

**SHUDOKAN  
JUDO DOJO  
BEGINNER  
MANUAL**



## **What is Judo?**

You can see people of both sexes, all professions, and all ages from six to over eighty years enjoying Judo. They all have their own purposes. Some of them want to be strong, some want to be healthy, some want to strengthen their mind, some want to appreciate the pleasant feeling after a good workout, some want to be able to defend themselves, some want to win championships, some want to become instructors of Judo, and some are already devoted to training others. Why is Judo attracting people of all ages and people with so many different purposes?

Judo is a martial art which is may also be practiced as a sport. It was derived from the ancient Japanese martial Art of Jujutsu (sometimes called jujitsu). The techniques of Judo include throws (nagewaza), groundwork (newaza), chokes (shimewaza), joint locks (kansetsu waza), and strikes (atemi waza). However, Judo is more than just an assortment of physical techniques.

## **The history of Judo**

The late nineteenth century was a time of rapid change in Japan. The country had recently emerged from feudalism and isolation and many traditional things were being discarded in a drive to modernize Japanese society. The founder of Judo, Jigoro Kano, was born in 1860 and grew up in the midst of this modernization.

Kano noted that he was a skinny kid and rather hard-headed. This often led to conflict between him and larger stronger boys. Having heard the stories of how jujutsu could allow the weak to overcome the strong, he sought out some of the few remaining teachers of jujutsu. It took him some time find a teacher as the traditional martial arts were already in decline.

Kano found that his study of Jujutsu provided benefits beyond self-defense. He found that Jujutsu training provided opportunities for mental and physical development useful in all aspects of life. Kano continued his jujutsu training, receiving teaching licenses (menkyo) in Tenshinshinyo ryu and Kito Ryu jujutsu.

As the push for modernization continued, jujutsu and many of the other traditional martial arts began to disappear. They were no longer relevant to modern life and attracted few students. Kano felt that the benefits of Jujutsu training should be preserved in a form that was more relevant to modern life. He set out to develop a form of Jujutsu which focused on personal development rather than combat.

Judo was born in 1882 when Kano sensei began training with a few students a small Buddhist temple called Eishoji. Kano sensei wrote:” The great benefit I derived from the study of it (jujutsu) led me to make up my mind to go on with the subject more seriously, and in 1882 I started a school of my own and called it Kodokan. Kodokan literally means *a school for studying the way*, the meaning of *the way* being the concept of life itself. I named the subject I teach Judo instead of Jujutsu. In the first place I will explain to you

the meaning of these words. Ju means gentle or to give way, Jutsu, an art or practice, and Do, way or principle, so that Jujutsu means an art or practice of gentleness or of giving way in order to ultimately gain the victory; while Judo means the way or principle of the same.”



**Jigoro Kano, founder of Judo**

### **The Principles of Judo**

Jigoro Kano was not only a capable martial artist, he was also a respected educator. He was determined to develop Judo as an art that would provide a healthy and safe way to develop oneself based on a rational and logical principles. In his study of Jujutsu he set out to discover a single unifying principle that would apply to all attacks. This is how he described it:

“Judo is a study and training in mind and body as well as in the regulation of one's life and affairs. From the thorough study of the different methods of attack and defense I became convinced that they all depend on the application of one all-pervading principle, namely: "Whatever be the object, it can best be attained by the highest or maximum efficient use of mind and body for that purpose". Just as this principle applied to the methods of attack and defense constitutes Jiu-jitsu, so does this same principle, applied to physical, mental and moral culture, as well as to ways of living and carrying on of business, constitute the study of, and the training in, those things.”

We typically refer to this principle as “maximum efficient use of energy”, in Japanese it is “sei ryoku zen yo”

The second principle is “mutual welfare and benefit”, in Japanese “jita kyoei”. That is, by working together we all receive benefit. This principle takes the form of showing respect for one another, our teachers and ourselves. It also means that when we practice together we give each other the opportunity to practice and learn techniques by acting as uke, the person who “receives” the technique (is thrown, choked, pinned, etc.).

## **Judo Training and Techniques**

### **Do's and Don'ts in Learning Judo**

**By Yoshitsugu (Yoshiaki) Yamashita, The First 10th Degree Black Belt**

1. Study the correct way of applying the throws. Throwing with brute force is not the correct way of winning in JUDO. The most important point is to win with technique.
2. First learn offensive. You will see that defense is included in offensive. You will make no progress learning defense first.
3. Do not dislike falling. Learn the timing of the throw while you are being thrown.
4. Practice your throws by moving your body freely as possible in all directions. Do not lean to one side or get stiff. A great deal of repetition in a throw will be rewarded with a good throw.
5. Increase the number of practices and contests. You will never make any progress without accumulating a number of practices.
6. Do not select your opponents (which means do not say that you do or don't like to practice with a certain person). Everyone has his own specialty. You must try to learn all of them and make them your own.
7. Never neglect to improve the finer points. Practicing without any effort to improve will result in slow progress. Always recall your habits, as well as those of your opponent, while making improvement.
8. In practice put your heart and soul into it. It will interfere with your progress in practice if you keep on without this spirit.
9. Never forget what your instructor or higher ranking members teach you. During practice you will make great progress if you keep in mind what they have said to you.
10. Try to continue your practice as much as possible. Applying half-way will result in a very grave situation in your progress.
11. Watch and study throws as much as possible when trying to improve and advance. The technique and mind are just like the front and back of one's hand, meaning they are very closely related.
12. Refrain from overeating and drinking. Remember that overeating and drinking will bring an end to your practice and JUDO.
13. Always try to think of improvement, and don't think that you are too good. The latter is very easy to do while learning JUDO.
14. There is no end in learning JUDO.



