

Wall to Wall

Senior Judo Handbook

Name: _____

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THE STUDY OF JUDO

The study of Judo is the study of your body, your mind and your heart. Ultimately, it is the study of your character.

Judo has two major ideals: Maximum Efficiency and Mutual Welfare and Benefit. Both of these are foundations of the goal of Judo, which is the “harmonious development and eventual perfection of human character”.

Judo has several aspects: recreation, physical fitness, competition, self-defense, art, social activity, service, etc. At some points during their training, the Judoka will concentrate on one or two of these. At other times, the Judoka will be working on several of these aspects. The important thing to remember is that Judo is big enough for all of these things.

Wall to Wall Martial Arts

Wall to Wall Martial Arts is a diverse and inclusive club, incorporating the many varied aspects of Judo. The goal of our instructors is to help you get what you want and what you need out of Judo, and to put back into Judo what you can.

As a consequence, we have a Judo club that welcomes those studying Judo for any of its multitude of benefits. Most are interested in several, if not all, of the aspects of Judo.

Likewise, Judo training is encouraged for men and women, boys and girls, regardless of age, background or physical condition. It is imperative, however, that the students inform the instructors of any physical condition which may require a modification of their training, specifically including but not limited to chronic injuries or illnesses which may affect their safety or the safety of others.

RULES OF THE DOJO

1. Students must never use their Judo skill outside of Judo activities, except in self-defense.
2. Students must show respect for themselves, their Sensei, their classmates, and most importantly, their family.
3. Students are responsible for their own safety, and the safety of all of their classmates, throughout the class.
4. Students should bow (*rei*) to all partners when beginning and finishing training sessions with them.
5. Uniforms should be clean, in good repair, and properly worn at all times. This includes keeping nails trimmed and bodies clean.
6. Courtesy and attentiveness are requirements for showing respect, and should be practiced in the Dojo at all times.
7. Students must *rei (bow)* onto and off of the practice mat when starting or ending a training session, and should not leave the mat without the permission of the instructor. Emergency situations are obviously an exception.
8. Students should be dressed and ready to participate when class time begins. If a student is running late, they may not come on the mat without the instructor bowing them on.
9. There will be no eating, drinking, or gum chewing on the practice area.
10. No jewelry or sharp objects may be worn on the mat. If you have a piercing which cannot be removed, it must be taped and covered in such a way that it presents no danger.
11. Questions are allowed, encouraged, and expected. Arguing with instructors or upper belts will not be tolerated.
12. It is discourteous, and unsafe, to turn your back to a partner. Students should face their partner at all times, including when adjusting their uniform. The exception to this is if modesty dictates turning away from them.
NOTE: This courtesy is the opposite of most other Martial Arts. If a guest of another club, please follow their rules. If we have guests, please allow for these differences.
13. REMEMBER. Judo training should be fun, but must be taken seriously.

JUDO – HISTORY AND BACKGROUND

JuJitsu, when translated into English, means *gentle or yielding techniques*. There are several different styles of JuJitsu, such as the Small Circle Jujitsu of Sensei Wally Jay and the Brazilian JuJitsu of the Gracie Family. Several other martial arts, though not known as JuJitsu, could be correctly identified as a style of JuJitsu. Judo, Aikido, Aiki-jitsu, Sambo, and Sumo would all fit into this category. If you add in western-based styles of fighting, wrestling could be considered a type of JuJitsu.

JuJitsu practice began in Japan hundreds of years ago. Families with strong fighting skills would pass these skills down generation by generation, and would on rare occasions “adopt” men outside their families to train. Eventually, these families developed schools, where their own unique brand of JuJitsu would be taught. As time progresses, these schools became more and more specialized into different fields, such as hip throws, arm locks, or kicks. It was not until the end of the 19th century that this changed.

In 1882, Dr. Jigoro Kano created what was not only a new style of JuJitsu, but also a complete reworking of the martial arts system in Japan. He called this new system *Judo*. Unlike the other schools, which taught forms and techniques simply because their forefathers had, Judo had criteria on which all techniques and skills were judged: efficiency. For Dr. Kano, techniques which were awkward, involved unnecessary form or movement, or which could not be practiced at full force were too inefficient to waste time teaching. Techniques that did not meet these standards were either not taught at all, or included in Kata for historical purposes. The other Senseis of JuJitsu were incensed, and challenged that the lack of killing and maiming techniques in Judo limited its effectiveness. Dr. Kano offered to prove the effectiveness of Judo, and a challenge match was arranged. Ten of the students from the Kodokan, the Judo school, were to be paired up against the ten best Jujitsu fighters from all the other schools in Japan. The Judo students did not lose a single match.

After this, classical Jujitsu in Japan dwindled to almost nothing, and Judo soared in popularity. Dr. Kano brought the sport and martial art of Judo around the world, and worked tirelessly towards promoting it until his death. Judo became the first martial art in the Olympics, and is still the most popular and practiced martial art in the world today.

KATA

Kata (forms) are one of the three component parts of Judo Training. While generally thought to only be "The Katas of Judo", indicating the pre-arranged sequences of techniques in Judo, at Wall to Wall Martial Arts we use this term to include all of the training methods used to develop individual techniques and series of actions. In most of these training actions, there is an attacker (*Tori*) and a defender (*Uke*), although this is not always the case. Some of the particular techniques or training tools used in Judo are listed as follows:

Uchi Komi - An Uchi Komi is where *Tori* attempts a technique, usually a throw or combination, on the *Uke*, without the final execution of the technique. This is sometimes done stationary (static) or with lateral movement (dynamic).

Crash Pad Throws - Throwing into the crash pad is a great way to develop the execution of throws or combinations, where the *Tori* can put full force into the throw with a minimum of risk to *Uke*.

Drills - Repetitive actions of a single combination, technique, or even portion of technique, in order to ingrain the movement in the Judoka.

Of course, there are also the formal techniques of Judo, such as the *Nage No Kata* and *Katame No Kata*. These, and the other seven Katas of Judo, serve to fine-tune the technical aspects of Judo, preserve and practice historical techniques on which Judo is based, and emphasize the movement and flow of Judo.

