

# Basic Judo knowledge

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# Basic Judo etiquette

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It is important that you follow the basic rules of etiquette in the dojo. This is especially important when travelling as you don't want to offend Judoka from other clubs and nationalities.

There are a few basic rules that are commonly used worldwide.

- Bow into and out of the dojo
- Bow while walking on and off the mat
- Bow towards the sensei when he or she first walks into the room
- Never turn your back towards the Kamiza (which is the highest dan grade in the dojo)
- Bow towards your opponent at the beginning and end of each Randori or when choosing them as a partner for the first time (example before performing some uchikomi or nage komi)
- Wearing footwear to and from the mat area
- Some clubs do not allow t-shirts or rash vests to be worn under the gi
- When sitting down either kneel down (seiza) or sit cross legged (anza) Never sit with your legs outstretched
- Follow basic practice of hygiene
- Never interrupt the Sensei when he or she is teaching
- Remember that Judo is about Mutual Welfare and Mutual Benefit so it is important that you do not try to exert your superiority to a lower grade or an older higher grade. Instead check your ego at the door
- Face the wall when tying your belt
- Ask the Sensei if you wish to leave the mat
- Arrive on time
- Assist in cleaning the mat area if it needs cleaning
- If you bleed clean it up and tape the wound
- Do not train if you are feeling unwell, sick or have a skin infection.

# Basic Judo hygiene

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Judo is a very physically demanding sport and it is vital that you take care of not just yourself but your training partners as well. There are a few things you can implement that will help in enjoying an injury free judo career.

## **Wash your hands before practice**

Before you step on the judo mat you should at the very least wash your hands. In Japan most of the judokas have a shower and brush their teeth before every training session. This just shows the respect they have for not only their personal hygiene but for their training partners.

## **Wear a clean gi**

Wash and clean your gi after every training session. Judo is a very up close and personal sport and due to the high intensity at which the sport is played and people sweat rather profusely. After a training session you don't only have your sweat on your gi but also the sweat and grime of ten other people.

## **Wash your hands after the toilet**

How often have you accidentally had someone else's hands in your face, eyes or mouth? At judo this happens fairly often so it is important to not spread common diseases by washing your hands before you hop on the mat and definitely after going to the toilet.

## **Footwear**

Similar to the toilet is wearing footwear on the mat. When you walk around all day at work and in the shopping centre you walk on millions and millions of germs and diseases. If you then entered the dojo and walked on the mats you are technically walking all the disease and germs from your shoes all over the mats. Therefore it is so important to enforce the rule to have bare feet only on the mats. This will assist in reducing the amount of germs on the mat area.

## **Cut your finger nails**

It is a requirement for all grappling sorts that your fingers and toes are cut short. This is not for the safety of your opponents but also for yourself. Have a finger nail being ripped off in an intense grip fight is very painful as well as getting a toe nail lifted up by a foot sweep gone wrong. Keep them short and you will also stop slicing your opponents feet open when attacking with a foot sweep.

## **Wear a rash guard or T shirt under your gi**

Many judokas these days were a body boarding rash guard under their Judogi. This reduces

the amount of cuts and abrasions you get on the chest and arms as well as prevent gi burn around the neck.

### **Have nice smelling breath**

Smoke, coffee and bed breathe are all not nice smells to smell when practicing judo. Before training clean your teeth or chew on some gum to make sure your opponents stick around for a few more fights.

### **Hair**

Make sure your hair doesn't go all over your opponent. There are a few things grosser than having your opponent's sweaty hair in your face eyes and mouth. It is simply disgusting. If you have long hair please design it in a way that doesn't annoy your opponents.

### **Sickness**

Don't come to training if you are sick. If you have a cold, the flu or a skin infection please do not come to training and pass it on to others. Judo is a close contact sport and germs travel quickly so if you are sick please stay at home.

### **Wash the mat area**

Wash the mats as often as possible with some anti bacterial solution and some warm water. I know many clubs who have not washed the mats in close to ten years. But these days more and more clubs are beginning to wash their mats as often as every day. A local BJJ practitioner asks his students to wash down the mats after every night-time training session. As well as keeping the mats clean the students feel a part of the dojo and by doing so respect that training area a lot more.

Clean up all your blood if it falls onto the mat area.