Judo training is divided into three broad categories: kata-pre arranged exercises, randori-free practice, and shiai-contest. We start learning techniques with each partner having a specific role, one partner is known as tori-this person tries the technique, the other partner is known as uke, they allow tori to practice the technique without offering resistance. As

skill increases, or to explore specific situations uke's role may become more complicated, adding movement, slight resistance or a specific response to tori's actions. One of the most common types of this practice is known as uchikomi. In uchikomi uke stands still or moves as tori practices the movements of a throw (though in this form of training tori stops just short of actually throwing uke). The more formal forms of kata, typically learned at brown or black belt, involve uke making a specific attack, to which tori responds in a specific manner.

In randori, partners move about freely, usually without either partner designated as uke or tori. They may freely apply any technique that is appropriate. Randori may be practiced at all levels from alternating throws between partners to practice contests. However, randori is not just a watered-down contest. It is a chance to practice applying your techniques, one should never be afraid to be thrown in randori, just get back up and keep going.

Shiai, or contest is the part of Judo that familiar to most people. In shiai, the first person to score a decisive technique (throw, pin, choke, or arm lock) wins. This is the competitive aspect of Judo, but also serves as a place to test what you have learned. Can you apply what you have learned quickly and decisively under the pressure of contest?

## **Ukemi**

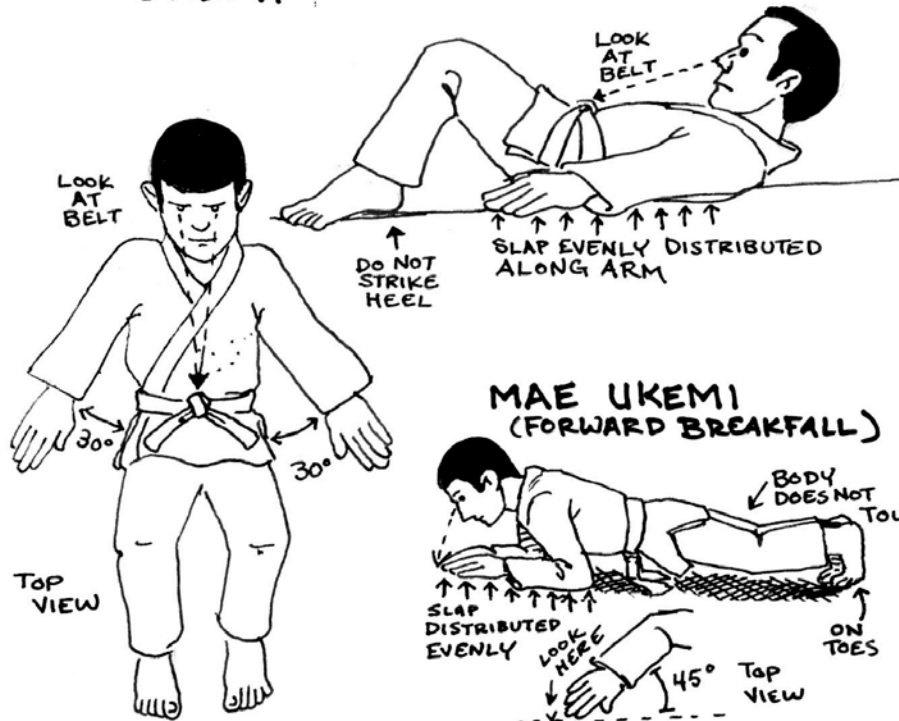
The first Judo techniques you learn will be ukemi. Ukemi are the techniques we use to avoid being injured when thrown, they are often referred to as "breakfalls". Ukemi involves controlling your body so you fall in a manner which spreads and dissipates the impact of a fall. The importance of ukemi is summed up in the following quote from Kano sensei:

"As I have often said if one hates to be thrown, one cannot expect to become a master of the art. By taking throws time after time, one must learn how to take falls and overcome the fear of being thrown. Then one will become unafraid of being attacked and be able to take the initiative in attack. Only by following this manner of training can one learn true Judo waza."

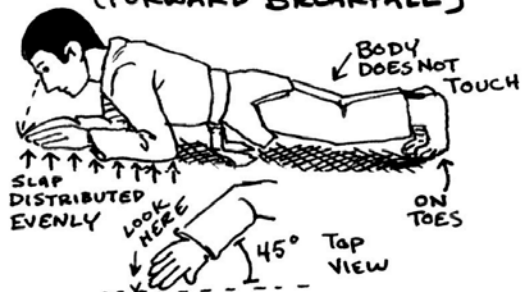
There are three basic forms of Ukemi, ushiro ukemi-used when you are thrown backwards, yoko ukemi-used when you are thrown forwards and can roll into the position, and mae ukemi, used when you are thrown forwards and cannot roll.

