



Judo Club

Adult Beginner Handbook 2013-2014

613.733.5100 www.racentre.com



RA Members' Code of Ethics

All members are requested to abide by the following Member's Code of Ethics:

The Recreation Association of the Public Service of Canada is an Association of members of similar ideals who:

- Respect people and property;
- Support the activities to the maximum degree possible;
- Strive to achieve safe and honourable participation;
- Take pride in the RA and exhibit sportsmanship;
- Participate to have fun and be fit.

The Association is committed to providing an environment that is free of violence and harassment for all members, visitors and employees.

Judo Etiquette And Prohibited Acts

1. Bare feet only are allowed in the Judo room. While the student is in the RA building, he/she will wear foot gear such as sandals, slippers or tongs. Socks are not allowed between the locker room and the Judo room.
2. Students must be punctual at all scheduled meetings.
3. Students must wear the traditional Judo-gi, properly tied, with a belt indicating his/her rank at all practice sessions.
4. Students must keep their Judo-gi clean and in good repair.
5. Students must keep their bodies clean, and finger and toe nails trimmed.
6. Students must not wear jewelry or sharp objects when exercising.
7. Students must not chew gum or have food of any kind in their mouths while in the Dojo.
8. All Judoka will bow when coming onto and leaving the mat.
9. Judoka will bow to each other at the beginning and the end of each practice. Bowing is an expression of gratitude and respect. In effect, you are thanking your opponent for giving you the opportunity to improve your technique. Bowing to one's partner has no religious significance.
10. Students must obey their instructors and respect the discipline of their seniors and instructors.
11. Students must sit properly while on the mat.
12. Do not criticize other Judoka, other Judo clubs, or other Martial Arts.
13. Students must always be serious, sincerely entering into the spirit of the art, especially during randori and contests. The spirit of fair play, obedience to the referee's judgement, and giving as much importance to the attitude of the match or practice as to the results, are of greatest importance.
14. Higher belts, when working with lower belts, must only use techniques appropriate to the lower belt's ability.
15. Students will refrain from taking illegal drugs.
16. **STUDENTS MUST NOT MISUSE THE KNOWLEDGE OF THE ARTS.**

RA Senior Judo Club

Instructors



Gary Boutillier (SANDAN)
Chief Instructor



Jamie Kiersted (SHODAN)
Judo Club Chair



Glen Campbell (NIDAN)
Instructor



Tony Candelière (SHODAN)
Instructor



Wade Clare (SHODAN)
Instructor



Gord Comeau (SHODAN)
Instructor



Frank Friedrich (NIDAN)
Instructor



Karim Grissa (SHODAN)
Instructor



Brian Lamarre (NIDAN)
Instructor



Greg Lemieux (SHODAN)
Instructor



François Poitras (NIDAN)
Instructor

RA ADULT JUDO PROGRAM

Promotion Requirements - GOKYU (Yellow Belt)

TYPICAL TIME FOR PROMOTION TO YELLOW BELT: 24 classes

- A) **ORIGIN OF JUDO** - founded by Jigoro Kano in 1882
- B) **JUDO ETIQUETTE** and prohibited acts
- C) **REI (BOW)** - kneeling and standing
- D) **JUNBI TAISO** (Preparation Exercises)
- E) **UKEMI (Breakfalls)**
1. Lying - face up
 2. Sitting - falling backwards
 3. Squatting - rear, and left & right sides
 4. Standing - rear, and left & right sides
 5. Forward Roll (ZEMPO KAI TEN)
 - left and right sides
 - finish standing and finish lying on side
 6. Front (MA UKEMI)
- G) **SHINTAI** (Displacement of the Body)
Forward, backward, sideways, and TSUGI ASHI (following foot)
- H) **BASIC PRINCIPLES OF JUDO**
1. Principle of Maximum Efficiency with Minimum Effort
 2. Principle of Mutual Benefit and Welfare.
- I) **KUSHUSHI** (Off-balancing)
- 8 directions for off-balancing the partner
- J) **KUMI KATA** (Methods of gripping)
- K) **UCHIKOMI**
- Repetitive stepping in for a throw without throwing.
- L) **RANDORI** - Free practice
- M) **TACHI WAZA (Standing Techniques)**

F) **RANKING SYSTEM IN JUDO**
(for information only, not to memorize)

MUDANSHA (Non-Black Belt)

ROKKYU	(6 th class)	White
GOKYU	(5 th ")	Yellow
YONKYU	(4 th ")	Orange
SANKYU	(3 rd ")	Green
NIKYU	(2 nd ")	Blue
IKKYU	(1 st ")	Brown

