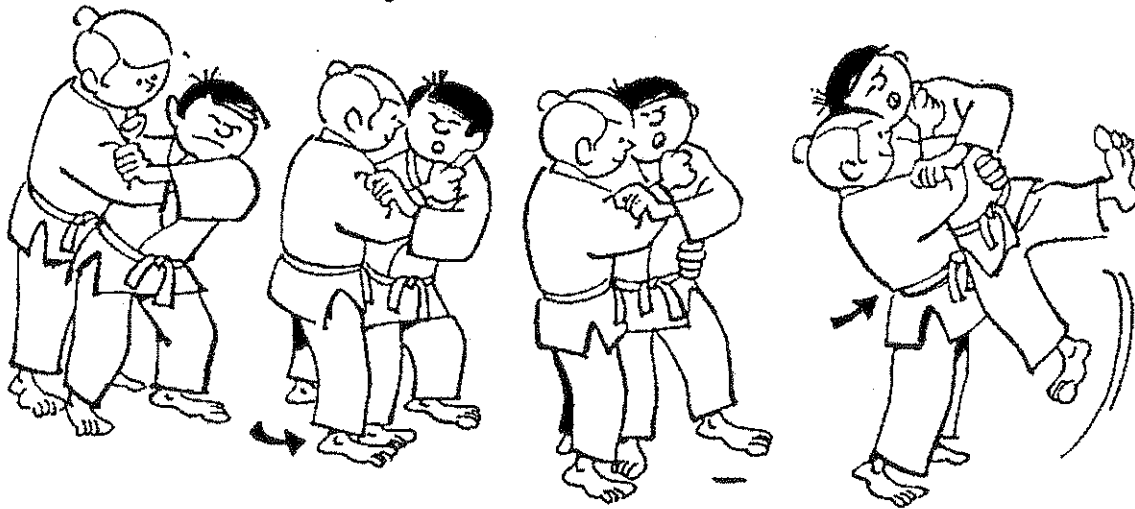
Choke by crossing your right hand behind his head grabbing the left side of his jacket. Lean forward squeezing your arms tightly.



USHIRO GOSHI

(Back Hip Throw)

Ushiro goshi is used to counter a hip throw. I lower my hips and put both arms around his waist. While holding him close to me, straighten my legs and bend my body backward. Swing him up off the mat. As he begins to come down, move your legs back. Bend forward and pull him down to the mat so that he cannot land on his feet.

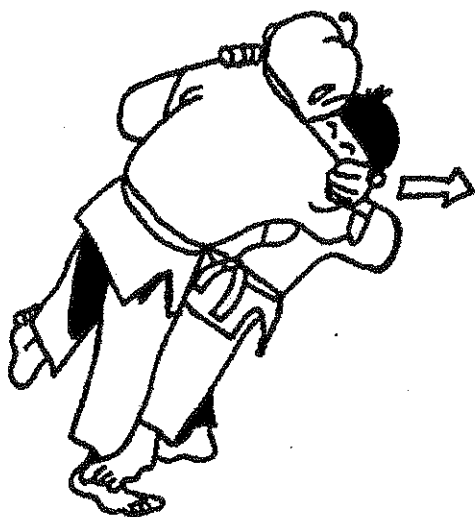


DON'T
FORGET
TO SLAP

SPLASH

HARAI TSURIKOMI ASHI (lift-pull foot sweep)

I step forward with my left foot and with his make my Uke step back right foot. I must place my right foot close to his left foot, my toes pointing inward. As uke steps his right foot back again, I break his balance to his right front corner by lifting and pulling (tsurikomi). I stretch my left leg out, and with the sole of my foot sweep his right outer ankle or shin away from you. Simultaneously twist my upper body to my left and pull hard toward my left armpit with my left hand and push upward and toward my left with my right hand to throw him.



Block - Sasae

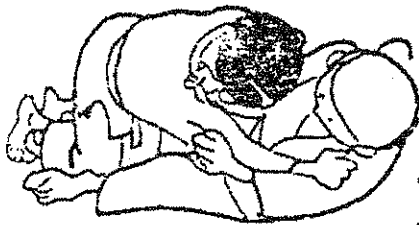


Sweep - Harai

ATTACKING UKE FROM BOTTOM

No.1

As uke enters between your legs sit up and cross grip his right lapel and sleeve. Pull him into your body.



Turn him over by blocking his right knee and kick his right leg up while turning him with your arms.

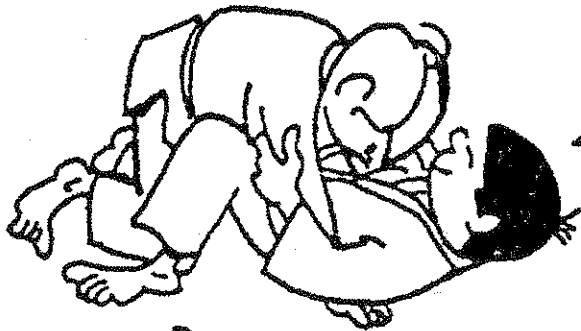


Pin him with Kuzure Kesa Gatame as you complete the turn.

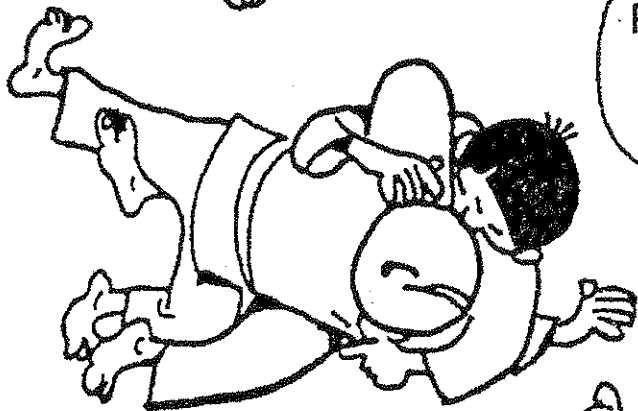


ATTACKING UKE FROM BOTTOM

No.2



As uke drives deeplt between your legs, pull his right arm down and hook your right arm under his left arm. Turn him over using tour legs as in technique No.1.



Pin him with Kuzure Kesa Gatame.



Kansetsu Waza (joint locks)

Now you will learn the joint locks techniques (kansetsu waza). Kansetsu waza are directed against the opponent's joints, which are twisted, stretched or bent with hands, arms or legs.

Only permitted to apply against the elbow joint.