RANDORI

Randori, or free practice, is the heart of Judo training. Randori is a situation where there is no Tori or Uke, but rather both people are equal. This is where a Judoka is attempting to apply the techniques and strategies learned against a partner who is not being completely cooperative. Randori can be classified according to what type of Randori it is and what the ratio of cooperation/competition is between the partners.

Types of Randori

Ground Randori - Ground Randori starts in a grappling mode, with neither partner standing either at the beginning or throughout the session.

Standing Randori - Standing Randori starts in standing position and, upon one partner going to the ground, stops and restarts in the standing position.

Randori - Randori includes both standing and groundwork, but will start in the standing position and return to standing if there is no progress in groundwork.

Intensity of Randori

Light Randori - Light Randori occurs when the Judoka are not resisting or attempting to counter the application of their partner's techniques, and, when applying techniques, are doing so with reduced speed and strength.

Medium Randori - Medium Randori occurs when the Judoka are using most (but not all) of their strength and speed and are giving significant resistance to techniques being applied by their partner.

Heavy Randori - Heavy Randori occurs when the Judoka is using all of their strength, speed and skill to apply techniques and prevent their partner from executing techniques. The major difference between this and Shiai (Tournament) is the mental attitude and strategy of the Judoka.

Randori may look like competition, but the goal of Randori is to practice techniques and strategies in a dynamic and changing environment.

SHIAI

Judo contests (Shiai) are the most recognizable part of Judo, and, for some Judoka, it is the primary focus of their training. Judo contests are conducted within specified age and weight categories, and often within specific belt categories. Most Judo competitions follow either the standard rules of Olympic Judo, or a slightly modified set of rules. Most of the modifications are minor issues regarding safety. In contest Judo, the goal is to beat your partner, who in this instance is your opponent.

There are two general ways to approach Judo competition and preparation for it. Neither is wrong, but a Judoka should have a clear understanding of which one he or she wants to follow, and should explain this to the Sensei (teacher) as well.

1. **Training for Competition:** This is the mentality of the Judoka trying to win championships and improve themselves at competitive Judo. Specifically, the Judoka focuses on improving those skills which are applicable to competition. While this is a difficult and not a well-rounded approach to Judo, it is, to a certain extent, necessary for external successes in Judo competition.

2. **Competing for Training:** This is the mentality of the Judoka who competes in order to develop a well-rounded base of Judo skill and experience. Competitions can help a Judoka understand aspects of Judo which can be much more difficult to master in a classroom setting. This is a great focus for most Judoka, but can be a bit distracting to the serious competitor.

Cross Training

Cross training can be divided into two categories: Cross training for the physical mechanics of Judo, and cross training to improve the understanding of Judo.

Physical Activities: Simply put, this is training your body outside of the Dojo to improve your ability to do Judo. This process can be of great benefit to any Judoka, and is a necessity for those wishing to train for championships. Some of the more beneficial activities to improve Judo are as follows:

1. Running/Walking - Improves wind (aerobic conditioning), posture, and leg strength.
2. Weight Training/Calisthenics - Improves strength, muscular endurance, and posture.
3. Yoga/Stretching - Improves flexibility/balance.
4. Basketball - Improves endurance, coordination, and balance.
5. American Football - Improves physical toughness and explosiveness.
6. Gymnastics - Improves flexibility, muscular strength, posture and balance.
7. Dance (Ballet, Modern, Jazz) - Improves posture, grace, strength, endurance, aerobic conditioning, flexibility, explosiveness and balance.

Of course, this is just a short list. Any physical activity which makes the Judoka's body stronger, more supple, more efficient, or longer lasting will improve their ability to do Judo, just as Judo will improve their ability to do all of these other activities.

Supplemental Training: Supplemental training is training in other martial arts or combative sports in order to improve Judo skills, reach a better understanding of Judo, gain an appreciation of other martial arts, or add techniques not normally or often taught in class. The concentration areas of some specific styles are as follows:

1. Karate/Tae Kwon Do/Kick Boxing - These styles teach kicks and punches, as well as blocks of kicks and punches.
2. Aikido/Hap Ki Do/Japanese Ju Jitsu - These styles teach joint locks, take-downs, and control holds, mostly from standing.
3. Brazillian Ju Jitsu/Shoot Fighting/Open Style Grappling - These styles teach joint locks and submissions, mostly from groundwork.

This is a woefully inadequate list, and does not even include weapons styles. Training in these can be of great benefit to your Judo, but there are some courtesies and precautions you should always follow:

1. Always tell your instructor you want to try another style and be specific about the circumstances. In addition to being courteous, there might be some information you need to know before you go in.
2. Always obtain the invitation/permission of the instructor of the school you are going to, letting them know who you are and why you are there.
3. Always wear a White Belt when visiting a different style martial art. If visiting another Judo Dojo, wear your current rank.
4. You are there to learn, so listen, follow instructions, and be very respectful.
5. Try watching a class before participating, so you will know what to expect.

You can do things outside of Judo to improve Judo, but it is important to remember that the best way to improve your Judo is to practice Judo whenever you can.

SERVICE TO JUDO

Service to Judo is a broad category, and rightfully so. Remember, the ultimate goal of Judo, as described by Dr. Kano, is as follows:

"The harmonious development and eventual perfection of human character."

The wording is very important. The ultimate goal of Judo is not to develop winning techniques, or precise form, or accumulate medals, although all of these things can play an important part of your Judo development. Instead, it is to make the Judoka into a better person, in the physical, intellectual, and moral sense. As such, service to Judo is extremely important. As you progress in skill level, this can manifest in many forms, of which the following are but a few examples

Beginners:

1. Obey instructions immediately and listen carefully to the instructors.
2. Help out around the Dojo by cleaning up, picking up trash, and being courteous to all guests and fellow teammates.
3. Model the behavior a Judoka should have, all the time.
4. Bring other people into Judo.

Intermediate: In addition to the above,

1. Help instruct lower level students.
2. Assist with tournaments, clinics, etc.
3. Be an example to lower belts in terms of leadership, and focus.
4. Be ready to assist the instructors when asked.

