

My Judo Notebook

柔道



Judo
The Gentle Way

My Dojo is

Charleston Martial Arts (CMA)

CHARLESTON-MARTIAL-ARTS.COM

843-478-2350

INSTRUCTOR

Tom Reiff – 8D

NATIONAL ORGANIZATION

American Traditional Jujutsu Association (ATJA.ORG)

This Notebook belongs to:

The History of Kodokan Judo

The art of Jujutsu has many variations of the art, which leads to a diversity of approaches. Jujutsu schools (ryū) may utilize all forms of grappling techniques to some degree (i.e. throwing, trapping, joint locks, holds, gouging, biting, disengagements, striking, and kicking). In addition to jujutsu, many schools teach the use of weapons. While armed and unarmed combat has been around for the entire history of mankind, it has been suggested that Jujutsu, as a formal means of teaching, has been around for 600 to 1,000 years.

Judo, meaning "gentle way", is a modern martial art, combat and Olympic sport created in Japan in 1882 by Jigoro Kano. Its most prominent feature is its competitive element, where the objective is to either throw or takedown an opponent to the ground, immobilize or otherwise subdue an opponent with a pin, or force an opponent to submit with a joint lock or a choke. Strikes and thrusts by hands and feet as well as weapons defenses are a part of Judo, but only in pre-arranged forms (kata) and are not allowed in Judo competition or free practice (randori). A Judo practitioner is called a Judoka.

The philosophy and subsequent pedagogy developed for Judo became the model for other modern Japanese martial arts that developed from koryu, traditional schools. The worldwide spread of Judo has led to the development of a number of offshoots such as Sambo and Brazilian jiu-jitsu.

Jigoro Kano had an academic upbringing and, from the age of seven, he studied English, Japanese calligraphy and the Four Confucian Texts under a number of tutors. When he was fourteen, Kano began boarding at an English-medium school, Ikuei-Gijuku in Shiba, Tokyo. The culture of bullying endemic at this school was the catalyst that caused Kano to seek out a Jujutsu dojo (training place) at which to train.

Early attempts to find a jujutsu teacher who was willing to take him on met with little success. With the fall of the Tokugawa shogunate in the Meiji Restoration of 1868, jujutsu had become unfashionable in an increasingly westernized Japan. Many of those who had once taught the art had been forced out of teaching or become so disillusioned with it that they had simply given up. Nakai Umenari, an acquaintance of Kano's father and a former soldier, agreed to show him kata, but not to teach him. The caretaker of his father's second house, Katagiri Ryuji, also knew jujutsu, but would not teach it as he believed it was no longer of practical use. Another frequent visitor to Kano's father's house, Imai Genshiro of Kyushin-ryu school of jujutsu, also refused. Several years passed before he finally found a willing teacher.

In February 1882, Kano founded a school and dojo at the Eisho-ji, a Buddhist temple in what was then the Shitaya ward of Tokyo (now the Higashi Ueno district of Taite ward). Iikubo, Kano's Kito-ryu instructor, attended the dojo three days a week to help teach. Two years would pass before the temple would be called by the name Kodokan ("place for expounding the way") and although Kano had not yet received his Menkyo (certificate of mastery) in Kito-ryu, this is now regarded as the Kodokan founding.

Central to Kano's vision for Judo were the principles of seiryoku zen'yo (maximum efficiency, minimum effort) and jita kyoei (mutual welfare and benefit). He illustrated the application of seiryoku zen'yo with the concept of ju yoku go o seisu, softness controls hardness.

In short, resisting a more powerful opponent will result in your defeat, while adjusting to and evading your opponent's attack will cause him to lose his balance, his power will be reduced, and you will defeat him. This can apply whatever the relative values of power, thus making it possible for weaker opponents to beat significantly stronger ones. Kano realized that seiryoku zen'yo, initially conceived as a jujutsu concept, had a wider philosophical application. Kano rejected techniques that did not conform to these principles and emphasized the importance of efficiency in the execution of techniques. He was convinced that practice of jujutsu while conforming to these ideals was a route to self-improvement and the betterment of society in general. He was, however, acutely conscious of the Japanese public's negative perception of jujutsu. Kano believed that "jujutsu" was insufficient to describe his art: although Jutsu means "art" or "means", it implies a method consisting of a collection of physical techniques. Accordingly, he changed the second character to do, meaning way, road or path, which implies a more philosophical context than jutsu and has a common origin with the Chinese concept of tao. Thus Kano renamed it Judo.