This character has a most flexible arm and he is hard one to apply arm locks.



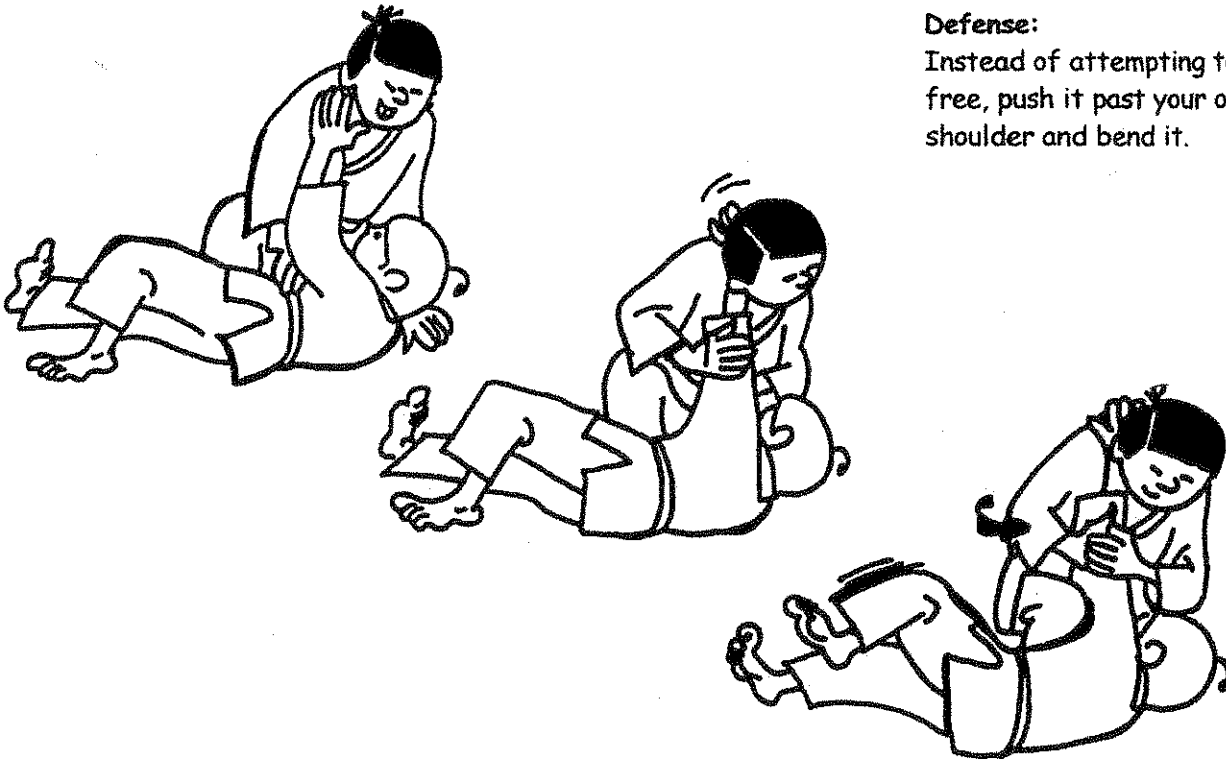
UDE GATAME

(Straight Arm Lock)

First Method: As I approach uke from his right side, uke reaches for you with his left arm. Quickly place the palm of my closed right hand or my forearm on or slightly above the back of his left elbow and press it down until his left wrist meets my right shoulder and his arm is straight. Clasp my left hand over my right, and while controlling his body with my legs and twisting to my right, press down on his elbow with both hands.

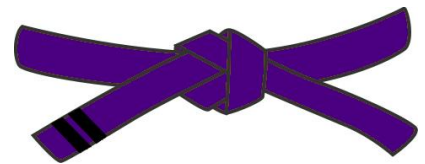
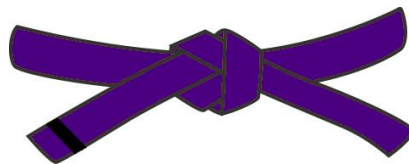
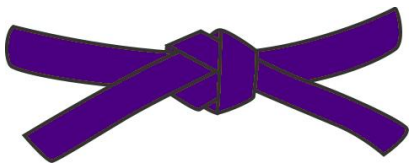
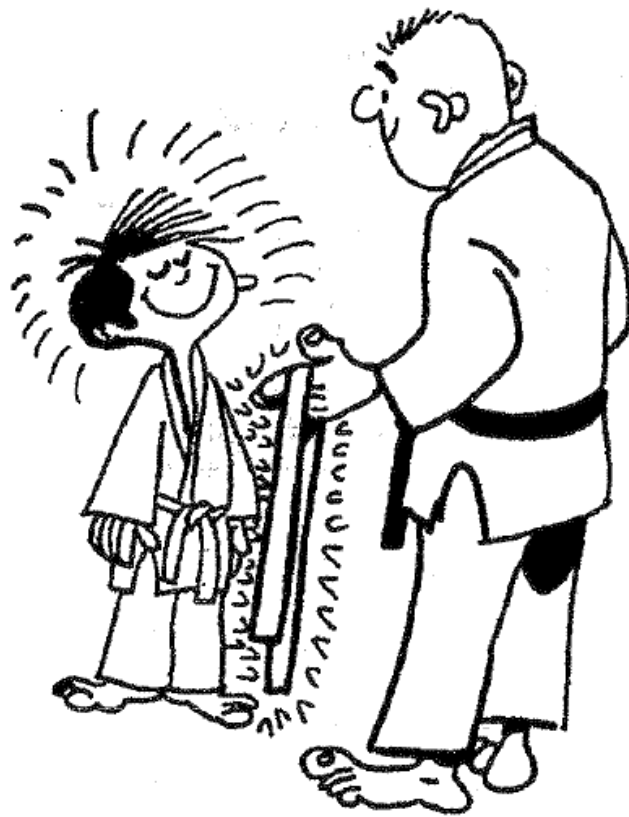
Defense:

Instead of attempting to pull your arm free, push it past your opponent's shoulder and bend it.





JUNIOR PROMOTION GUIDE



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

JUNIOR JUDO RANK GUIDE – PURPLE BELT

Rank 15 PURPLE BELT (Entry– No Stripe)

Time-In-Grade Requirement – 64 classes as a blue belt with two stripes.