Advanced:

The advanced (Brown Belt and above) should exhibit all of the above behaviors as well as the following:

1. Strive to become competent at tournament related activities, such as technical official or referee.
2. Learn how to and become a certified coach.
3. Assist with teaching classes.
4. Help other Judoka before and after classes.
5. Provide administrative support for running the club.

Of course, these are just a few of the example of the ways a Judoka can help out and provide service to Judo. Remember, try to give back to others the time and energy that was dedicated to you.

MINIMUM PROMOTION REQUIREMENTS

The following is a list of the Minimum Promotion Requirements for the listed ranks. In no way does completion of the minimum requirements indicate that the person will be promoted, or even tested for promotion, by the instructors. As the student advances higher in rank, the amount that they exceed the minimum requirements should increase. The minimum age for all senior kyu ranks is thirteen. The minimum age for dan ranks is sixteen.

SENIOR RANKS

Rank	Belt Color	Minimum Points	Minimum Time in Grade	Certifications Required	W2W Promo Fee	AAU Promo Fee
7th Kyu	White	0.0	None	None	N/A	N/A
Rokkyu	Yellow	6	4 months	None	\$30	\$30
Gokkyu	Orange	9	4 months	None	\$30	\$30
Yonkyu	Green	12	8 months	None	\$30	\$30
Sankyu	Brown	16	8 months	None	\$30	\$40
Nikkyu	Brown	20	12 months	None	\$30	\$40
Ikkyu	Brown	23	12 months	None	\$30	\$40
Shodan	Black	30	16 months	Coach, Ref, or Kata	\$125	\$50

Students testing for rank may choose to simply have their rank issued by W2W or, if they so desire, they may also have their rank issued and recognized by the Judo Black Belt Association. Additional promotion fees apply for JBBA rank and the student must have a valid JBBA membership. Please speak to one of the Head Instructors for more information. Rank from the JBBA will be accompanied by a certificate. Rank from W2W alone will not. Ranking through the JBBA IS NOT REQUIRED but it is recommended, particularly at Black Belt.

W2W Judoka can earn points in the following ways and at the discretion of the Instructors.

CLASS, CLINIC, AND CAMP ATTENDANCE

Points	Activity	Notes	
0.1	Class Attendance	Per class, up to 0.2/day	
1.0	Clinic/Camp Attendance	Per session, up to 3/day	
0.1	Teaching/Helping Class	Additional, up to 0.2/day	

TOURNAMENT COMPETITION – APPLIES TO SHIAI (fighting) or KATA (forms)

1.0	Local/In-House Tournament Entry		
2.0	State/Regional Shiai Tournament Entry	Regional means 3+ states or 10+ clubs	
3.0	National Level Tournament Entry		
2.0	Placing 2nd or 3rd in State/Regional Tournament		
3.0	Placing 1st in State/Regional Tournament		
4.0	Placing 2 nd or 3 rd in National Level Tournament		
5.0	Placing 1 st in National Level Tournament		
1.0	Placing 2 nd or 3 rd in In-House Tournament		
2.0	Placing 1 st in In-House Tournament		
1.0	For each match won	Applies to all tournaments	

SERVICE TO JUDO

2.0	Referee at In-House Tournament	Junior and Senior are separate	
3.0	Referee at State/Regional Tournament		
5.0	Referee at National Level Tournament		
3.0	Head Referee at In-House Tournament		
4.0	Head Referee at State/Regional Tournament		
1.0	Technical Work at In-House Tournament		
2.0	Technical Work at State/Regional Tournament		
3.0	Technical Work at National Tournament		

WALL TO WALL JUDO SERVICE POINTS

1.0	Recruit Student who signs up for class	Per student	
1.0	Recruit Student who signs up for class and AAU or JBBA	Per student	
	Assist with Dojo Cleanup/Work Day or with Administrative Work.	Once per rank allowed. Points awarded at Sensei's Discretion.	

Specific Rank Requirements

Yellow Belt Requirements for all Beginning Students

Throws

Ogoshi	Large Hip Throw
Seoi Otoshi	Drop Knee Shoulder Throw
Osoto Gari	Large Outer Reap
Ippon Seoi Nage	One Arm Shoulder Throw
Morote Gari	Double Leg Takedown or 2 Handed Reap

Hold Downs

Kesa Gatame	Scarf Hold
Yoko Shiho Gatame	Side Locking Four Corner Hold

Escapes

1 escape from each Pin

Chokes

Hadake Jime	Naked Choke
Koshi Jime	Hip Choke
San Kaku Jime	Triangle Choke (from Guard)

Joint Locks

Juji Gatame	Cross Body Arm Lock
Ude Garami	Entangled Arm Lock (from Guard)

Counters/Defenses/Combinations

<u>Attack</u>	<u>Counter/Defense</u>	<u>Throw to Throw or Submission</u>
Ogoshi	Inside Cut to Throw	Ippon Seoi Nage to Osoto Gari
Osoto Gari	Osoto Gaeshi	
Seoi Otoshi	Sprawl and choke	
Ippon Seoi Nage	Hip block	
Morote Gari	Sprawl & Turnover to Pin	

Misc Mat Work:

Cross Face Turnover
Half-Nelson Front & Sides
Scissor Sweep
Knee Push Scissor Sweep
Hip Bump

Elbow in Thigh Guard Pass

Semester 1 – January - April

Throws

		<u>Advanced Ranks Add</u>
Hiza Garuma	Knee Wheel	Yoko Garuma – Side Wheel (Kata Version)
Sasae Tsuru Komi Ashi	Lift Pull Foot Prop	Yoko Garuma – Side Wheel (Cross Grip/Sleeve Push Through)
Yoko Otoshi	Side Body Drop	
Kuchiki Taoshi	Dead Tree Drop	

Hold Downs

		<u>Advanced Ranks Add</u>
Makura Kesa Gatame	Pillow Scarf Hold	San Kaku Gatame - Triangle Hold + 1 escape/defense
Mune Gatame	Chest Hold (Cross Face)	

Escapes

1 Escape from Each Pin

Chokes

Okuri Eri Jime	Sliding Lapel Choke
San Kaku Jime	Triangle Choke

Joint Locks

		<u>Advanced Ranks Add</u>
Ashi Gatame	Foot/Ankle Lock	Heel Hook – from Guard
Ude Garami – Entangled Arm Lock Vs Side Control (attacker has passed guard, block him from getting his arm behind your neck)		Ashi Ude Garami – Leg Entangling Arm Lock