### **Break-fall**

Break-falling is designed to soften the fall after being thrown. Many beginners get injured because they did not break fall or are a bit apprehensive at the thought of being thrown. It is important to know how to take a fall during practice. If you are unsure about break-falling I encourage you not to participate in any Randori (free sparring) until you are confident at landing properly. If not you may be at risk at getting injured.

### **Randori**

When doing Randori try not to fight to the death in every single Randori. I have seen many judoka get injured purely because they were trying too hard not to be thrown. By sticking an arm out trying to spin out or evade all of your opponents techniques will soon lead to an injury. It is great to do this in competition but it is important to understand when to evade techniques and when to simply go over nicely for your opponent.

### **Fight nice**

Some judo matches are simply matches while some are fights. I have seen many judokas try to bully others around. Judo training is not a place for bullies and definitely not a place to pick on people smaller or less experienced than you. It is very important that you fight someone at their ability level or a bit above. By doing this you will both benefit and enjoy judo.

Judo is a fantastic art/sport and it is so important that we look after each other. Not just ourselves. By following basic personal hygiene/grooming procedures we will not only enjoy training a lot more but your training partners will enjoy training with you.

# Purpose of break falls

Break falls (or Ukemi) are very important in Judo because if you do not know how to break fall you will injure yourself or your partners. When you get thrown there is a lot of force that can be inflicted on your body and it is important to know how to handle this force. If you do not break fall all of the throwing power will go throughout your back resulting in you either winding yourself or knocking you unconscious.

A break fall is designed to spread the impact of the throw over a wider surface area thus making the impact on your body as minimal as possible. This will ensure you do not get injured as easily. It is also important to control your body throughout the throwing process to ensure the back of your head doesn't hit the mat knocking you unconscious. Mastering break falls will make you a better, more co-operative partner for your club members.

There are 4 types of breakfalls:

Back breakfall (Ushiro ukemi)

Side breakfall (yoko ukemi)

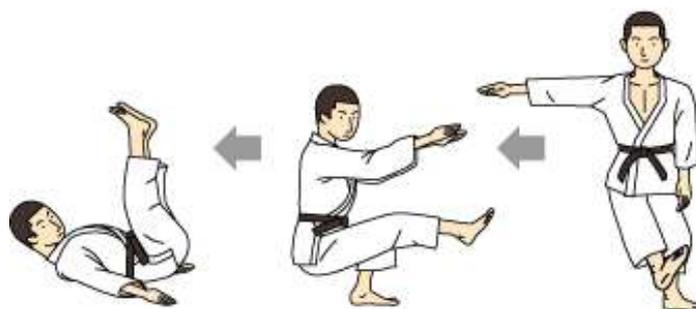
Front breakfall (Mae ukemi)

Forward rolling breakfall (Maewari ukemi)

## Back Breakfall (Ushiro Ukemi)



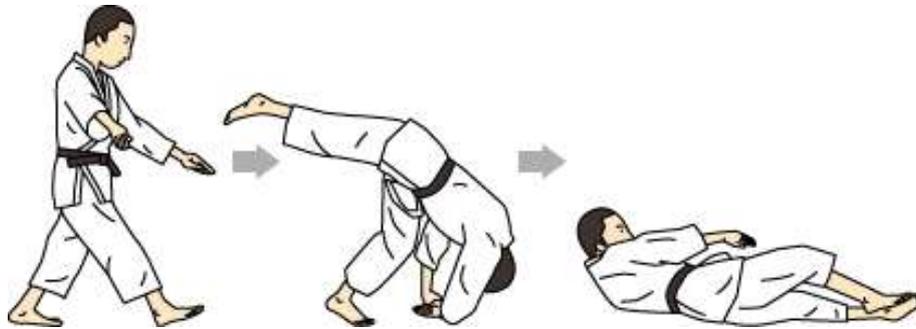
## Side Breakfall (Yoko Ukemi)