- _____ Repeat Rank 14 Test
- _____ Transfer/Changing Hip (Utsuri-Goshi)
- _____ Scooping Throw (Sukui-Nage)
- _____ Attack Uke From Bottom No. 3
- _____ Attach Uke From Bottom No. 4
- _____ Cross Arm Lock (Juji-Gatame)
- _____ Entangled Arm Lock (Ude-Garami)

Rank 16 PURPLE BELT (One Stripe)

Time-In-Grade Requirement – 64 classes as a purple belt.

- _____ Repeat Rank 15 Test
- _____ Outer Wrap-Around Throw (Soto-Makikomi)
- _____ Side Drop (Yoko-Otoshi)
- _____ Freeing a Trapped Leg No. 1
- _____ Freeing a Trapped Leg No. 2
- _____ Freeing a Trapped Leg No. 3
- _____ Knee Arm Lock (Hiza-Gatame)

Rank 17 PURPLE BELT (Two Stripes)

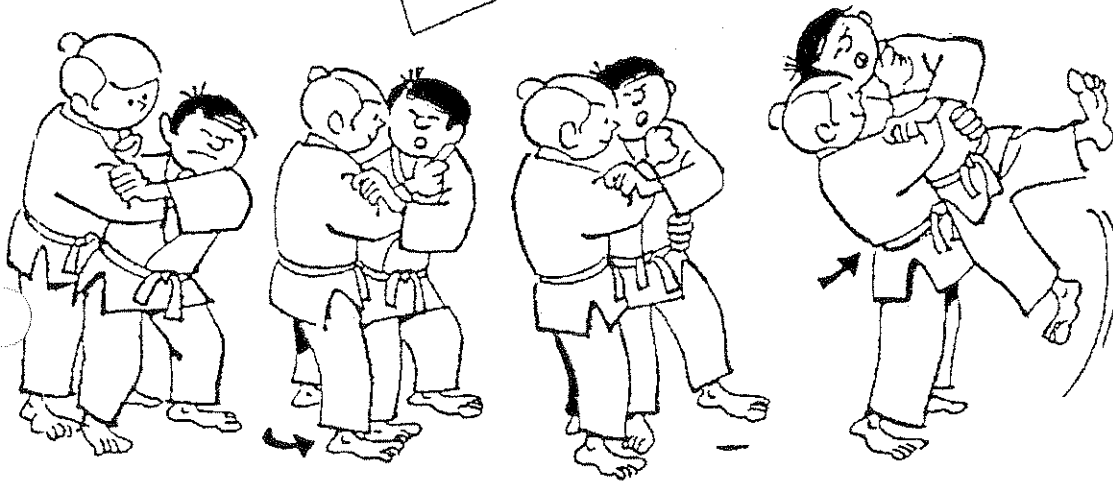
Time-In-Grade Requirement – 64 classes as a purple belt with one stripe.

- _____ Repeat Rank 16 Test
- _____ Side Wheel (Yoko-Guruma)
- _____ First Set of Three Throws (Nage-No-Kata)
- _____ Armpit Arm Lock (Waki-Gatame)
- _____ Stomach Arm Lock (Hara-Gatame)

UTSURI GOSHI

(Transfer Hip or Changing Hip)

Utsuri goshi is a counter throw. Uke tries a right hane goshi. As he moves in, I lower my hips, grab his rear belt with my left hand and lift him with my arms and waist. Swing him to my left and twist my hips to the right. Continue swinging him up to your left and put my left hip under him, letting my left foot come slightly forward. Shift your right-hand grip to his left sleeve and pull down hard with your right hand as you continue twisting your hips to the right.

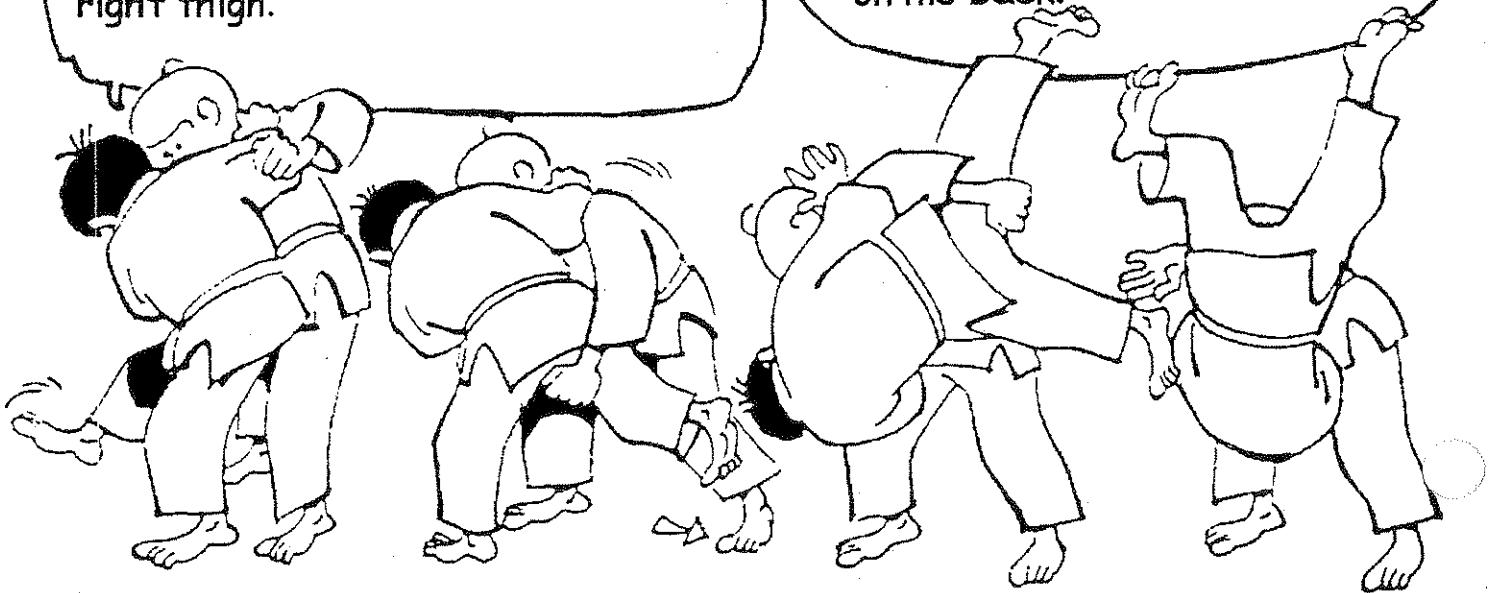


SUKUI NAGE (SCOOPING THROW)