Misc. Mat Work

		<u>Advanced Ranks Add</u>
Single Leg Hug Pass		San Kaku Turnover from Front & Rear
San Kaku vs Leg Hug Pass		San Kaku from Failed JuJi Gatame (from Guard)
		San Kaku from Seated Rear Mount

Self-Defense

1. Defense vs rear standing choke.
2. Defense vs rear bear hug over the arms
3. Defense vs rear bear hug under the arms
4. Defense vs full-nelson

Semester 2 – May - August

Throws

		<u>Advanced Ranks Add</u>
Tsuri Komi Goshi	Lift Pull Hip Throw	Sode Tsurikomi Goshi from a “duck under”
Sode Tsuri Komi Goshi	Sleeve-Lifting Hip Throw	Hikki Komi Gaeshi – Back Fall Reversal
Sumi Gaeshi	Corner Reversal (Normal Grip)	
Kata Garuma	Shoulder Wheel (drop knee version is acceptable if necessary)	

Hold Downs

Kazure Kami Shiho Gatame	Modified Upper 4 Corner Hold
English Hold	S-Mount from a failed JuJi Gatame attempt

Escapes

1 Escape from Each Pin

Chokes

Kataha Jime	Single Wing Choke
Ryote Jime	2 Hand Choke

Joint Locks

		<u>Advanced Ranks Add</u>
Hiza Gatame	Knee arm lock	JuJi Gatame from top mount (spinning)
JuJi Gatame Cross Body Arm Lock (w/leg dive)		JuJi Gatame from top mount (climbing)
		Ashi Juji Gatame Cross-Body Leg Lock

Misc. Mat Work

		<u>Advanced Ranks Add</u>
Spinning Juji from Side vs. Turtle (Bull Rider)		“Jack Knife” Vs Turtle on Stomach JuJi Gatame
Spinning Choke from Side vs. Turtle (Bull Rider)		Superman” Lift to JuJi Gatame
		JuJi Gatame Turnover from Rear Vs Turtle

Self-Defense

- | | |
|---|---|
| 1. Defense vs same side wrist grab | 3. Defense vs double wrist grab |
| 2. Defense vs cross wrist grab | 4. Defense vs front 2-hand choke |

Semester 3 – September - December

Throws

Tomoe Nage	Circle Throw	Yoko Tomoe Nage	Side Circle Throw
Tani Otoshi	Valley Drop (vs Hip Throw)	Tani Otoshi (attacking with a cross grip)	
Morote Seoi Nage	2 Hand Shoulder Throw	Yoko Wakari	Side Separation
Sukui Nage	Scooping Throw		

Advanced Ranks Add

Hold Downs

Kazure Yoko Shiho Gatame	Modified Side Locking 4 Corner Hold
Uki Gatame	Floating Hold/Knee on Belly

Escapes

One Escape from each pin

Chokes

Okuri Eri Jime - Sliding Lapel Choke (As Clock Choke)	Jigoku Jime	Hell Strangle (rolling)
	Mukozune Jime - Shin Choke (aka Goga Plata)	
	Ashi Eri Jime - Leg & Lapel Choke (rolling)	

Advanced Ranks Add

Joint Locks

Hara Gatame - Stomach arm lock	Ashi Garami to Knee Lock & Heel Hook
Kote Hineri - Wrist Twist	Knee Wedge from Guard (aka Calf Crush)

Advanced Ranks Add

Misc. Mat Work

Bicep Crush/Wedge vs Blocked JuJi Gatame	DeLa Riva to Balloon Sweep (Tomoe Nage)
Belt Trap to Tate Shiho vs Blocked JuJi Gatame	Banana Split Vs Turtle
	Wrist Lock Pass vs Half Guard

Advanced Ranks Add

Self-Defense

1. Defense vs 2-hand choke from mount
2. Defense vs forearm to throat from mount
3. Defense vs 1 arm behind head from mount
4. Defense vs both hands pinned from mount

Semester 4 – January - April

Throws

Ko Uchi Gari	Small Inner Reap	“Sticky Foot” Deashi Harai
Ouchi Gari	Large Inner Reap	Osoto Maki Komi – Large Outer Wrapping Throw
Deashi Harai	Advanced or Advancing Foot Sweep	Tsubami Gaeshi – Swallow in Flight Counter
Kibisu Gaeshi	Heel Pick Reversal	

Advanced Ranks Add

Hold Downs

Kata Gatame	Shoulder Hold
Kami Shiho Gatame	Upper 4 Corner Hold

Escapes

One Escape from each pin

Chokes

Tsukikomi Jime	Thrust Choke
Sode Garuma Jime	Sleeve Wheel Choke

Joint Locks

Ude Garami	Entangled Arm Lock (side upper & lower)	1 Arm Ude Garami from side
Ude Garami from Kesa Gatame		Ude Garami Roll from Knee on Belly Ude Garami Arm Crush (Side/Lower)

Advanced Ranks Add

Misc Mat Work

Cowboy Turnover to any choke	Crossbow/Bow & Arrow Choke vs Turtle
Separation/Step Back Pass	Over/Under Pass to Katate Jime Stack
Arm Sweep and Roll from Guard	Arm Lasso Sweep – Using Armpit
Pendulum/Flower Sweep	Arm Lasso Sweep - Using Shin

Advanced Ranks Add

Self-Defense

1. Defense vs Morote Gari/tackle
2. Defense vs standing charge
3. Defense vs jab to head/face
4. Defense vs cross to head/face

Semester 5 – May - August

Throws

		<u>Advanced Ranks Add</u>
Kosoto Gari	Small Outer Reap	Kouchi Gake w/rolling finish
Kosoto Gake	Small Outer Hook	Tai Otoshi - Using Elbow Fold In
Koshi Garuma	Hip Wheel	Ude Gaeshi – Arm Reversal
Tai Otoshi	Body Drop	
KoUchi Gake	Small Inner Hook, aka Giant Killer	(aka KoUchi Maki Komi – Small Inner Wrap Around)