**Front Breakfall (Mae Ukemi)**



**Forward rolling breakfall (Maewari ukemi)**



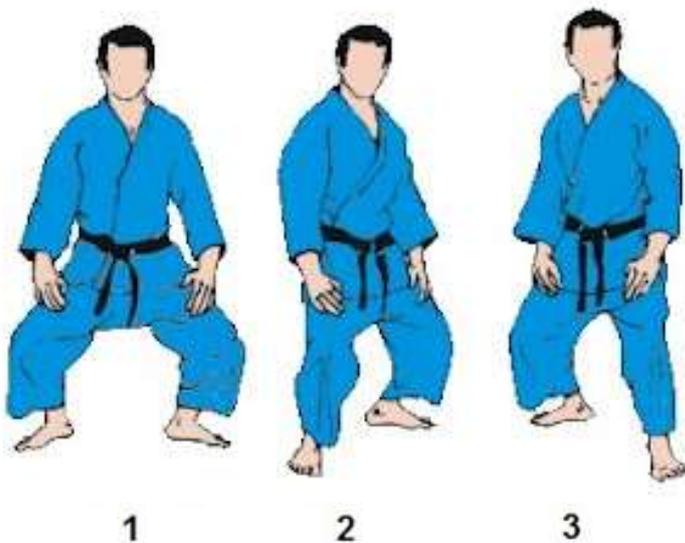
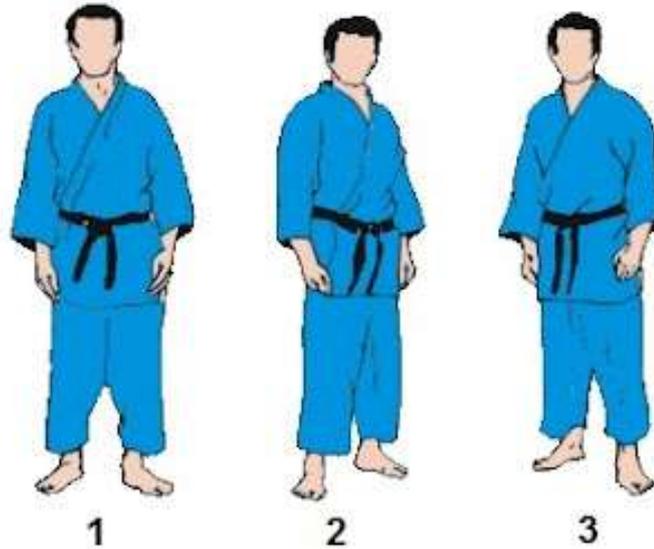
# Stance and posture fundamentals

## Natural posture

1 = Shizen Hontai (Natural standing posture)

2 = Migi shizen tai (Left natural standing posture)

3 = Hidari shizen tai (Right natural standing posture)



1 = Jigotai (defensive posture)

2 = Migi jigotai (Right defensive posture)

3 = Hidari Jigotai (left defensive posture)

### Correct form of sitting

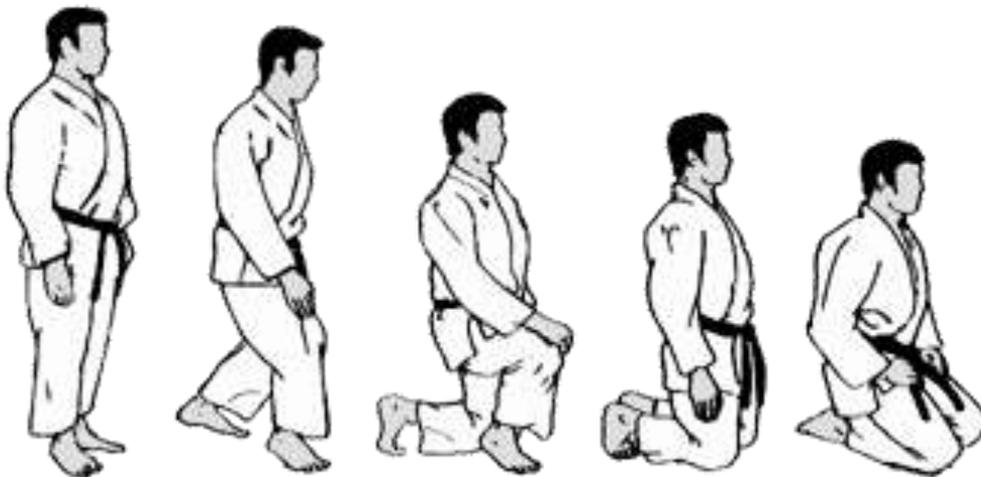
**Anza (Sitting cross legged)**



**Seiza (Kneeling down)**



### Kneeling down process



### Kumi kata

There are a large variety of grips in Judo and it is important to know each of them in detail.