Important concepts of ukemi include relaxation and spreading the impact. The body positions of the different forms of ukemi are intended to spread the impact out over as wide an area as possible, while protecting the vital organs and head. Never stick out your arm in an attempt to "catch yourself", or land on your elbows. A slap with one or both arms helps dissipate the force of the fall.

## USHIRO (BACKWARDS BREAKFALL) UKEMI



## MAE UKEMI (FORWARD BREAKFALL)



## YOKO UKEMI (SIDE BREAKFALL)



### Principles-

Ju- Yeilding A main feature of Judo is the application of the principles of nonresistance hence the name jujutsu (literally soft or gentle art), or Judo (doctrine of softness or gentleness). Here is an example to explain this principle: Suppose we estimate the

strength of a man is ten units, whereas my strength, less than his, is seven units. Then if he pushes me with all his force, I shall certainly be pushed back or thrown down, even if I use all my strength against him. This would happen from opposing strength to strength. But if, instead of opposing him, I withdraw my body just as much as he pushes, at the same time keeping my balance, he will naturally lean forward and lose his balance. In this new position he may become so weak (not in actual physical strength, but because of his awkward position) as to reduce his strength for the moment, say to three units only instead of ten. Meanwhile, by keeping my balance, I retain my full strength available for any emergency. But there are cases in which this principle does not apply. Suppose for instance, my opponent takes hold of my right wrist and I do not resist him, then there is no means of releasing it from his hold. The best way would be to move my arm so that my whole strength is used to counteract his hand grip, the strength which is of course far inferior to my concentrated strength and therefore gives way to it. In such a case I used my strength against his, contrary to the principle of nonresistance.

Kuzushi-Off balance. This is the principle of moving your partner from a strong balanced position to the point where he loses his balance and becomes weak before attacking.

### **Three divisions of technique**

Judo technique is divided into three major divisions: nage waza-throwing techniques, ne-waza techniques applied on the ground, atemi-waza striking techniques (only practiced in kata). You should never “try out” techniques that you have not been taught on your partner, this quickly leads to unexpected and dangerous situations. If you are curious ask your sensei to teach you the technique.

Nage waza: Judo throws are based on principles of leverage, balance, and timing. They use skillful manipulation of these factors to throw your opponent rather than simply relying on strength (there is always going to be someone stronger than you out there). There are 67 officially recognized throws in Kodokan Judo, each with a number of variations.

Ne waza- Grappling on the ground. The same principles as standing are applied in newaza to immobilize your opponent with a hold down or gain a submission through a choke or joint lock. Newaza is typically divided into three categories: Katame waza- pinning or hold-downs, Shime waza- chokes, Kansetsu waza- Joint locks (only applied to the elbow)

### **Dojo Etiquette or Reigi**

Apart from just good sense and good manners the reasons for Reigi are safety and awareness of your surroundings and getting in the correct mental state to train and learn. It is also an expression of the principle of mutual welfare and benefit.

## **Sensei**

Teachers in Judo are addressed as sensei (sen-say) or using either their first or last name and sensei (“Bob sensei”). The word sensei means teacher. This title should be used when addressing or referring to senior black belts, especially those that actively teach.

## **Juniors and Seniors**

This can have two meanings, children (under 16) that do Judo are often referred to as “juniors”, with everyone older being referred to as “seniors”. The second meaning relates to how long one has been training in Judo. In Japanese the terms sempai (senior) and kohai (junior) are used. Adults are always senior to children, no matter how long they have been practicing. Sempai have an obligation to help and look after their juniors, kohai should listen to their sempai and treat them with respect and gratitude. Sempai do not have any particular authority, and are not allowed to “boss” their kohai around.

## **Bowing**

Though unfamiliar to most westerners, the bow is a common show of respect among Japanese and other Asian cultures. Bows in Judo have no religious meaning or indication of subservience and are meant to show respect to ones peers, teachers and dojo (club).

Standing bow- proper bowing form- stand up straight, maintain a straight back and neck bow to about a 30 degree angle, bow in a calm non rushed fashion (no head bobs) The hands start on the sides of the thighs and slide toward the front of the thighs as you bow. {helps focus the mind, projects a strong confident image, maintains the body in a strong position to be ready to defend ones self}

Bow upon entering or leaving dojo {shows respect for the place, your teacher, and your fellow Judoka, something to help you switch from thinking about the outside world to thinking about Judo}

Bow before entering or leaving mat (also make sure sensei sees you){a signal that you are joining or leaving practice on the mat, helps sensei keep track of what is going on}

Bow to greet your sensei {He or she is a nice person, be polite and greet them, didn't your mother teach you anything?}

Bow towards front of dojo and to sensei at beginning and end of practice {shows respect to Judo and sensei, as well as marking the official beginning and end of practice}

Bow to your partner before and after training together {safety-signals that you are ready to practice, or are done practicing-once you have bowed, you should be ready to be thrown, choked, etc. at all times until you bow again at the end of your practice together}