Hold Downs

Ushiro Kesa Gatame	Reverse Scarf Hold
Tate Shiho Gatame	Top Locking 4 Corner Hold

Escapes

1 escape from each Pin

Chokes

Nami Juji Jime	Normal Cross Choke
Kata Jime	Shoulder Choke (From Kata Gatame)

Joint Locks

Advanced Ranks Add

Ude Gatame	Arm or Shoulder Arm Lock (From Guard)	Ude Garami from Ushiro Kesa
Ude Gatame	Arm or Shoulder Arm Lock (From Standing)	Ashi JuJi Gatame from Knee on Belly

Misc Mat Work

Advanced Ranks Add

Swinging Leg Guard Pass Vs Full Guard	Stack & Flip Guard Pass
Keylock Shoulder Pass Vs Half Guard	DeLa Riva Leg Split to Back Take
Stacks Guard Pass	Arm Lasso Sweep – Using Hook Flip Under Leg
Dble Ankle Sweep from High Open Guard	

Self-Defense

1. Punch/Block Series with opponent in your guard. Level 1, 2, & 3 plus upkicking.

Semester 6 – September - December

Throws

		<u>Advanced Ranks Add</u>
Okuri Ashi Harai	Assisting/Sliding Foot Sweep	Okuri Ashi Harai (when Uke steps back)
Uchi Mata	Inner Thigh Reap	Uchi Mata Roll to Pin or Leg Lock
Harai Goshi	Hip Sweep	Hane Goshi – Springing Hip Throw
Maki Komi	Wrap-Around Throw	Sukashi – Evasion (Vs Uchi Mata)

Hold Downs

Kazure Kesa Gatame	Modified Scarf Hold (shoulder)
Mune Gatame	Chest Hold

Escapes

1 Escape from Each Pin

Chokes

		<u>Advanced Ranks Add</u>
Gyakyu Juji Jime	Reverse Cross Choke	Katate Jime – 1 Arm Choke (Baseball Bat/Gator Roll)
Kata Juji Jime	Half Cross Choke	

Joint Locks

		<u>Advanced Ranks Add</u>
Waki Gatame	Armpit arm lock	Waki Gatame vs Turtle on Stomach
Kote Gaeshi	Reverse Wrist Twist	

Misc. Mat Work

		<u>Advanced Ranks Add</u>
Ude Garami Arm Trap Pass Vs Half Guard		Waiver Sweep from High Open Guard
Katate Jime Pass Vs Half Guard		Skirt Choke from ½ Guard & Mount

Self-Defense

Striking – Jab, Cross, Hook, Uppercut, Forearm, Elbow Uppercut, Knee Strikes, Front and Side Snap Kicks, Low Roundhouse Kicks.

Orange Belt Test Outline

Time in Grade – 4 months as a Yellow Belt

Required # of Classes – 26

Throwing Techniques – Demonstrate any 8 of your choice.

1.	5.
2.	6.
3.	7.
4.	8.

Pinning Techniques – Demonstrate any 4 of your choice + 1 escape from each.

1.	3.
2.	4.

Joint Locks – Demonstrate any 2 joint locks of your choice.

1.	2.
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Chokes – Demonstrate any 2 chokes of your choice.

1.	2.
----	----

Misc. Mat Work – Demonstrate 6 Misc. Mat Work techniques of your choice. (Passes, Sweeps, Etc)

1.	4.
2.	5.
3.	6.

Self-Defense – Demonstrate 4 Self-Defense Techniques of your choice. (Standing or Ground)

1.	3.
2.	4.

Green Belt Test Outline

Time in Grade – 8 months as an Orange Belt

Required # of Classes – 52

Throwing Techniques – Demonstrate any 12 of your choice.

1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Pinning Techniques – Demonstrate any 6 of your choice + 1 escape from each.

1.	4.
2.	5.
3.	6.

Joint Locks – Demonstrate any 3 joint locks of your choice.

1.	3.
2.	

Chokes – Demonstrate any 4 chokes of your choice.

1.	2.
3.	4.

Misc. Mat Work – Demonstrate 8 Misc. Mat Work techniques of your choice. (Passes, Sweeps, Etc)

1.	5..
2.	6.
3.	7.
4.	8.

Self-Defense – Demonstrate 6 Self-Defense Techniques of your choice. (Standing or Ground)

1.	4.
2.	5.
3.	6.

Brown 3/Sankyū Belt Test Outline

Time in Grade – 8 months as a Green Belt

Required # of Classes – 52

Throwing Techniques – Demonstrate any 16 of your choice. 2 must be Right and Left.

1.	9.
2.	10.
3.	11.
4.	12.
5.	13.
6.	14.
7.	15.
8.	16.

Pinning Techniques – Demonstrate any 8 of your choice + 1 escape from each.

1.	5.
2.	6.
3.	7.
4.	8.

Joint Locks – Demonstrate any 4 joint locks of your choice.

1.	3.
2.	4.

Chokes – Demonstrate any 6 chokes of your choice.

1.	4.
3.	5.
3.	6.

Misc. Mat Work – Demonstrate 10 Misc. Mat Work techniques of your choice. (Passes, Sweeps, Etc)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Self-Defense – Demonstrate 6 Self-Defense Techniques of your choice. (Standing or Ground)

1.	4.
2.	5.
3.	6.

Kata – Refer to Kata Requirements Sheet for the rank that you are testing for

Brown 2/Nikkyu Belt Test Outline

Time in Grade – 12 months as a Sankyu.

Required # of Classes – 78

Throwing Techniques – Demonstrate any 20 of your choice. 4 must be Right and Left.

1.	11.
2.	12.
3.	13.
4.	14.
5.	15.
6.	16.
7.	17.
8.	18.
9.	19.
10.	20.

Pinning Techniques – Demonstrate any 10 of your choice + 1 escape from each.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Joint Locks – Demonstrate any 6 joint locks of your choice.

1.	4.
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2.	5.
3.	6.

Chokes – Demonstrate any 8 chokes of your choice.

1.	5.
3.	6.
3.	7.
4.	8.

Misc. Mat Work – Demonstrate 12 Misc. Mat Work techniques of your choice. (Passes, Sweeps, Etc)

1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Self-Defense – Demonstrate 8 Self-Defense Techniques of your choice. (Standing or Ground)

1.	5.
2.	6.
3.	7.
4.	8.