- 1- Traditional Sleeve and lapel
- 2- Double lapel
- 3- Double sleeve
- 4- Top grip
- 5- 2 on 1 grip
- 6- Cross guard
- 7- One side grip (2 hands on one lapel)
- 8- Belt grip

# Throwing Fundamentals:

There are three fundamental aspects of a Judo throw and if you are missing any of these elements your throw will become harder to execute. These aspects are:

- 1) Kuzushi (break of the balance)
- 2) Tsukuri (entry)
- 3) Kake (Throw)



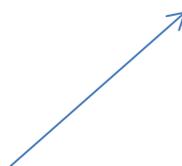
**Kuzushi (Breaking the balance)**



**Tsukuri (Entry)**



**Kake (The throw)**

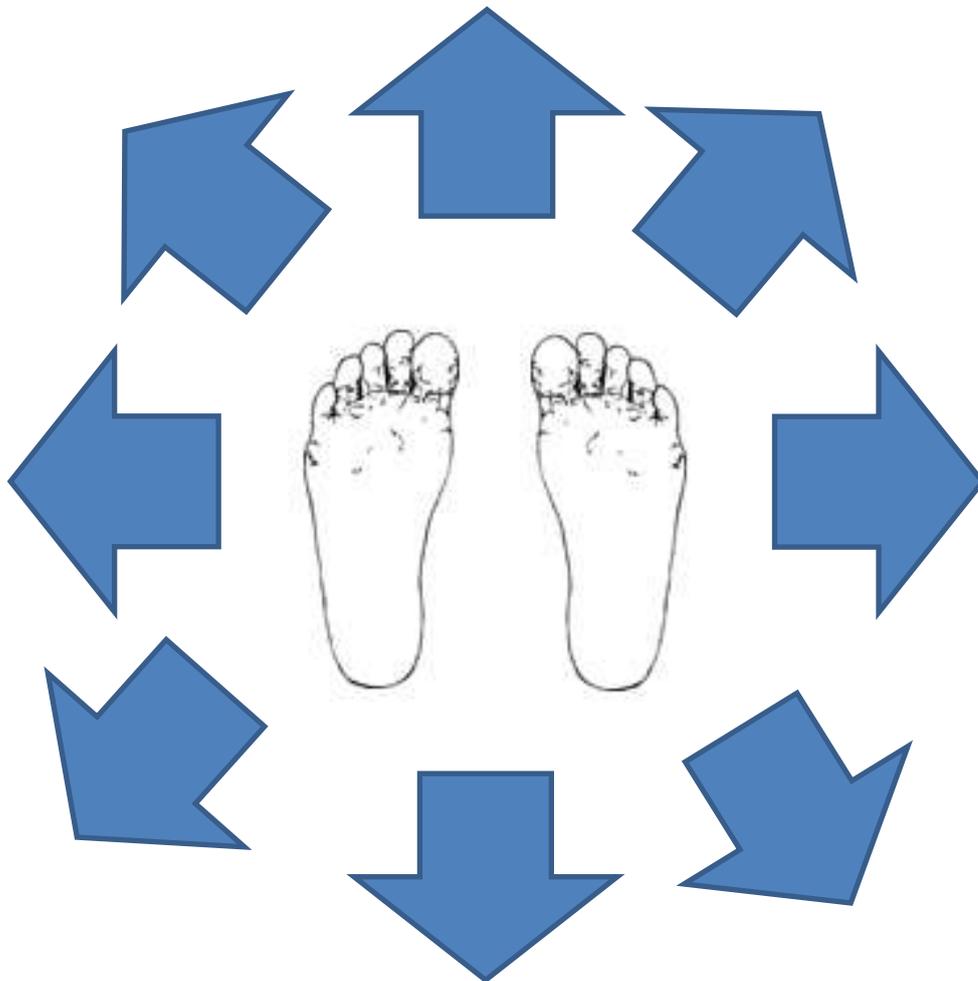


## Forms of unbalancing

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There are 8 forms or ways to unbalance your opponent in order to make an easier throw. These directions are forwards and backwards, sideways, and the four diagonals.

It is important you know which direction each throw is catered towards as this will help your overall understanding of the technique and make it easier to execute.