Kneeling bow-proper form-stand up straight, go down on left knee, then right, toes are curled under- lay feet down flat and settle back on your heels-knees roughly 2 fists apart, back straight hands on thighs, to bow place hands out in front of knees (left then right) about 1 fist out, bow without lifting your butt off your heels, imagine an equilateral triangle with your hands as the two angles at the base, when bowing look at where the apex of the triangle would be, bow in a calm unhurried manner. To recover-toes up, right leg up, left leg up, stand {The systematic method of kneeling moves from one relatively strong position to another with a short transition time, this maintains your readiness if you are attacked, placing the left knee down first and up last keeps the left side open so a



weapon could be drawn, all of this is to help train you to be alert to your environment, body position and situation}

A bow is sign of mutual respect and should never be a hurried bob of the head  
Always bow at the same level (i.e. both standing or kneeling) {different levels implies one is inferior}

### **Start and End of Practice**

At the beginning and end of practice, a senior black belt will call you to line up. Make sure your gi is neat and your belt is tied before you line up. White belt ranks (everyone below white belt) line up facing Kano sensei's picture (front of dojo). You line up in order of seniority, with the most senior person on the far right. Juniors (below 16) line up in front of adults in the same order. The black belts will be in a line to your right, and the head instructors will be in front of you with their backs to the front of the dojo. Stand up straight with your hands at your sides and focus your attention towards the front of the dojo (this is often a time when announcements, or instructions are given).

To open or close practice we do two bows, one towards Kano sensei's picture, and one to the head instructors. These indicate respect and gratitude towards the instructors, and towards Kano sensei, and all the other people who have contributed to Judo. We will do either a standing or kneeling bow (usually a kneeling bow). A senior black belt will call out "kiotsuke" (kee-oats-kay "attention!") and then either "rei" (ray "bow") or seiza (say-zaw "kneel)-sometimes seiza is called without calling kiotsuke. If seiza is called kneel in seiza according to the manner described and sit with your back straight. Then "rei" will be called twice, execute a kneeling bow (zareii). Sometimes at the end of practice while you are sitting in seiza, the command mokuso (moke-sew "meditate") will be given. This means you should sit quietly with your eyes closed and think about the things you learned during training. Then the command "moksuo yame" (moke-sew ya-may "stop meditating) will be given, open your eyes and sit up straight. Then the command rei will be given twice. After the bowing is done people rise in order of seniority, be sure to get up properly.

**General Dojo behavior** {some of the reasons for these rules are given in brackets}

**Keep all of your street clothing neatly put away, bags zipped up, etc.** {looks bad, dangerous, people lose things, shows respect for yourself and the place}

**Check your judogi to be sure it is adjusted properly, keep it in this condition as much as possible** {shows respect for dojo, teaches you to pay attention to details}

**Come to practice with a clean judogi and body** {nobody likes a stinker, very inconsiderate and disrespectful to your dojo and training partners}

**Do not wear your judogi while travelling to and from practice, or for non-Judo purposes outside of practice.**

**Avoid walking in front of a teacher, if you must you should excuse yourself** {Sensei is teaching, supervising or watching, and does not need you to block him}

**Do not walk between two people who have bowed and are practicing** {would you walk between two people who are fighting?}

**Do not turn your back on someone you are practicing with until you have bowed out** (especially true in randori) {helps prevent injuries from unexpected actions, teaches

awareness, zanshin, turning your back indicates that you really aren't worried about your partner because he is a wimp}

**Sit only cross legged (anza) or kneeling (seiza)** {safety, if you are fallen on in this position you are less likely to be injured, no legs hanging out for people to trip over, compact position that does not waste mat space}

**When you stand, stand up straight, do not lean on anything, focus your attention on your partner or the sensei** {helps teach proper posture and awareness}

**No speaking when sensei speaks (no interrupting!)** {rude, other people can't hear including you}

**No unnecessary talking or chatting** {you need to focus on what you are doing, makes it hard to control class, hard to hear sensei}

**Only the teacher teaches**{ the teacher knows what he is trying to teach and you may not, even if your technique or suggestion is good it is much easier for people to learn from one person at a time}

**Take it upon yourself to keep the dojo neat and clean** {It is your place too, keep it clean and safe}

**Do not wipe your brow on your sleeve or tail of your judogi (bring a hand towel)** {not respectful to judogi, also doesn't work very well, looks vulgar}

**Do not contradict the teacher, if you think he is in error, couch it in the form of a question** (be indirect) {rude, confuses other students}

**Do your best to do what the teacher instructs you to do**{you often have some preconception that is actually wrong and limits your ability to properly do a technique}

**Greet your teachers when you arrive at the dojo** {basic courtesy, besides they are really cool people}

**No drink of food in the dojo (other than a water bottle).** {makes a mess, not in line with the purpose of being there-to practice Judo, distractions, choking}

**Ask as many questions as you can.** {obvious, if you don't ask you probably won't learn, don't be shy there are usually about 10 other people wondering the same thing}