Kata – Refer to Kata Requirements Sheet for the rank that you are testing for.

Brown 1/Ikkyu Belt Test Outline

Time in Grade – 12 months as a Nikkyu.

Required # of Classes – 78

Throwing Techniques – Demonstrate any 24 of your choice. 4 must be Right and Left.

1.	13.
2.	14.
3.	15.
4.	16.
5.	17.
6.	18.
7.	19.
8.	20.
9.	21.
10.	22.
11.	23.
12.	24.

Pinning Techniques – Demonstrate any 12 of your choice + 1 escape from each.

1.	7.
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2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

Joint Locks – Demonstrate any 8 joint locks of your choice.

1.	5.
2.	6.
3.	7.
4.	8.

Chokes – Demonstrate any 10 chokes of your choice.

1.	6.
3.	7.
3.	8.
4.	9.
5.	10.

Misc. Mat Work – Demonstrate 14 Misc. Mat Work techniques of your choice. (Passes, Sweeps, Etc)

1.	8.
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2.	9.
3.	10.
4.	11.
5.	12.
6.	13.
7.	14.

Self-Defense – Demonstrate 10 Self-Defense Techniques of your choice. (Standing or Ground)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Kata – Refer to Kata Requirements Sheet for the rank that you are testing for.

Black 1/Shodan Belt Test Outline

Time in Grade – 16 months as a Ikkyu.

Required # of Classes – 104

Throwing Techniques – Demonstrate any 28 of your choice. 6 must be Right and Left.

1.	15.
2.	16.
3.	17.
4.	18.
5.	19.
6.	20.
7.	21.
8.	22.
9.	23.
10.	24.
11.	25.
12.	26.
13.	27.
14.	28.

Pinning Techniques – Demonstrate any 14 of your choice + 1 escape from each.

1.	8.
2.	9.

3.	10.
4.	11.
5.	12.
6.	13.
7.	14.

Joint Locks – Demonstrate any 10 joint locks of your choice.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Chokes – Demonstrate any 10 chokes of your choice.

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Misc. Mat Work – Demonstrate 16 Misc. Mat Work techniques of your choice. (Passes, Sweeps, Etc)

1.	9.
2.	10.

3.	11.
4.	12.
5.	13.
6.	14.
7.	15.
8.	16.

Self-Defense – Demonstrate 10 Self-Defense Techniques of your choice. (Standing or Ground)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

Kata – Refer to Kata Requirements Sheet for the rank that you are testing for.

Vocabulary & General Knowledge Section

Yellow Belt

JAPANESE GENERAL KNOWLEDGE

1. What is the name of your Judo club? – **Wall to Wall Judo**
2. What is the name of your head instructor? – **James Wall**
3. Who was the founder of Judo? – **Dr. Jigoro Kano**
4. What was the name of the school he founded? – **The Kodokan**
5. What was the date of the founding of Judo? – **1882**
6. What was unarmed combat called in Japan before Judo? – **Jujitsu**
7. How long had unarmed combat been practiced in Japan? – **About 600 – 1,000 years**
8. What are the three parts of unarmed combat in English and Japanese?
 1. **Throwing Techniques – Nage Waza**
 2. **Grappling Techniques – Katame Waza**
 3. **Striking Techniques – Atemi Waza**
9. What are the three parts of a Judo throw in English and Japanese?
 1. **Off-balance – Kuzushi**
 2. **Entry – Tsukuri**
 3. **Execution – Kake**
10. What are the Wall to Wall senior belt ranks in order, by color?

White, Yellow, Orange, Green, Brown, Black

JAPANESE VOCABULARY

<u>#</u>	<u>English</u>	<u>Japanese</u>
1.	Attention!	Kiyotsuke!
2.	Bow	Rei
3.	Begin!	Hajime!
4.	Stop!	Matte!
5.	Practice Hall for Judo	Dojo
6.	Teacher	Sensei
7.	Sitting on Knees	Seiza
8.	Sitting Crossed Legged	Anza
9.	Following Foot Walking	Tsugi Ashi
10.	Normal Walking	Ayumi Ashi
11.	Judo Uniform	Judogi/Gi
12.	Judo practitioner or player	Judoka
13.	Person performing technique	Tori
14.	Person receiving technique	Uke
15.	Left	Hidari

16. Right	<i>Migi</i>
17. Falling Methods or ways	<i>Ukemi</i>
18. Falling methods to the rear	<i>Koho Ukemi</i>
19. Forward rolling falling	<i>Zempo Kaiten Ukemi</i>
20. Free Practice	<i>Randori</i>
21. Formal pre-arranged practice	<i>Kata</i>
22. Tournament	<i>Shiai</i>
23. (Straw, Japanese) Judo mats	<i>Tatami</i>
24. Hold-Down! (referee's call)	<i>Osae Komi!</i>
25. Hold-Down Broken! (referee's call)	<i>Toketa!</i>
26. One Point! (referee's award)	<i>Ippon!</i>
27. Almost Ippon! (referee's award, ½ point)	<i>Waza Ari!</i>
28. Near Waza Ari! (referee's award, 1/3 point)	<i>Yuko!</i>
29. Near Yuko! (referee's award, 1/4 point)	<i>Koka!</i>
30. That is all! (referee's call)	<i>Sore made!</i>
31. Yes!	<i>Hai!</i>
32. No!	<i>lie!</i>
33. Please!	<i>Onegai Shimasu</i>
34. Thank You!	<i>Domo Arigato</i>

Orange Belt

12. What are the two divisions of throwing techniques, in English and Japanese?
1. ***Standing Techniques – Tachi Waza***
 2. ***Sacrificing Techniques – Sutemi Waza***
13. What are the three divisions of standing throwing techniques, in English and Japanese?
1. ***Hand Techniques – Te Waza***
 2. ***Hip Techniques – Goshi Waza***
 3. ***Foot & Leg Techniques – Ashi Waza***
14. What are the two divisions of sacrifice throwing techniques, in English and Japanese?
1. ***Back Sacrificing Techniques – Ma Sutemi Waza***
 2. ***Side Sacrificing Techniques – Yoko Sutemi Waza***
15. What are the ordinal numbers between and including one and ten, in Japanese?
- | | | | | |
|-----------------------|------------------------|------------------------|----------------------|----------------------|
| 1. <i>Ich</i> | 2. <i>Ni</i> | 3. <i>San</i> | 4. <i>Shi</i> | 5. <i>Go</i> |
| 6. <i>Roku</i> | 7. <i>Sichi</i> | 8. <i>Hachi</i> | 9. <i>Ku</i> | 10. <i>Ju</i> |