# How to fold your gi



## Belt Order

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\*It is important to note that some nations starting their white belts in a red belt.

# Difference between Judo & Jujitsu

Generally speaking, Judo and Jujitsu are grappling systems in which techniques like joint locks, take downs and throws are used against opponents. These sports are unique in their own ways simply due to the fact they both originated in Japan.

## **The Definition:**

Ju-jitsu is a martial art that was developed based on original styles of Jiu Jitsu, having its origin from the medieval Japan. This art is based on the principle of using the aggression of the attacker to their own disadvantage. It comprises a combination of joint locks, throws and strikes while wearing a Judogi. One problem with Jujitsu was the fact that many of the techniques were strength based and also quite painful meaning the practice of the art had to be restricted. Or else there would be too many injuries.

Judo was invented by Jigora Kano and he developed it based on the techniques of ancient Ju-jitsu. Kano looked over the old form of Jujitsu and removed all of the strength based moves and adapted the existing techniques so that a smaller man could out maneuver a bigger man through a more technical understanding. Judo, which means “the gentle way” involves lots of throwing techniques and numerous tactics for controlling an opponent while on the ground. Both arts have similar techniques, but these days Jujitsu is more a self-defence art and Judo is more of a sport.

## **Ju-jitsu**

Samurai were considered to be the most skilled men of all time, however, they needed to be skilled in unarmed combat as well. As a result, Ju-jitsu was developed by the warriors, putting it to the test in life threatening combats. Basically, it is a complete fighting system that employs the use of throws, joint locks, strikes and strangulation holds. In the early days, those who practiced Ju-jitsu trained with swords and a long bladed spear also known as “naginata”. If disarmed in battle, the combatant made use of Ju-jitsu techniques in self-defence. For example, when faced with an armed opponent, the Samurai would go for the opponent’s arm holding the weapon, seize and apply the joint lock to the limb.

Joint locks are designed to cause severe damage to the limbs via dislocation.

This move would be followed by a kick to a vital part of the body with the aim of killing or disabling the opponent. The opponent could also be strangled with a variety of strangulation holds if the fight went to the ground.

In contemporary times, Ju-jitsu fighting techniques developed in the medieval days are still being used. These are used by many Ju-jitsu training schools, however, some modifications were made to make the art safer.