**If you see something interesting on the internet, discuss it with your teacher before you try it.**

**Do not attempt techniques that you have not been taught**

**Enjoy your judo.** {if not, why come}

### **Care and wearing of the judogi**

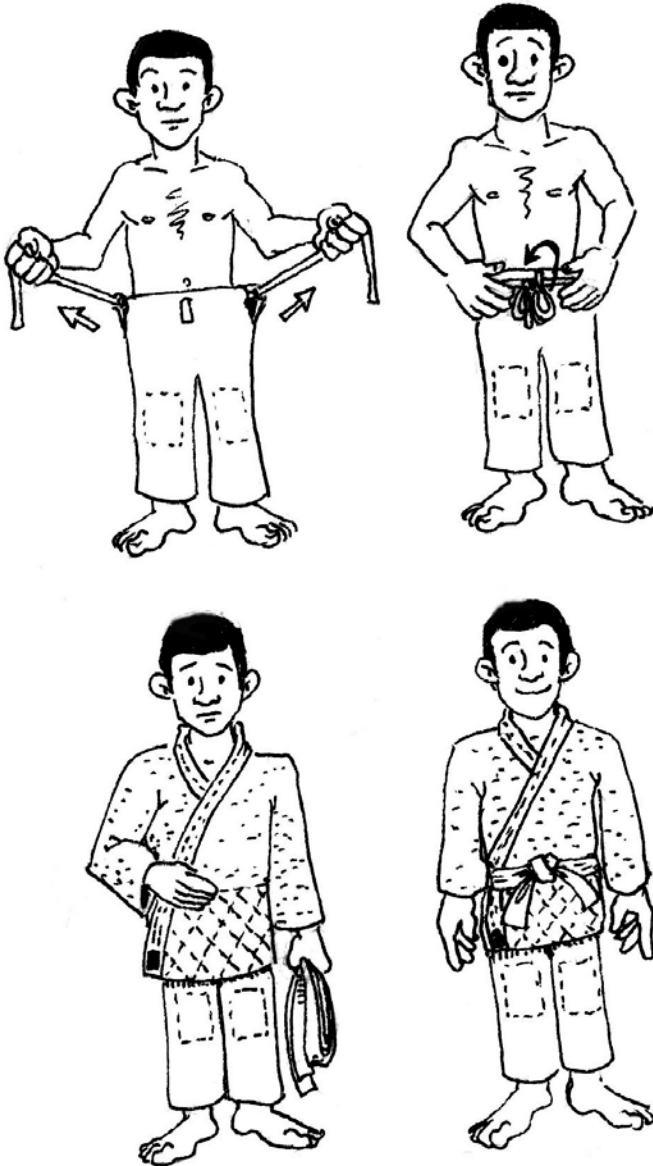
The Judo practice uniform or “Judogi” was developed to provide safe and sturdy clothing for Judo training. Originally, people trained in street clothing, which did not last long under the strain of Judo training.

### **Components of the judogi**

The judogi comprises a jacket (uwagi), belt (obi) and drawstring pants (shitabaki). The uwagi is held closed with the obi which is passed around the body twice before being tied in a square knot. Judo uwagi are heavier than those used for karate, with stitching that

increases the strength of the fabric. Students should purchase a white judogi first. Ask your teacher where to buy a proper judogi.

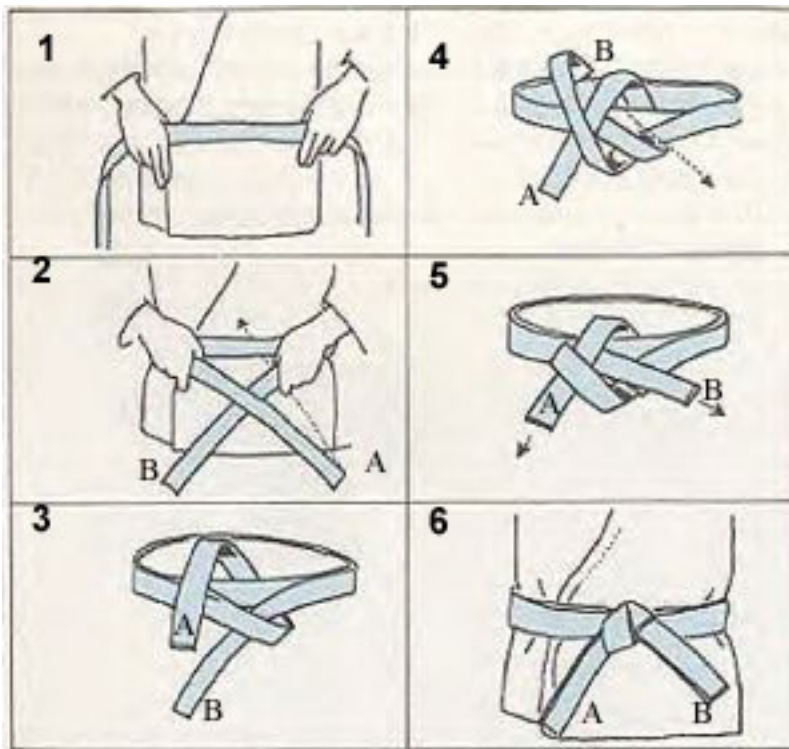
### **Wearing the judogi**



First put on your pants. The side of the pants with one or two loops attached should face to the front. Tighten up the pants by pulling alternately on the drawstrings (himo), pass the himo through the loops, tie with a bow knot and tuck the excess inside of the pants. You may wear whatever underclothes you find comfortable for athletic activities under the pants, a protective cup is not necessary. Put the uwagi on with the left side over the right side (never reverse this as, right side over left is the way they put kimonos on the dead). Men do not wear anything under the uwagi, women wear a t-shirt (must be white for competitions) along with whatever additional support they find comfortable for athletic activity.