YUDANSHA (Black Belt)

SHODAN	(1 st degree)	
NIDAN	(2 nd ")	
SANDAN	(3 rd ")	Black
YODAN	(4 th ")	Belt
GODAN	(5 th ")	
ROKUDAN	(6 th ")	Black or
SHICHIDAN	(7 th ")	Red & White
HACHIDAN	(8 th ")	Belt
KUDAN	(9 th ")	Red or
JUDAN	(10 th ")	Black Belt

1. O SOTO OTOSHI Large (or major) outer drop
2. O SOTO GARI Large (or major) outer reap
3. UKI GOSHI Floating hip
4. O GOSHI (3 ways) (left & right)
 - Large (or major) hip
5. TSURI GOSHI Lifting hip
6. IPPON SEOI NAGE One-arm shoulder throw
7. DE ASHI BARAI Advanced foot sweep
8. O UCHI GARI Large (or major) inner reap
9. KOSHI GURUMA Hip (or loin) wheel

N) **OSAE WAZA (Holding Techniques)**

1. HON KESA GATAME Normal scarf hold
2. KUZURE KESA GATAME Variation (or broken) scarf hold
3. MAKURA KESA GATAME Pillow scarf hold
4. KATA KESA GATAME Shoulder scarf hold
5. YOKO SHIHO GATAME Side locking four-corner hold
 - Escape from Yoko Shiho Gatame
 - Escape from Hon Kesa Gatame

Yellow Belt Test

1. BREAKFALLS

As in (E) above. ALL BREAKFALLS ABOVE SHOULD BE KNOWN PERFECTLY. A STUDENT MAY FAIL THE TEST IF HE/SHE DOESN'T KNOW HOW TO FALL PROPERLY. BREAKFALLS ARE A PREREQUISITE FOR FURTHER STUDY OF JUDO.

2. THROWS

As in (M) above. In executing the throws, TORI (the thrower) must demonstrate responsibility for the safety of UKE (the receiver). KUZUSHI (offbalancing) must be shown.

3. HOLD DOWNS

As in (N) above.

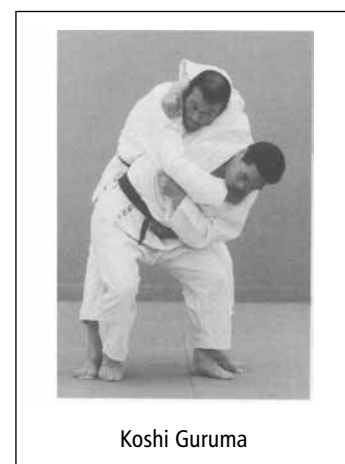
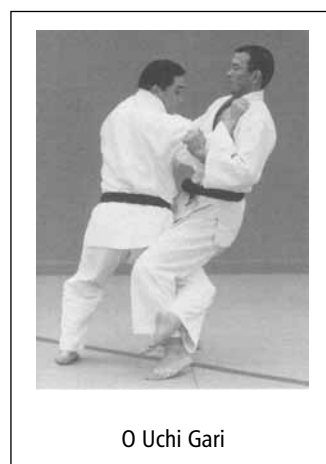
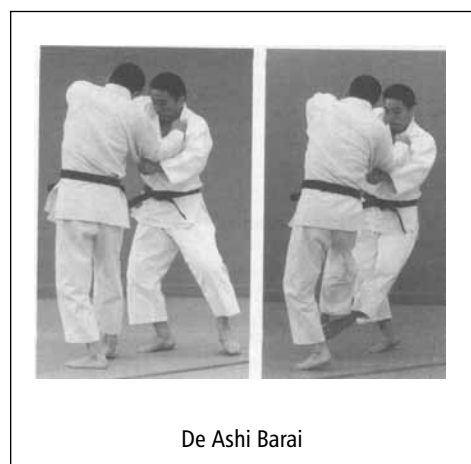
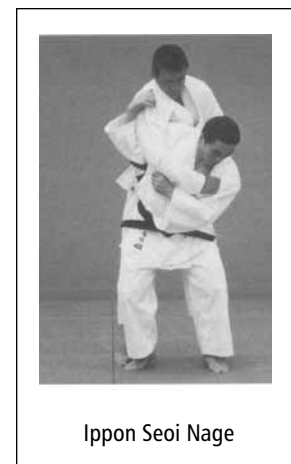
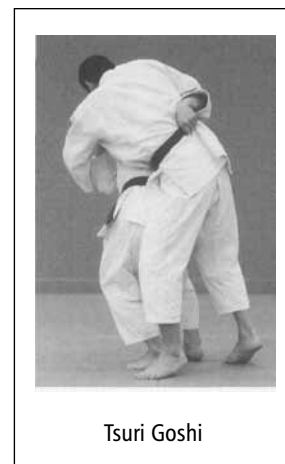
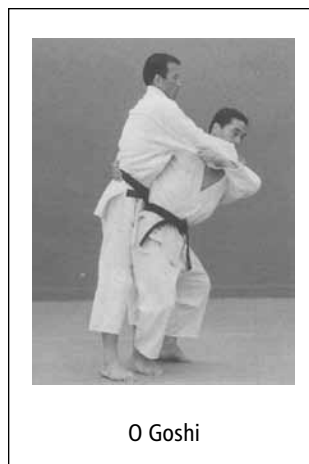