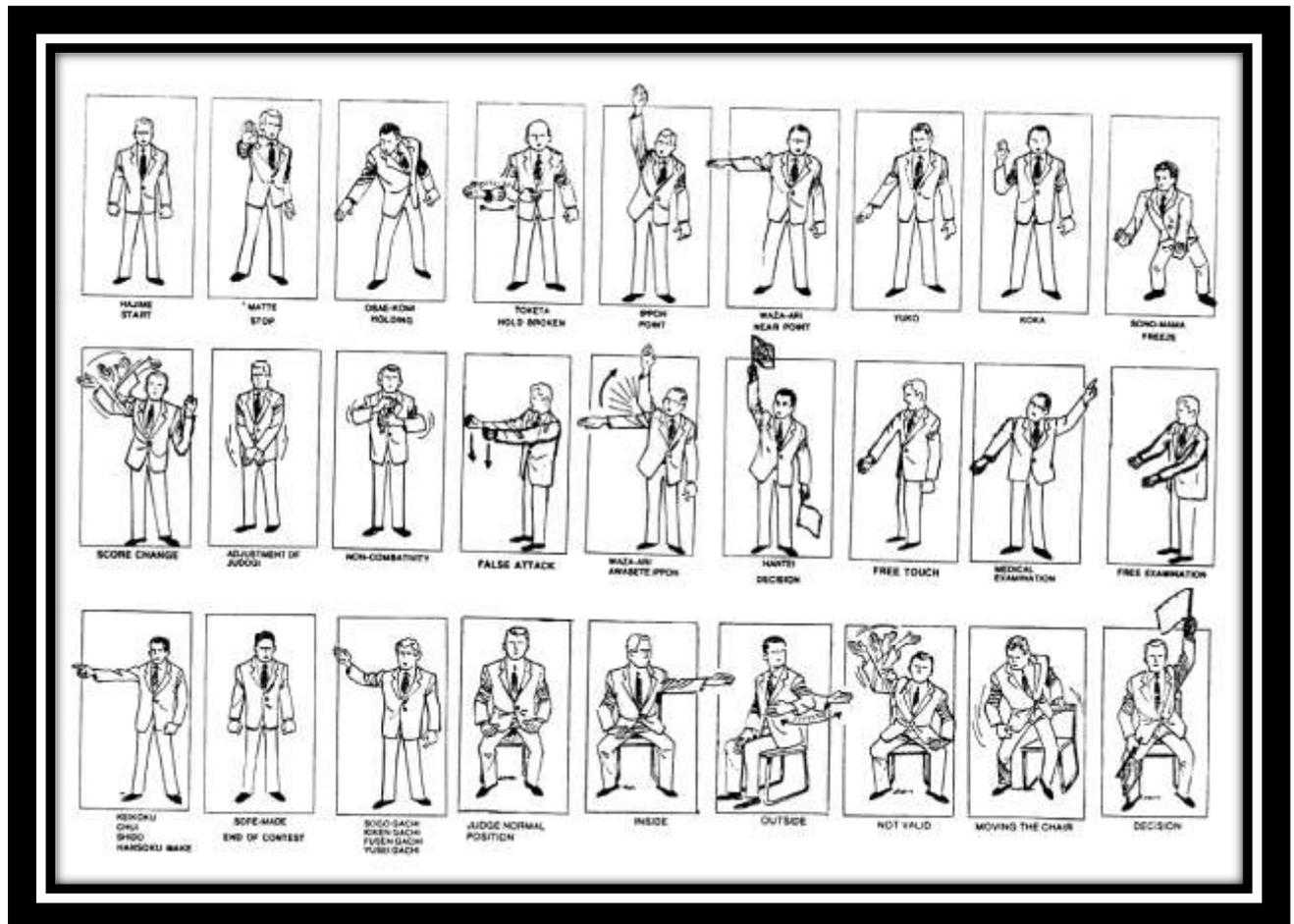
## **Judo**

One of the main differences between Ju-jitsu and Judo is that Jujitsu was created for the battle field while Judo was developed as an art, sport and way of life. Early on, Judo was often referred to as Kodokan Judo or Kano Jujitsu. Judo contained all the techniques of Ju-jitsu, but the emphasis on Judo is on the throwing techniques, this is based on the ability of the defender to destabilise the opponent.

In Summary,

- Judo derived from Jujitsu
- Ju-jitsu is a comprehensive fighting system used by ancient Japanese Samurai warriors which includes the use of kicks, punches, grappling and swordplay while Judo is a defensive form of fighting in which one grapples with an opponent, using body weight to overcome the opponent.
- Judo is a much safer and toned down version of Jujitsu that does away with any form of attacks on nerve centres and organs.
- While Judo is more of a sport, Jujitsu is more of a self defence
- Unlike jujitsu, judo places a strong emphasis on tournament competition.

# Referee hand signals



**Referees gestures:** (Taken from Article 8 of the IJF rules)

## The Referee

The Referee shall make gestures as indicated below when taking the following actions:

**Ippon:** shall raise one arm with palm of hand facing forward, high above the head.

**Waza-ari:** shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height.

**Waza-ari-awasete-ippon:** First Waza-ari, then Ippon gesture.

**Yuko:** shall raise one of his arms, with palm of hand facing downwards, 45 degrees from his body.

**Koka:** shall raise one of his arms bent with thumb towards the shoulder and elbow at the side of the body.

**Osaekomi:** shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.

**Toketa:** shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending his body towards the contestants.

**Hikiwake:** shall raise one of his hands high in the air and bring it down to the front of his body (with thumb edge up) and hold it there for a while.

**Matte:** shall raise one of his hands to shoulder height with his arm approximately parallel to the Tatami and display the flattened palm of his hand (fingers up) to the Timekeeper.

**Sono-mama:** shall bend forward and touch both contestants with the palms of his hands.

**Yoshi:** shall firmly touch both contestants with the palms of his hands and bring pressure on them.

To indicate the cancellation of an expressed opinion: shall repeat with one hand the same gesture while raising the other hand above the head to the front and wave it from right to left two or three times.

**Hantei:** In preparation of calling hantei, the Referee shall raise both hands forward at 45° with the correct flag in each hand, and then at the announcement of hantei he shall raise the flag high above his head to indicate his opinion.