## Tying the obi (belt)

Find the center of the obi. Place it in the center of your body at your natural waist (a few inches below your navel).



Pass the ends behind your back and back around so you are holding them in front of your body in both hands. Cross your belt at the center of your body, pass the end of the top tail under both wraps of the belt (tail a). Then cross the ends, with tail a on bottom. Pass the end of tail b through the space formed by the crossed tails and pull the ends straight out to the sides. You should now have your belt tied in a square knot with the tails sticking out more or less straight to the sides.

## Fit of the judogi

The sleeves should end within an inch or two of your wrists, and the pants legs within an inch or two of your ankles. Rolling up sleeves or pants legs is not acceptable because it presents the danger of catching fingers and toes and causing injury. There are specific rules governing the fit of judogi used in competitions.

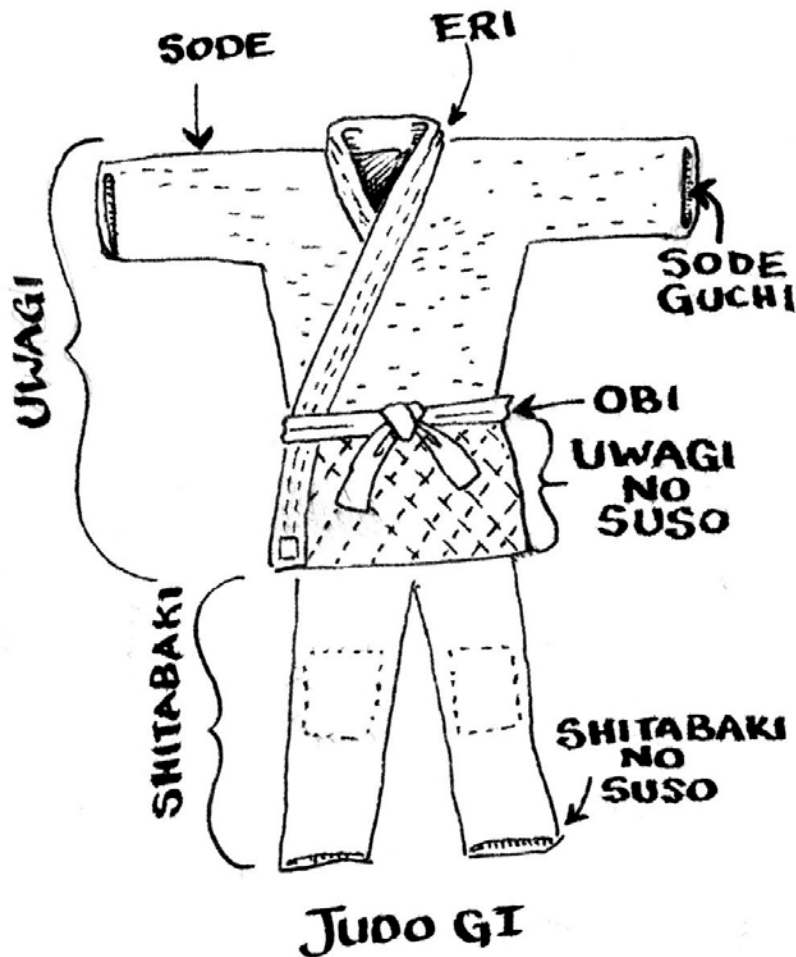
## Care of the Judogi

Traditionally, the white judogi represents the ideals of simplicity and purity associated with Judo training. Markings or patches are kept to a minimum, with typically only a small patch or embroidery showing club affiliation. In the last few years, blue judogi

have been adopted for competition. You should purchase a white judogi first. White or blue judogi may be worn at practice. However, mixing different colored pants and jackets is not acceptable.

The judogi should be washed, or at the very least hung out to dry after each practice. Never come to practice with a stinky judogi. Using bleach on judogi is not advised as it weakens the fabric. Since judogi are 100% cotton, some shrinking will occur. If the judogi is washed in hot water or put in the dryer it will increase the shrinkage. Hanging the judogi up to dry is also preferable to putting it in a dryer, as rolling around in the dryer will cause the judogi to wear out faster. Any holes in the judogi must be repaired before practice as they present a safety hazard (catch fingers and toes). This is also true of any loose patches. The judogi should be neatly folded and placed in a bag to be carried to and from practice.

Japanese names for parts of the judogi



## **Personal Hygiene**

You should show up to Judo practice with your nails (fingers and toes) trimmed short. Though you will probably get sweaty and stinky during practice you should not show up for practice in that condition. No rings or other jewelry may be worn during Judo practice. Hair should either be short, or gathered up in a fashion where it will not get in the way during practice (pony tail, bun, etc). Facial makeup will likely end up smeared all over both partners so it should be removed before practice. Open wounds or other injuries should be covered with a bandage and athletic tape. If you are injured during practice and start to bleed, stop immediately and bandage the injury (if possible) and clean up the blood with a spill kit. If you contract a contagious skin disease such as impetigo, athlete's foot, or staph infection, you should not practice until the condition clears up. You should also notify the sensei of any sort of communicable skin disease you think you might have picked up at Judo.