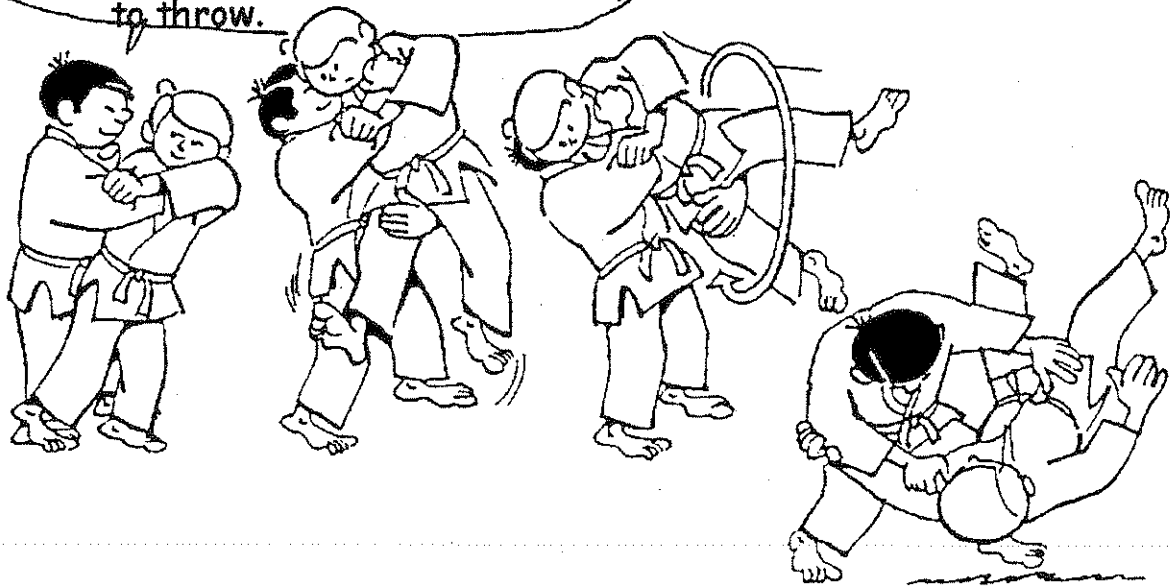
COMMONLY CALLED
TE-GURUMA (HAND WHEEL)

As uke attempts Uchi Mata pull him in tightly with your right hand to kill his action. Step back with your left leg to avoid his right leg and catch his right thigh.

Throw by pulling in on his left shoulder tightly while lifting his right leg. Turn him over on his back.



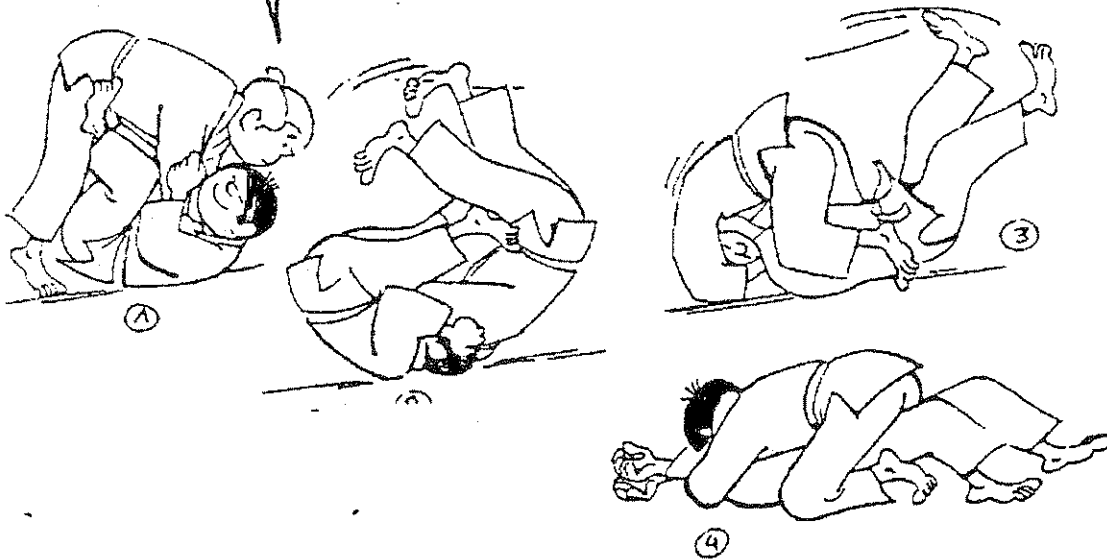
This shows pulling his right shoulder and hooking the thigh deep and lifting to throw.



ATTACKING UKE FROM BOTTOM

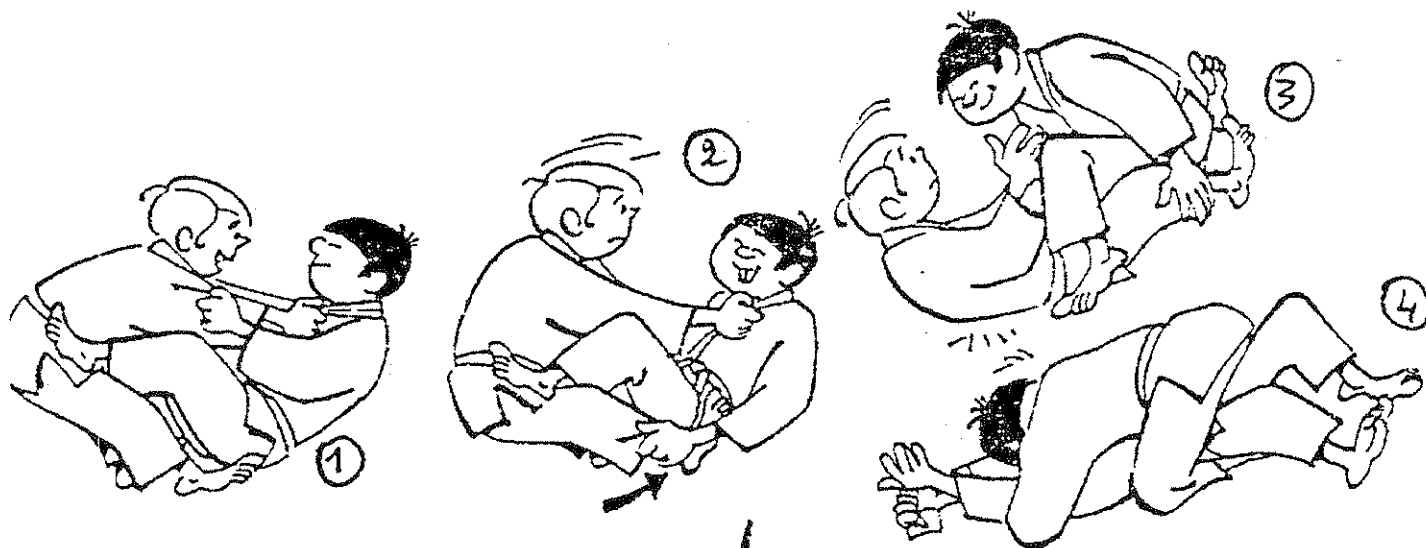
No.3

When uke enters between your legs, sit up pulling him in by his elbows and lifting him up and over like Tomoe nage. Roll up and over into Tate Shiho Gatame.