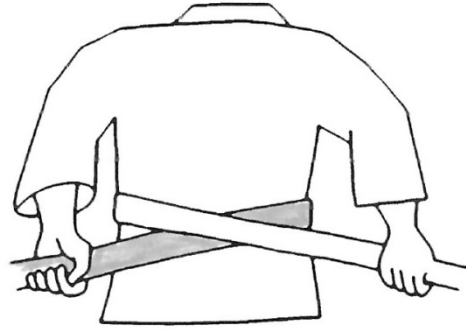
How to Tie Your Belt (Obi)

(FRONT)

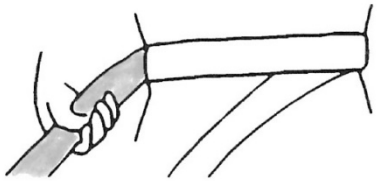


STEP 1

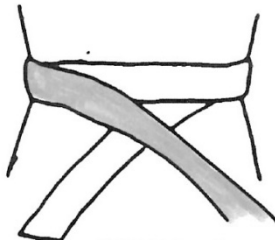
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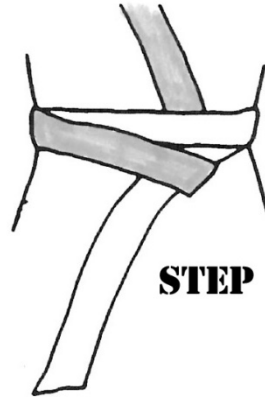
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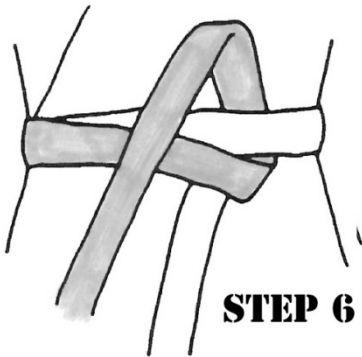
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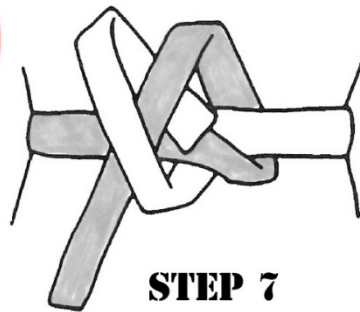
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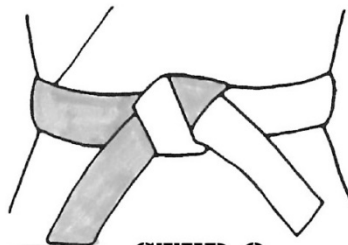
STEP 5



STEP 6



STEP 7



STEP 8

USEFUL JAPANESE WORDS AND PHRASES

YES HA I

NO I IE

PLEASE, as in "Please go ahead" DO ZO

THANK YOU A RI GA TO

THANK YOU VERY MUCH A RI GA TO GO
ZA I MA SU

YOU'RE WELCOME DO I TA SHI MA SHI
TE

"I hope for your continued good support" YO
RO SHI KU

GOOD MORNING O HA YO GO ZA I MA SU
GOOD AFTERNOON OR HELLO KON NI
CHI WA

GOOD EVENING KON BAN WA
GOOD NIGHT O YA SU MI NA SA I
GOOD BYE SA YO NA RA

I'M LEAVING (HOME) . . . I-I TE KI MA SU
I'M HOME TA DA I MA

MY NAME IS WA TA SHI NO NA MA E
WA ...
NICE TO MEET YOU HA JI ME MA SHI TE
HOW ARE YOU? O GEN KI DE SU KA?

EXCUSE ME, SU MI MA SEN
I'M SORRY GO MEN NA SA I
I UNDERSTAND HAI, WA KA RI MA SU
I DO NOT UNDERSTAND IIE, WA KA RI
MA SEN
HOW MUCH? I KU RA DE SU KA?
WHAT TIME? NAN JI DE SU KA?