## **Injuries**

If you are injured at Judo you should stop immediately and notify a sensei. This is also true if you simply do not feel well, do not wander off to the bathroom by yourself (where you may collapse with no one the wiser). If you are injured and cannot practice, you should still try to attend practice. Much can be learned from watching practice and how people do throws and there may be opportunities to help with the kids or beginners classes.

## Judo Ranks

The familiar system of martial arts ranks indicated by colored belts was actually started by Kano sensei for Judo. Old-fashioned martial arts (koryu) used licenses, only awarded after long periods of study. Kano sensei adopted the kyu (“white belt”)- dan (“black belt”) system from fine arts such as calligraphy and music to provide a more structured approach to teaching and learning Judo. Each step in the system indicates that the student has grasped certain skills and techniques and devoted a certain amount of time to Judo training.

Mudansha (white belt) ranks			Yudansha (black belt) ranks		
Rank (Japanese)	English	Belt color	Rank (Japanese)	English	Belt color
Gokyu	5 <sup>th</sup> kyu	White	Shodan	1 <sup>st</sup> dan	Black
Yonkyu	4 <sup>th</sup> kyu	Green	Nidan	2 <sup>nd</sup> dan	Black
Sankyu	3 <sup>rd</sup> kyu	Brown	Sandan	3 <sup>rd</sup> dan	Black
Nikyu	2 <sup>nd</sup> kyu	Brown	Yodan	4 <sup>th</sup> dan	Black
ikkyu	1 <sup>st</sup> kyu	Brown	Godan	5 <sup>th</sup> dan	Black
			Rokudan	6 <sup>th</sup> dan	Red and white*
			Shichidan	7 <sup>th</sup> dan	Red and white*
			Hachidan	8 <sup>th</sup> dan	Red and white*
			Kudan	9 <sup>th</sup> dan	Red*
			Judan	10 <sup>th</sup> dan	Red*

\* May wear a black belt for practice

## History of Judo in Portland

Judo in Portland traces its beginnings to a demonstration of *Kito-ryu Jiujutsu* given by Bunzaemon Nii and an unknown opponent at the Lewis & Clark Exhibition of 1905. The Japanese community approached Nii sensei in 1926 to open a Judo dojo for their young people. It was called Portland Judo Dojo. More dojo were opened around the city in the following years.

Following the 1932 Olympics in Los Angeles, Dr. Jigoro Kano, the founder of Judo, visited Oregon while touring the United States. While here he visited various dojo, and named and presented calligraphy to two dojo. Shudokan (our namesake) a dojo located in the Montavilla neighborhood, and Obukan (formerly Portland Judo Club).



Kano Sensei visits Portland's original Shudokan dojo in 1932.

The practice of Judo expanded quickly in Oregon. During these years before World War II the Portland - Salem areas boasted seven full time dojos. Combined with those in Seattle, our Yudanshakai (black belt association) comprised more than 10 dojo.



Kano sensei visited Portland again in 1938, on the way home from an International Olympic Committee meeting in Cairo, Egypt. Sadly he passed away on the sea voyage home to Japan.

With the start of World War 2 Judo in the Northwest was put on hold. The tragedy of Japanese-American internment during the war made it impossible for Judo to continue in Portland (though some Judoka continued to practice in the camps). When the Japanese-Americans were finally released, they returned home to find that they had to totally rebuild their lives. There was no time for Judo.

In 1952 Richard Muller sensei, who began his judo studies in California, taught judo classes at Reed College. The Gresham-Troutdale dojo was also re-opened with a visiting Japanese Buddhist Priest as head instructor.

Seeing how well judo was received by the community, in 1953 Muller sensei and his supporters persuaded the former members of Obukan Judo Dojo to reactivate the club. Other dojo were formed in Portland in the following years including Ojukan in 1967, Seiwakan in 2001, Portland Judo in 2010 and Shudokan in 2015.

Our dojo was named after Portland's first Shudokan dojo to honor the contributions of those early Oregon Judoka. The name means "A place to study the way".

## Judo Glossary

Japanese pronunciation: 1. Pair up vowels and consonants where possible 2. Soft vowels, a as in father, e as in net, i as in feet, o as in toe, u as in soup

Japanese	English		Japanese	English
counting			Mata	thigh
Ichi	1		Matte	Stop!
Ni	2		migi	right
San	3		mune	chest
Shi or yon	4		Nage	throw
Go	5		newaza	mat technique
Roku	6		O	big
Shichi or nana	7		Okuri	to follow
Hachi	8		Otoshi	to drop
Ku	9		randori	free practice
ju	10		rei	bow
General terminology			seiza	formal sitting position
Ashi	foot or leg		sensei	teacher
ashi waza	leg techniques		Seoi	to carry on the back
atama	head		Shizen hontai	Straight natural stance
ayumi ashi	natural walking		Soto	outside
dan	grade (black belt rank)		Sukui	to scoop
dojo	Practice hall, club		Sumi	corner
H(B)arai	reap or sweep		Suri ashi	sliding steps
Hane	to spring		Tai	body
Hajime	Start, go!		tai sabaki	body movement
hidari	left		Tani	valley
Hiza	knee		Tatami	mat
Jigotai	defensive stance		te	hand
Joseki	high seat, front of dojo		Tomoe	comma shape
Judogi or gi	Judo practice uniform		tori	person doing the technique
jutsu	art or practice		Tskuri	Preparatory movements
K(G)aeshi	to avoid, counter-technique		tsugi ashi	following step
K(G)ake	to hook		Tsuri	lifting pull
K(G)ari	to cut, like a sickle		Tsurikomi	lifting pull and come in
K(G)oshi	hip		Uchi	inside
K(G)uruma	wheel		ude	hand
Kake	Throwing action		uke	person who receives the technique
Kata	shoulder		ukemi	falling technique
Kata	form		Uki	float
Kiai	Shout used to focus energy		Utsuri	to switch
kiotsuke	attention		Yoko	side
Ko	small		Zenpo Kaiten	Forward rolling ukemi practice
koshi	hip			
kubi	neck			
Kuzushi	Off balancing			
kyu	class ( white belt rank)			
Makikomi	wrapping entry			