ATTACKING UKE FROM BOTTOM

No.4



Like Technique No.3, except uke pulls you forward as you grab him, then you sit up and pin him with Tate Shiho Gatame.

JUJI GATAME

(Cross Arm Lock)

I am kneeling on my left knee to the right of uke. Uke reaches for my lapel with his right arm. Take it in my hands, placing both my palms on inner side, my thumbs on the outside. Pull with both hands and place the front of my right shin up against his right side, then roll backward, dropping my hips as close to his shoulder as possible, and place my left leg over his throat and chest so that he can't sit up. While holding the arm inner side up, lift my hips and pull down on the wrist with both hands.



Defense:

- 1 With your left hand, grab your right wrist or lower right sleeve before attacker can take hold of it, and twist and bend to your right.
2. If caught in this lock, turn and bend your right arm until your elbow points to the side, push your attacker's left leg away with your left hand, and roll your body to the left until it is parallel with your attacker's, then pull your arm free.

UDE GARAMI (Entangled Arm Lock)

First Method: As I approach uke from his right side, he raises his left hand and attempts to grab my lapel. I grab the inner side of his left wrist with my left hand, the back of my hand up, lean over him, and press his arm down outside his left shoulder. The elbow should be bent. Slip my right hand under his left upper arm and clasp my left wrist. While holding his wrist, apply pressure on his elbow by using my right forearm as a lever against the back of his left upper arm.



Defense:

To defend against the first method, grab your own left wrist with your right hand, turn your body to the left and stand up.

Against the second method, raise your upper body, grab your own belt or jacket with your left hand, and over to your left. If attacker then tries to apply the technique from behind, stand before he can get his hands in place.

Second Method: Lean over uke from his right side, take his left wrist in your right hand, and bend his arm until it forms a right angle. Reach under his upper arm with your left hand and grab my right wrist. While raising my shoulders, press his wrist down with your right hand and force his left elbow up with your left forearm.



SOTO MAKIKOMI

(Outer Wrap-Around Throw)

From the right natural posture, I break uke's balance to his right front corner. Uke try to keep his balance, he steps forward with his right foot, then his left. When he is about to shift his weight to his right foot, turn to your left and bring my left foot back around me. Put my right foot to outside of his right foot and let go my right grip. Pull him to my right side with my left hand. I continue twisting to the left, wrapping his body around, and throw myself forward and downward.



YOKO-OTOSHI (SIDE DROP)

As uke steps sideways you drop down sliding your left leg across his right leg blocking it.

As you drop down throw uke sideways with a strong circular hand action while bridging with your legs.



FREEING A TRAPPED LEG

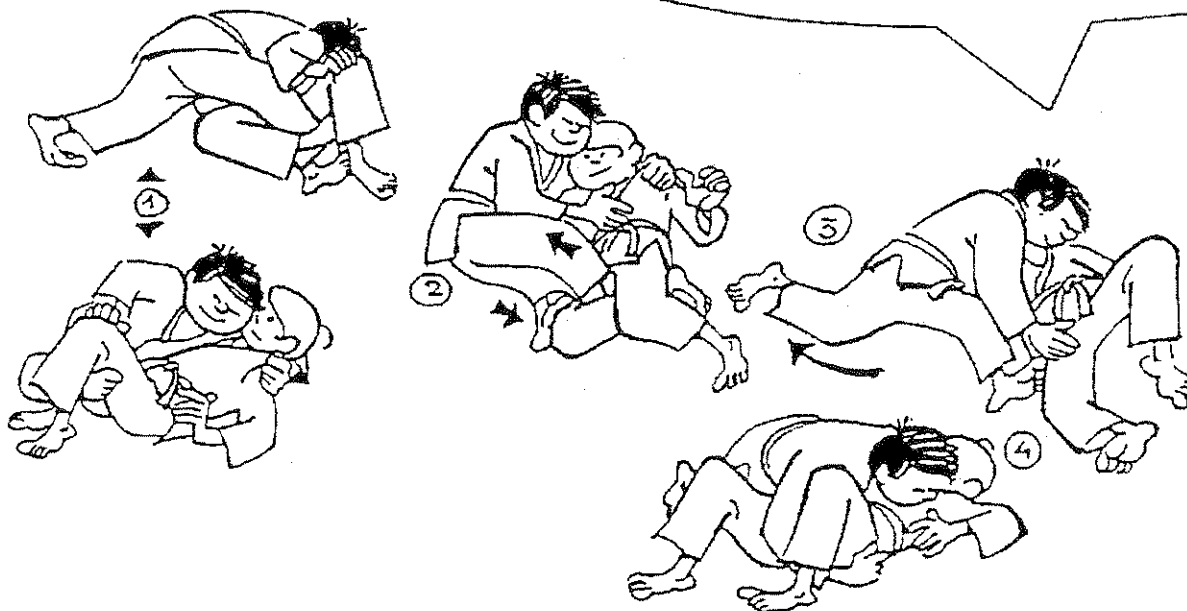
No.1

Need to know

1. You must control opponent's upper body, see picture 1.
2. You need to make your leg upright and bring your ankles as close as your opponent's buttocks.

After I control uke's shoulder and head, I switch my hip to like Ushiro Kesa Gatame and I grab uke's pant around his left knee. I place my right leg (or right knee against his right thigh on and push it away and at the same time I pull my right leg toward me to free my right leg.

Then I control uke with Yokoshiho Gatame.