PRESIDENT SHA CHO
COMPANY KA I SHA
OFFICE JI MU SHO

HUSBAND SHU JIN
WIFE O KU SAN (another person's wife)
. KA NA I (your wife)
CHILD KO DO MO

REST ROOM O TE A RAI
STATION E KI
AIRPORT KU KO
HOTEL HO TE RU
BANK GIN KO
STORE O MI SE
MONEY O KA NE

Counting in Japanese

one = ichi

two = ni

three = san

four = shi (or yon)

five = go

six = roku

seven = shichi (or nana)

eight = hachi

nine = ku

ten = ju

11 = "ten (and) one" = "ju ichi"

12 = "ten (and) two" = "ju ni"

13 = "ten (and) three" = "ju san"

14 = "ten (and) four" = "ju shi" or "ju yon"

15 = "ten (and) five" = "ju go"

16 = "ten (and) six" = "ju roku"

17 = "ten (and) seven" = "ju nana" or "ju shichi"

18 = "ten (and) eight" = "ju hachi"

19 = "ten (and) nine" = "ju ku"

20 = "two tens" = "ni ju"

Samples

36 = "3 tens and 6" = "san ju roku"

43 = "4 tens and 3" = "yon ju san"

71 = "7 tens and 1" = "nana ju ichi"

99 = "9 tens and 9" = "ku ju ku"

More

100 = "hyaku"

1000 = "sen"

10000 = "man"

101 is "hundred (and) one" = "hyaku ichi"

201 is "two hundred (and) one" = "ni hyaku ichi"

546 is "five hundred (and) four tens (and) six" =
"go hyaku yon ju roku"

3427 == "san zen yon hyaku ni ju nana (or shichi)"
(note that "sen" becomes "zen" after a voiced
consonant line "n")

23456 = "ni man san zen yon hyaku go ju roku"

Some anomalies:

Use "shi" for "four" only in the single digit
column. So, you can use "shi" or "yon" in 3654,
but use "yon" for 40, 400, 4000, etc.

600 = "roppyaku" (not "roku hyaku")

800 = "happyaku" (not "hachi hyaku")

8000 = "hassen" (not "hachi sen")

ATJA Judo Kyu Curriculum

(This form may be used instead of the ATJA Judo Kyu Exam for Kyu ranks. Dan Ranks must use the ATJA Judo Kyu & Dan Exam)



Testee Name: _____ Date: _____

Current Rank: _____ Passed Rank : _____

Testor: _____ Sensei Approval: _____

Tachi Waza

Pass	Fail	L/U	Level	NAGE WAZA	THROWING TECHNIQUES	
			JR01	6K YELLOW	O-GOSHI	MAJOR HIP THROW
			JR01		O SOTO GARI	MAJOR OUTSIDE REAPING THROW
			JR02		HIZA GURUMA	KNEEWHEEL THROW
			JR02		IPPON/MOROTE SEOI-NAGE	SHOULDER THROW
			JR03	5K ORANGE	DE-ASHI-HARAI	ADVANCED FOOT SWEEP
			JR03		O-UCHI-GARI	MAJOR INSIDE REAPING THROW
			JR04		SASAE-TSURIKOMI-ASHI	PROPPING-LIFTING FOOT SWEEP
			JR04		UKI-GOSHI	FLOATING HIP THROW

Pass	Fail	L/U	Level	RENWAKU WAZA	COMBINATION TECHNIQUES	
			JR03	5K	O-GOSHI	MAJOR HIP THROW
			JR04		IPPON/MOROTE SEOI-NAGE	SHOULDER THROW

Pass	Fail	L/U	Level	KAESHI WAZA	COUNTER TECHNIQUES	
			JR02	6K	O-GOSHI	MAJOR HIP THROW
			JR04	5K	O SOTO GARI	MAJOR OUTSIDE REAPING THROW

NOTE: THE HIGHER JUNIOR BELT LEVEL OF THE SAME COLOR MAY BE DESIGNATED WITH A STRIPE.

Version 2.0

KatameWaza

Pass	Fail	L/U	Level	OSAEKOMI WAZA	HOLDING TECHNIQUES	
			JR01	6K	KESA GATAME	SCARF HOLD
			JR03	5K	YOKOSHIHO GATAME	SIDE LOCKING 4 CORNER HOLD
			JR04		KAMISHIHO GATAME	UPPER 4 CORNER HOLD

Pass	Fail	L/U	Level	FUSEGI WAZA	HOLDING ESCAPE TECHNIQUES	
			JR01	6K	KESA GATAME #1	SCARF HOLD ESCAPE
			JR03	5K	YOKOSHIHO GATAME #1	SIDE LOCKING 4 CORNER HOLD ESCAPE