JAPANESE VOCABULARY

<u>#</u>	<u>English</u>	<u>Japanese</u>
35.	Note! (referee's call for slight penalty)	<i>Shido!</i>
36.	Loss by rule violation (referee's call)	<i>Hansoku Make!</i>
37.	Decision! (call by referee for judges' decision)	<i>Hantei!</i>
38.	Don't move! (referee's call)	<i>Sono Mama!</i>
39.	Continue! (referee's call)	<i>Yoshi!</i>
40.	Fundamental natural posture	<i>Shizen Hontai</i>
41.	Fundamental defensive posture	<i>Jigo Hontai</i>
42.	Sweeping action done with the leg	<i>Harai/Barai</i>
43.	Reaping action done with the leg	<i>Gari</i>
44.	Dashing action done with the leg	<i>Gake/Kake</i>
45.	Springing action done with the leg	<i>Hane</i>
46.	Throw (noun)	<i>Nage</i>
47.	Technique(s)	<i>Waza</i>
48.	Throwing Technique(s)	<i>Nage Waza</i>
49.	Hand	<i>Te</i>
50.	Hand Techniques	<i>Te Waza</i>
51.	Foot or Leg	<i>Ashi</i>
52.	Foot techniques	<i>Ashi Waza</i>
53.	Big or major	<i>O</i>
54.	Little or minor	<i>Ko</i>
55.	Waist or hip	<i>Goshi/Koshi</i>
56.	Waist or hip techniques	<i>Koshi Waza</i>
57.	Outside	<i>Soto</i>
58.	Inside	<i>Uchi</i>
59.	Internal force or spiritual energy	<i>Ki</i>
60.	Shout to gather inner strength	<i>Kiai</i>

Green Belt

GENERAL KNOWLEDGE

16. What are the three divisions of mat techniques, in English and Japanese?
1. ***Holding Techniques – Osaekomi Waza***
 2. ***Strangulation Techniques – Shime Waza***
 3. ***Joint Locking Techniques – Kansetsu Waza***
17. What are the two principles of Kodokan Judo as defined by Dr. Kano?
1. ***Mutual Benefit & Welfare – Jita Kyohei***
 2. ***Maximum Efficiency – Seiryoku Zenyo***
18. What is the ultimate goal of Judo as defined by Dr. Kano? – ***The harmonious development and eventual perfection of the human character.***

JAPANESE VOCABULARY

<u>#</u>	<u>English</u>	<u>Japanese</u>
61.	Decision Win! (referee's award)	<i>Yusei gachi</i>
62.	Draw Match! (referee's award)	<i>Hiki Wake</i>
63.	A full point by adding two waza ari scores	<i>Waza Ari Awasete Ippon</i>
64.	Techniques from a supine position	<i>Newaza</i>
65.	Choke	<i>Shime/Jime</i>
66.	The principal of gentleness or giving way	<i>Ju</i>
67.	Way of life	<i>Do</i>
68.	Gentle arts	<i>Jujitsu</i>
69.	Favorite technique	<i>Tokui waza</i>
70.	Way of the warrior	<i>Bushido</i>
71.	Martial arts	<i>Budo</i>
72.	Class of belt ranks in Judo below Black Belt	<i>Kyu</i>
73.	Step or degree in the Black Belt ranks	<i>Dan</i>
74.	Repetition attack practice without throwing, done with a partner	<i>Uchi Komi</i>
75.	Kneeling bow	<i>Zarei</i>
76.	Standing bow	<i>Ritsurei</i>
77.	Knee	<i>Hiza</i>

- | | |
|---|--------------------------------|
| 78. Lock or Hold | <i>Gatame</i> |
| 79. Wheel | <i>Guruma</i> |
| 80. Side or lateral | <i>Yoko</i> |
| 81. Fifth class | <i>Gokyu/Gokkyu</i> |
| 82. Formal eight direction of off-balancing | <i>Happo No Kuzushi</i> |

Brown Belt / Sankyu
GENERAL KNOWLEDGE

21. What year was Judo first introduced into the summer Olympic games? – **1964**
22. Who were the four men on the first U. S. Olympic Judo Team? - Ben Campbell, Jim Bregman, George Harris, Paul Maruyama
23. What are the six W2W senior Judo kyu ranks and colored belts from highest to lowest rank (do not list White Belt)?
- | | |
|--------------------------|--------------------------|
| 1. Brown – Ikkyu | 4. Green – Yonkyu |
| 2. Brown – Nikyu | 5. Orange – Gokyu |
| 3. Brown – Sankyu | 6. Yellow – Rokyu |

JAPANESE VOCABULARY

- | | |
|--|------------------|
| 83. Five stages of throwing techniques, the basic syllabus of Kodokan Judo | Gokyo No Waza |
| 84. Instantaneous promotion | Batsugan |
| 85. Sacrifice | Sutemi |
| 86. Throwing from a standing position | Tachi Waza |
| 87. Throwing techniques done while falling to ones back or side | Sutemi Waza |
| 88. Back falling sacrifice techniques | Ma Sutemi Waza |
| 89. Side falling sacrifice techniques | Yoko Sutemi Waza |
| 90. Striking techniques to vital areas | Atemi Waza |
| 91. Judo uniform belt | Obi |
| 92. Judo uniform jacket | Uwagi |
| 93. Judo uniform pants | Zubon |
| 94. Judo uniform sleeve | Sode |
| 95. Judo uniform lapel | Eri |
| 96. Illegal act of locking the legs around the torso of an opponent | Dojime |
| 97. Variation (of a technique) | Kuzure |