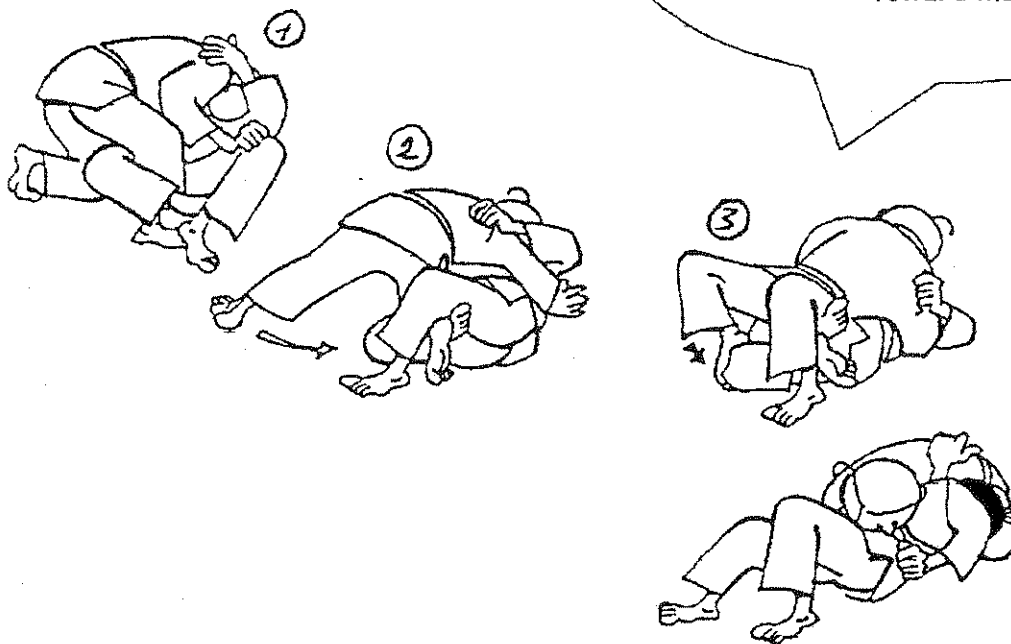


FREEING A TRAPPED LEG

No.2

After I control uke's shoulder and head, I switch my hip to like Ushiro Kesa Gatame and I grab uke's pant around his left knee. Then I move my right arm under his left armpit and twist my hips to my left while standing on my left foot. (2) and I bring my right over his right thigh

I sit on my right knee and place my left foot against his right lower thigh and push it away while I am pulling my right foot toward me.

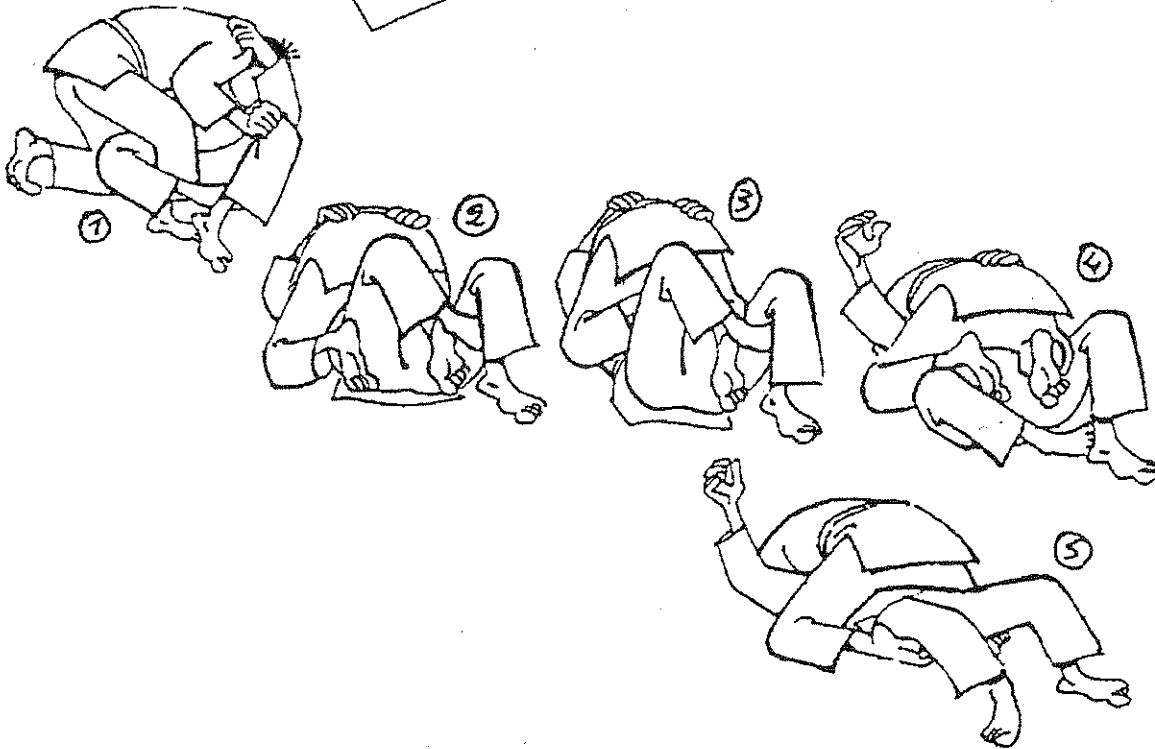


Then I bring my left arm over his head and under his left shoulder to grab his belt with my left hand. I move myself to top of his head and grab his belt with my right hand either over or under his right shoulder into Kuzure Kami shio qatame or Kmi shiho qatame.