## **Judo Governing Bodies**

The home dojo of Judo is the Kodokan Judo Institute, located in Tokyo, Japan. The Kodokan is the “brain” of Judo and is the final authority on Judo technique, principles, and philosophy. The international governing body for Judo is the International Judo Federation (IJF), who manage all international competitions and set the rules for Judo competition throughout the world.

In the United States there are three recognized Judo governing bodies. Obukan is a member of the United States Judo Federation (USJF). The other two organizations are United States Judo Inc., and The United States Judo Association. To practice Judo at Shudokan , you are required to pay annual dues to the USJF. This money provides supplemental injury insurance as well as going towards putting on seminars, tournaments, and other activities that help teach Judo throughout the United States. The USJF also oversees promotions and officially grants Judo rank. Our local USJF governing body is the Northwest Yudanshakai.



## **Judo Competitions**

Judo competitions are held at the local, national and international levels and Judo has been a part of the Olympics since 1964. Judo competitions usually take the form of tournaments where people from a number of different dojo come together to compete. Competition is divided up by sex, rank, and weight. There are typically divisions for juniors (under 16), green belt and below, brown belts, and black belts.

A Judo match lasts 5 minutes with no rest breaks (may be shorter at some tournaments). The competition area is a square 8-10 meters (about 30 feet) on a side. There is a referee and two corner judges. To help identify competitors, one wears a blue judogi and one wears a white judogi. To start the match both competitors bow and step onto the edge of the mat, then they proceed to their start lines at the center of the mat (2 meters apart). Both competitors bow and then step forward and the referee calls hajime (start).

The objective of competition is to throw your opponent to his back, or hold them on their back for 20 seconds, or gain a submission through a choke or arm-bar (elbow lock).

Competitors start the match standing, and transition to ground work must be through a legitimate technique (not just drag them down to the mat). Once matwork has started, unless there is some progress towards a decisive technique (pin, choke, etc.) *matte* (stop) is called and competitors are restarted in a standing position. If the competitors go out of bounds they are also restarted in a standing position.

Scoring in Judo is non-linear and a bit confusing at first. Since the contest represents an actual fight, it is easiest to understand it in those terms. A score of *ippon* ends the match (like a pin in wrestling). An *ippon* represents a decisive attack that would end a fight. *Ippon* are scored by throwing an opponent to his back with force and speed, holding the opponent on their back for 25 seconds, or gaining a submission from a choke or armbar. *Waza-ari* are “half-points”, two *waza-ari* add up to an *ippon*, ending the match. Presumably a *waza-ari* represents an attack that while causing some injury to an opponent, does not end the fight (though two such attacks would probably do so) *Waza ari* are gained by a throw that lacks force or speed or puts *uke* on his side or holding *uke* on his back for 20-24 seconds.

Originally, *ippon* and *waza-ari* were the only scores given. If there was no score, the match was decided by a vote of the referee and corner judges. To reduce the number of decisions, in 1974 two additional score categories were added *yuko*, and *koka*. The *koka* was eliminated in 2009 leaving only the *yuko*.

A *yuko* is scored by a throw that lacks 2 of the 3 requirements for an *ippon* throw, or holding the opponent on his back for 15-19 seconds. A *waza ari* defeats any number of *yuko* (and no number of *yuko* add up to a *waza-ari*).

Penalties are given for various prohibited actions. These take the form of *shido*. *Shido* are counted against the competitor for the final score. One *shido* will decide a tie match, two *shido* subtract one *yuko* from the final score, three *shido* subtract a *waza ari*. A fourth *shido* results in immediate loss of the match. Certain dangerous actions can result in a *hansoku-make*, or immediate loss of the match.

## Other sources of information

### The Internet:

[www.shudokanjudo.org](http://www.shudokanjudo.org)

[www.nwjudo.org](http://www.nwjudo.org)

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

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

[www.kodokan.org](http://www.kodokan.org)

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

Our club website

Northwest Yudanshakai website

United States Judo Federation Website

International Judo Federation Website

Kodokan Judo Institute Website

Judo information site

### Recommended Books

Kodokan Judo by Jigoro Kano

Mind Over Muscle: Writings from the Founder of Judo by [Jigoro Kano](#)

Kodokan Judo Throwing Techniques by [Toshiro Daigo](#)

Best Judo by [Isao Inokuma](#) and [Nobuyuki Sato](#)

### Shudokan Instructors

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