Pass	Fail	L/U	Level	HAIRI WAZA	ENTRY TECHNIQUES INTO KATAME WAZA	
			JR04	5K	HANDS & KNEES TOP #1	

Pass	Fail	L/U	Level	UKEMI WAZA	FALLING TECHNIQUES	
			JR01	6K	KOHO UKEMI	BACK FALLS
			JR02		YOKO UKEMI	SIDE FALLS
			JR03	5K	MAE UKEMI	FRONT FALLS
			JR04		ZENPO KAITEN	FORWARD ROLLS

Pass	Fail	L/U	Level	DEMONSTRATE		
			JR01	6K	HOW & WHEN TO BOW	
			JR02		HOW TO SIT PROPERLY	
			JR02		HOW TO TIE BELT	
			JR03	5K	TSUGI ASHI	FOLLOW FOOT MOVEMENT
			JR04		AYUMI ASHI	NORMAL FOOT MOVEMENT
			JR04		TAI SABAKI	BODY TURNING

Version 2.0

ATJA JR01 & JR02/6K

(Yellow Belt)

General Knowledge

1. Who was the founder of Judo? Dr. Jigoro Kano
2. What is the name of the school he founded? The Kodokan
3. What is the date of the founding of Judo? 1882
4. What was unarmed combat called in Japan before Judo? Jujutsu
5. How long have unarmed combat martial arts been practiced in Japan?
Answer: 600-1000 years
6. What is the name of your Judo club? (Name of your Dojo)
7. Name the three parts of a Judo throw in English, and Japanese.
Answer: 1. Kuzushi (breaking balance);
2. Tsukuri (entry/fit);
3. Kake (execution)
8. Name the three parts of unarmed combat in English and Japanese.
Answer: 1. Nage waza (Throwing techniques);
2. Katame waza (Grappling techniques);
3. Atemi waza (Striking techniques)

Vocabulary Requirements

English	Japanese
1. Knee	Hiza
2. Hip or waist	Goshi or Koshi
3. Hand	Te
4. Foot	Ashi
5. Big or major	O
6. Little or minor	Ko
7. Lock or hold	Gatame
8. Falling methods or ways	Ukemi Waza
9. Wheel	Guruma
10. Begin!	Hajime
11. Stop!	Matte
12. Hold-down! (Referee's call)	Osae Komi
13. Hold-down broken! (Referee's call)	Toketa
14. Don't move! (Referee's call)	Sono Mama
15. Continue! (Referee's call)	Yoshi
16. Knee Wheel throw	Hiza Guruma
17. Major Hip throw	O Goshi
18. Scarf Hold	Kesa Gatame

English	Japanese
19. Shoulder	Kata (Seoi)
20. Side	Yoko
21. Throw	Nage
22. Reap	Gari
23. Corners (as in hold-downs)	Shiho
24. Inside	Uchi
25. Outside	Soto
26. Fundamental or basic	Hon
27. Natural	Shizen
28. Defensive	Jigo
29. Time is up! (ref.'s call) .	Sore Made
30. I surrender!	Maitta
31. Fundamental natural posture	Shizen Hontai
32. Fundamental defensive posture	Jigo Hontai
33. Shoulder throw	Seoi Nage
34. Major Outside Reaping throw	O Soto Gari
35. Side Hold	Yoko Shiho Gatame
36. Sixth class (kyu) Judo rank	Rokkyu

ATJA Judo Program

Judo Knowledge and Vocabulary Exam



Name: _____ Current Rank: _____ Date: _____

All must answer the following for both the Knowledge section and the Vocabulary section on a separate answer sheet. Answer in order until directed to stop for the level being tested for is reached. Make sure you type your name clearly on the answer sheet.

Knowledge questions.

All Start Here:

1. Who was the founder of Judo?
2. What is the name of the school he founded?
3. What is the date of the founding of Judo?
4. What was unarmed combat called in Japan before Judo?
5. How long have unarmed combat martial arts been practiced in Japan?
6. What is the name of your Judo club?

JR01 Stop Here

7. Name the three parts of a Judo throw in English, and Japanese.
8. Name the three parts of unarmed combat in English and Japanese.

JR02 and 6K Stop Here

9. Name the two divisions of throwing techniques in English and Japanese.

JR03 Stop Here

10. Name the three divisions of standing throwing techniques in English and Japanese.
11. Name the two divisions of sacrifice techniques in English and Japanese.

JR04 and 5K Stop Here

12. Name the three divisions of mat techniques in English and Japanese.
13. Name three of the six men who attained the rank of 10th Degree Black Belt.

JR05 Stop Here

14. What are the two principles of Kodokan Judo as defined

by Dr. Kano?