FREEING A TRAPPED LEG

No.3

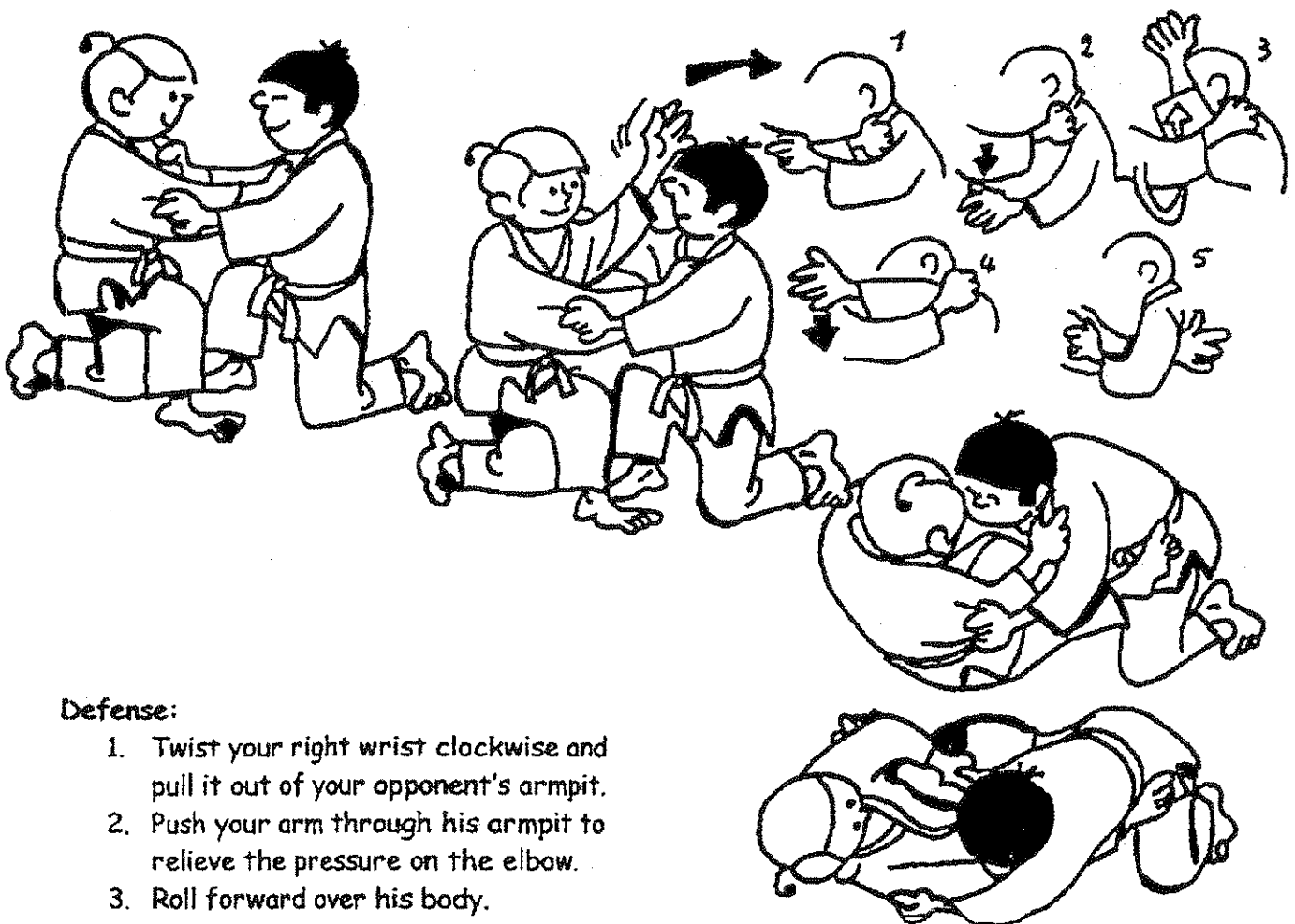
After I control uke's shoulder and head, I scoop his left arm and cover his body with mine. At the same time, I bring my right knee over his left leg very near the hip joint. Place your weight on his head area then bring my left foot to inside of uke's right leg near the his hip joint and push hard to open his leg wider so that you can get your right leg out from his legs. Control uke with Tate shiho gatame.



HIZA GATAME

(Knee Arm Lock)

I am on my back. My uke reaches through my legs with his left hand. Quickly trap it in my right armpit and grab his right lapel with my left hand. Put my left foot against the upper part of his right thigh or groin and push, thereby breaking his balance forward. Control him by bending your right leg and putting your foot a little above the left side of his belt. At the same time, twist my hips to my left, place the inner side of my knee on the outside of his elbow, and press down hard.



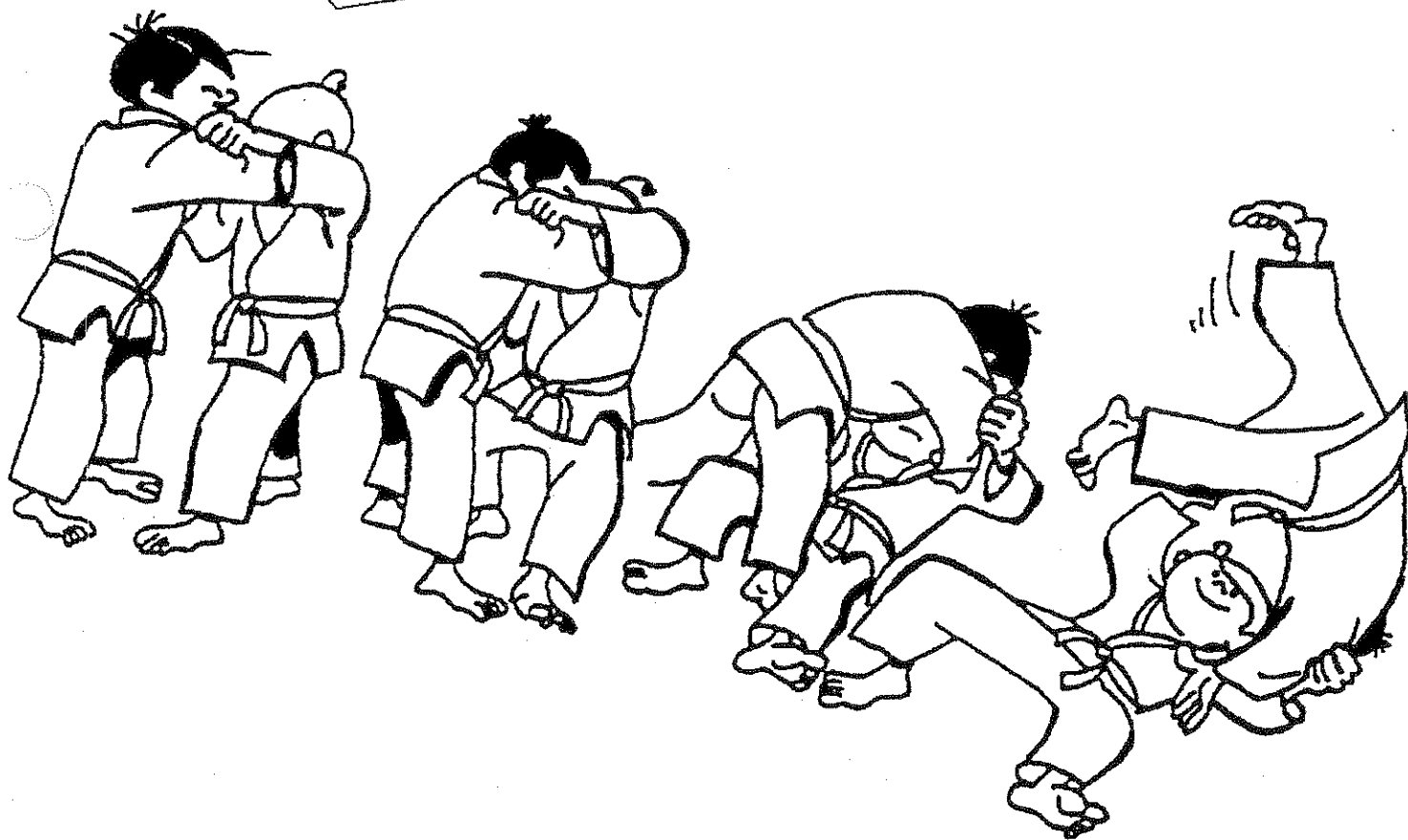
Defense:

1. Twist your right wrist clockwise and pull it out of your opponent's armpit.
2. Push your arm through his armpit to relieve the pressure on the elbow.
3. Roll forward over his body.

UKI WAZA

(Floating Throw)

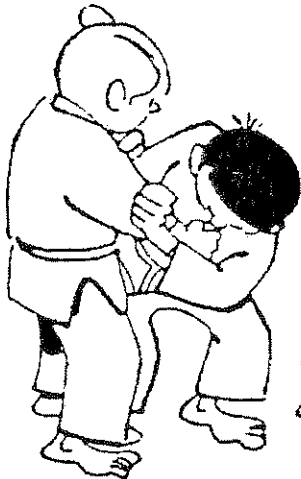
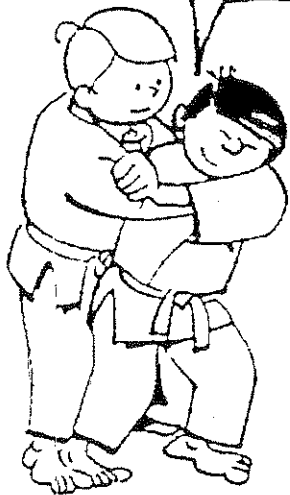
Step back with my right foot and when my opponent comes forward with his left, break his balance to his left front corner. To recover his balance, he will bring his right foot forward. Just at that moment, slide your left foot outside his right foot. Drop back to my left. While falling, pull my left hand in an arc toward your body and push your right in an arc to the left. Uke falls forward to his right front corner.



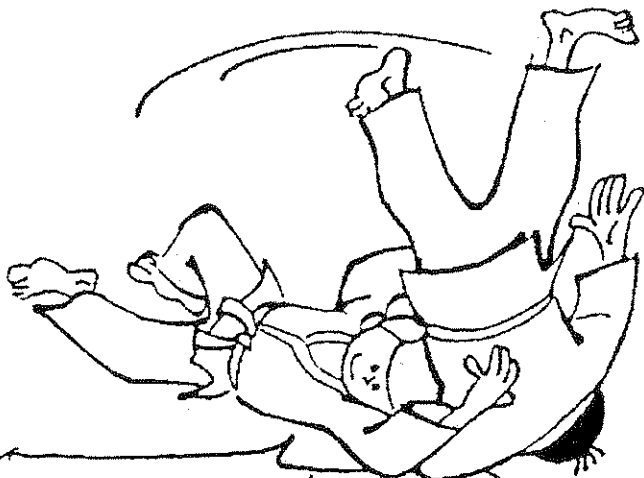
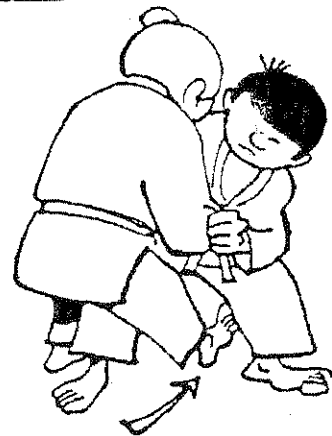
YOKO GURUMA

(Side Wheel)

When uke tries a right side throw stop his action by pulling him against you and stepping over his leg..



As he bends forward to throw swing your right leg through his legs dropping on your right side.



Throw by bridging with your legs and using a strong circular hand action. Your right hand catches his stomach and your left hand grabs his belt.



Right hand on stomach

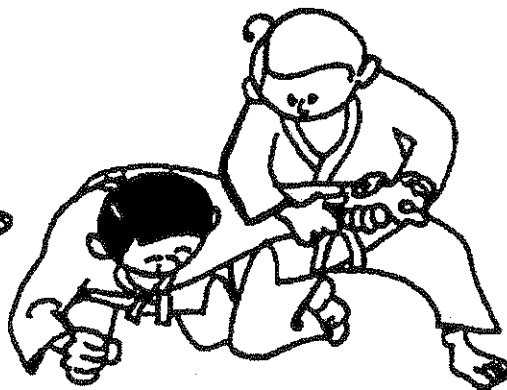
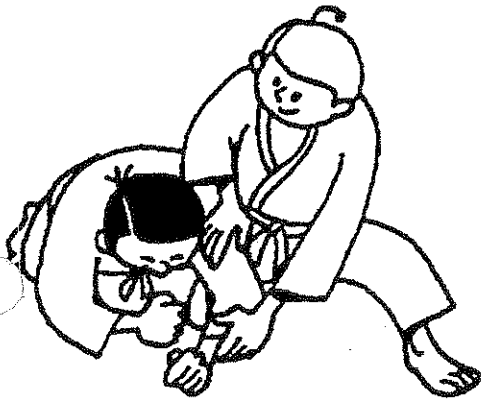


Left hand on belt

WAKI GATAME

(Armpit Arm Lock)

I grip uke's left wrist from the uke's left side with my left hand then right hand. Pull his left arm toward me and place it under my armpit. Stretch his elbow and lock the straightened arm.



HARA GATAME (Stomach Arm Lock)

I grip uke's left wrist from the Uke's left side with my right hand. Then I place my stomach against his left elbow, at the same time, I reach his left lapel with my right hand and grab it. I start apply pressure to his elbow and lock the elbow y straightening while applying the choke with right hand to keep his body to not move forward or not to stand up.