- | | |
|--------------------------------------|--------------|
| 98. Counter techniques | Kaeshi Waza |
| 99. Combination or faking technique | Renwaku Waza |
| 100. Four corners (as in pins) | Shiho |
| 101. I surrender! | Maitta! |
| 102. Forms of gripping ones opponent | Kumi Kata |
| 103. Normal | Nami |
| 104. Reverse | Gyaku |
| 105. Cross | Juji |
| 106. Arm | Ude |
| 107. Armpit | Wake |

Brown Belt/Nikkyu
GENERAL KNOWLEDGE

27. What color belts are Black Belt's permitted to wear?

1st Degree – Black

6th Degree – Black or Red & White Panel

2nd Degree – Black

7th Degree – Black or Red & White Panel

3rd Degree – Black

8th Degree – Black or Red & White Panel

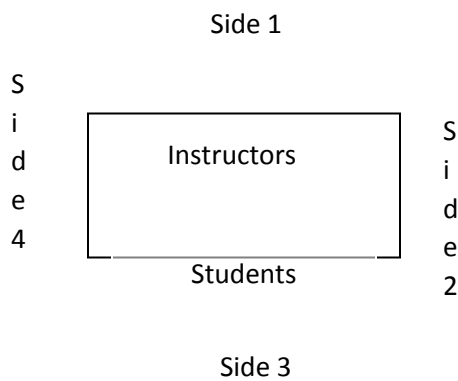
4th Degree – Black or Black & Red Panel

9th Degree – Black or Red

5th Degree – Black or Black & Red Panel

10th Degree – Black or Red

28. What are the four sides of the Dojo called?



Side 1: Upper Seat – Kamiza

Side 3: Lower Seat – Shimoza

Side 2: Upper Side – Joseki

Side 4: Lower Side – Shimoseki

29. What are the nine Kata of Kodokan Judo in English and Japanese?
- | | |
|--|---|
| <i>Nage No Kata</i> | <i>Forms of Throwing</i> |
| <i>Katame No Kata</i> | <i>Forms of Grappling</i> |
| <i>Ju No Kata</i> | <i>Forms of Gentleness</i> |
| <i>Goshinjitsu No Kata</i> | <i>Forms of Self Defense</i> |
| <i>Kime No Kata</i> | <i>Forms of Decision</i> |
| <i>Joshi Goshinbo</i> | <i>Forms of Self-Defense for Women</i> |
| <i>Itsutsu No Kata</i> | <i>Forms of Five</i> |
| <i>Koshiki No Kata</i> | <i>Forms of Antiquity</i> |
| <i>Seiryoko Zenyo Kokuimim Taiiku</i> | <i>Maximum Efficiency Physical Exercises</i> |

JAPANESE VOCABULARY

<u>#</u>	<u>English</u>	<u>Japanese</u>
108.	First Degree Black Belt	Shodan
109.	Second Degree Black Belt	Nidan
110.	Third Degree Black Belt	Sandan
111.	Fourth Degree Black Belt	Yodan
112.	Fifth Degree Black Belt	Godan
113.	Sixth Degree Black Belt	Rokudan
114.	Seventh Degree Black Belt	Sichidan
115.	Eighth Degree Black Belt	Hachidan
116.	Ninth Degree Black Belt	Kudan
117.	Tenth Degree Black Belt	Judan
118.	Twelfth Degree Black Belt (held only by Dr. Kano)	Junidan
119.	Loss of any type	Make
120.	Win of any type	Gachi/Kachi
121.	Win by forfeit or default of the opponent before a match	Fusen Gachi
122.	Win by withdrawal of the opponent during a match	Kiken Gachi
123.	Combination win by adding one half point from a violation and one waza ari	Sogo Gachi

124. Side of the Dojo or tournament mat reserved for senior Judoka or officials Joseki
125. Entangle Garami
126. Past master of Judo (properly applied only to Dr. Kano) Shihan

Brown Belt/Ikkyu
GENERAL KNOWLEDGE

35. What are the ordinal numbers between and including 11 and 20, in Japanese?

- 11. Ju ichi 12. Ju ni 13. Ju san 14. Ju shi/Ju yon 15. Ju go*
16. Ju roku 17. Ju nana/Ju sichi 18. Ju hachi 19. Ju kyu 20. Niju

JAPANESE VOCABULARY

#	<u>English</u>	<u>Japanese</u>
127.	Methods of resuscitation used in Judo	Katsu/Kappo
128.	Illegal act of entwining the leg of an opponent	Kawazu Gake
129.	Contest area	Shiaiijo
130.	Referee	Shimpan
131.	To float or floating	Uki
132.	Lift	Tsuri
133.	Pull	Komi
134.	Lift-pull action	Tsurikomi
135.	Defense (to an attack)	Bogyo
136.	Escape (from a pin)	Fusegi
137.	Entry methods into matwork	Hairi Kata
138.	Body	Tai
139.	Thigh	Mata
140.	Rear, behind (as in throwing and pinning)	Ushiro
141.	Reverse side, back	Ura
142.	Pivoting or turning the body	Tai Sabaki
143.	Single handed	Katate

144. Double handed	Ryote
145. Both hands	Morote
146. Avoiding or evasive action	Sukashi
147. Decision or decisiveness (as in thinking fast)	Kime
148. To drop	Otoshi

Kata Requirements for Promotion

Sankyu:

Nage No Kata – Techniques 1 - 3 as Tori or Uke _

Katame No Kata – Techniques 1 – 5 as Tori or Uke

Goshin Jitsu – Techniques 1 – 7 as Tori or Uke

Nikkyu:

Nage No Kata – Techniques 1 – 6 as Tori or Uke

Katame No Kata – Techniques 1 – 10 as Tori or Uke

Goshin Jitsu – Techniques 1 – 12 as Tori or Uke

Ikkyu:

Nage No Kata – Techniques 1 – 9 as Tori or Uke

Katame No Kata: Techniques 1 – 13 as Tori or Uke

Goshin Jitsu – Techniques 1 - 15 as Tori or Uke

Shodan: Must Include All Formalities For Shodan & Above

Nage No Kata – Entire Kata as Tori or Uke

Katame No Kata – Entire Kata as Tori or Uke

Goshin Jitsu – Entire Kata as Tori or Uke