15. What is the ultimate goal of Judo as defined by Dr. Kano?

All Stop Here for knowledge portion of exam

Vocabulary Questions (write the Japanese word for the following):

1. Knee
 2. Hip or waist
 3. Hand
 4. Foot
 5. Big or major
 6. Little or minor
 7. Lock or hold
 8. Falling methods or ways
 9. Wheel
 10. Begin!
 11. Stop!
 12. Hold-down! (Referee's call)
 13. Hold-down broken! (Referee's call)
 14. Don't move! (Referee's call)
 15. Continue! (Referee's call in the case of two contestants who have been frozen by the ref. with the command "Don't move!")
 16. Knee Wheel throw
 17. Major Hip throw
 18. Scarf Hold
- #### JR01 Stop Here

Judo Knowledge and Vocabulary Exam
American Traditional Jujutsu Association – Judo Program
Answer Sheet (Page 1)



Name: _____ Current Rank: _____ Date: _____

Knowledge Answers

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7a _____
7b _____
7c _____
8a _____
8b _____
8c _____
9a _____
9b _____
10a _____
10b _____
10c _____
11a _____
11b _____
12a _____
12b _____
12c _____
13a _____
13b _____
13c _____
14a _____
14b _____
15 _____

Vocabulary Answers

1 _____
2 _____
3 _____
4 _____
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7 _____
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14 _____
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16 _____
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25 _____
26 _____
27 _____
28 _____

Continued on next page

ATJA Judo Promotion Requirements

Time-in-Grade, Points and Age



For promotion in the Art of Judo under the ATJA Judo Program, all requirements must be met. These requirements include minimum Time-in-Grade, Age, Promotion Points and passing both a physical Demonstration Exam and a written Vocabulary & Knowledge Test. All Black Belt candidates for promotion must submit a formal request for promotion using the ATJA Judo Promotion Application form and have a current Background Screening .

Seniors (17+ Yrs)

Rank		Belt Color	Normal Time-in-Grade*	Promotion Points	Minimum Age (Yrs)
Rokkyu	6K	Yellow	4 Mos	7	13
Gokyu	5K	Orange	5 Mos	11	13
Yonkyu	4K	Green	6 Mos	15	13
Sankyu	3K	Brown	7 Mos	20	13
Nikyu	2K	Brown	8 Mos	22	13
Ikkyu	1K	Brown	9 Mos	24	13
Shodan	1D	Black	2 Yrs	33	16
Nidan	2D	Black	3 Yrs	70	18
Sandan	3D	Black	4 Yrs	156	21
Yodan/Yondan	4D	Black/Black & Red	5 Yrs	252	25
Godan	5D	Black/Black & Red	6 Yrs	360	30
Rokudan	6D	Black/Red & White	7 Yrs	480	36
Shichidan	7D	Black/Red & White	8 Yrs	BoD Approval	43
Hachidan	8D	Black/Red & White	9 Yrs	BoD Approval	51
Kudan	9D	Red	10 Yrs	BoD Approval	60
Judan	10D	Red	10 Yrs	BoD Approval	70

* 8 Extra Points reduces TiG by 1 month

Promotion Points may be earned through Judo Competition, Service to Judo or other means as approved by the ATJA Judo Committee. A list of approved ways to earn points can be found on the ATJA web site (www.atja.org).

Juniors (4-16 Yrs)

Rank		Belt Color	Normal Time-in-Grade	Points	Minimum Age (Yrs)
Junior 1st Degree	JR01	Yellow Belt	3 Mos	4	4
Junior 2nd Degree	JR02	Yellow Belt*	3 Mos	5	5
Junior 3rd Degree	JR03	Orange Belt	4 Mos	6	6
Junior 4th Degree	JR04	Orange Belt*	4 Mos	7	7
Junior 5th Degree	JR05	Green Belt	4 Mos	8	8
Junior 6th Degree	JR06	Green Belt*	4 Mos	9	9
Junior 7th Degree	JR07	Blue Belt	5 Mos	10	10
Junior 8th Degree	JR08	Blue Belt*	5 Mos	11	11
Junior 9th Degree	JR09	Purple Belt	5 Mos	12	12
Junior 10th Degree	JR10	Purple Belt*	5 Mos	13	13
Junior 11th Degree	JR11	Brown Belt	6 Mos	14	14
Junior 12th Degree	JR12	Brown Belt*	6 Mos	15	15

* Note: Junior ranks may use a stripe to indicate a higher level of a belt of the same color