4. JUDO VOCABULARY

(The only Japanese words for memorization for Yellow Belt)

DAN	Degrees of Black Belt
DOJO	Training area.
GOKYU.....	5th class (Yellow Belt)
HAJIME	Begin
JIGORO KANO	Founder of Judo
JUDO.....	Easy or gentle way.
JUDO GI	Judo Uniform
JUDOKA	One who practices Judo.
KODOKAN.....	First Judo school
KUZUSHI	Off-balancing.
KYU	Class or grade below the Black Belt.
KYUTSKEI	Attention.
MATTE	Stop or Wait
REI	Bow.
RANDORI	Free practice.
ROKKYU	6th class (white belt).
SENSEI	Teacher.
TATAMI	Mat.
TORI.....	Attacker.
UCHIKOMI.....	Repetitive stepping in without throwing.
UKE.....	Receiver.
UKEMI.....	Breakfalls

YELLOW BELT THROWS



Photos are from KODOKAN THROWING TECHNIQUES by Toshiro Diago

YELLOW BELT HOLDS



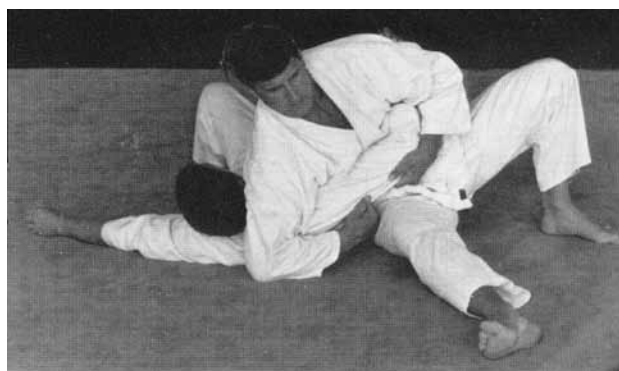
1. Hon Kesa Gatame



2. Kuzure Kesa Gatame



3. Makure Kesa Gatame



4. Kata Kesa Gatame



5. Yoko Shiho Gatame

*Photos 1 and 5 are from KODOKAN JUDO by Jigoro Kano
Photos 2, 3, and 4 are from JUDO PRINCIPLES NE WAZA by Anton Geesink*

RA Judo Club

BOWING-IN PROCEDURE

The first thing you do and the last thing you do every workout, is to bow to Jigoro Kano, the founder of Judo.

The order of bowing in is: - Jigoro Kano
- instructors

SEIZA	Sit (kneeling position)
SHOME NI ... MOKUSO FRONT TO MEDITATE	Face front and meditate. Clear your mind of all thoughts.
MOKUSO YAME MEDITATION STOP	Stop meditating
SHOME NI ... REI FRONT TO BOW	Bow to the front (Jigoro Kano's picture)
SENSEI NI ... REI TEACHER TO BOW	Bow to the teacher(s)

RA Judo Club

BOWING-OUT PROCEDURE

The first thing you do and the last thing you do every workout, is to bow to Jigoro Kano, the founder of Judo.

The order of bowing out is the reverse: - instructors
- Jigoro Kano

SEIZA	Sit (kneeling position)
SENSEI NI ... REI TEACHER TO BOW	Bow to the teacher(s)
SHOME NI ... MOKUSO FRONT TO MEDITATE	Face front and meditate
MOKUSO YAME MEDITATION STOP	Stop meditating
SHOME NI ... REI FRONT TO BOW	Bow to the front (i.e., bow to Jigoro Kano)

COUNTING IN JAPANESE

There are many different counting systems in Japanese, depending on what you are counting. For example, there is one counting system for long skinny things (like people), another for flat things, etc.

For warm-ups in Judo, we use

ICHI.....	one
NI.....	two
SAN.....	three
SHI.....	four
GO.....	five
ROKYU.....	six
SHICHI.....	seven
HACHI.....	eight
KU.....	nine
JU.....	ten



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