**To indicate the winner of a contest:** shall raise one hand, palm in, above shoulder height towards the winner.

**To direct the contestant(s) to re-adjust the Judogi:** shall cross left hand over right, palms facing inwards, at belt height.

**To call the Doctor:** shall face the medical table, wave an arm (palm upwards) from the direction of medical table towards the injured contestant.

**To award a penalty (Shido, Hansoku-make):** shall point towards the contestant to be penalised with the forefinger extended from a closed fist.

**Non-combativity:** shall rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant to be penalised.

**False attack:** shall extend both arms forward, with hands closed and then make a downward action with both hands.

**Danger zone penalty:** point towards danger zone, whilst raising the other hand above head, forward, with fingers opened, then point towards contestant to be penalised.

## The Judges

**Jonai:** To indicate that he considers a contestant making a throwing technique has stayed within the contest area, the Judge shall raise one of his hands up in the air and bring it down to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and momentarily hold it there.

**Jogai:** To indicate that in his opinion one of the contestants has gone out of the contest area, the Judge shall raise one of his hands to shoulder height with his thumb upwards and arm extended along the boundary line of the contest area and wave it from right to left, or viceversa, several times.

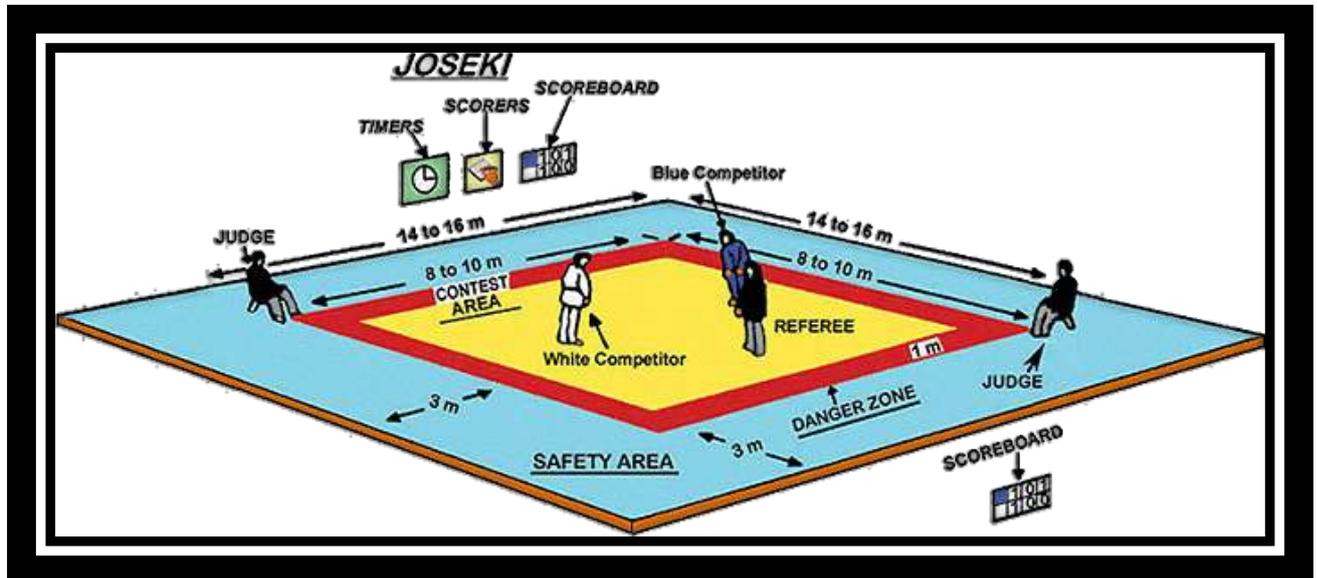
To indicate that in his opinion a score, penalty or opinion given by the Referee using an Article 8 (a) gesture has no value the Judge shall raise one hand above his head and wave it from right to left two or three times.

To indicate that his opinion differs from that of the Referee, the Judge(s) shall make the appropriate Article 8 (a) gesture.

When the Judges wish the Referee to announce Mate in Newaza (e.g. no progress), they shall signal this by rising both hands to shoulder height with palms facing upwards.

# Entering and exiting the mat area

## The mat area

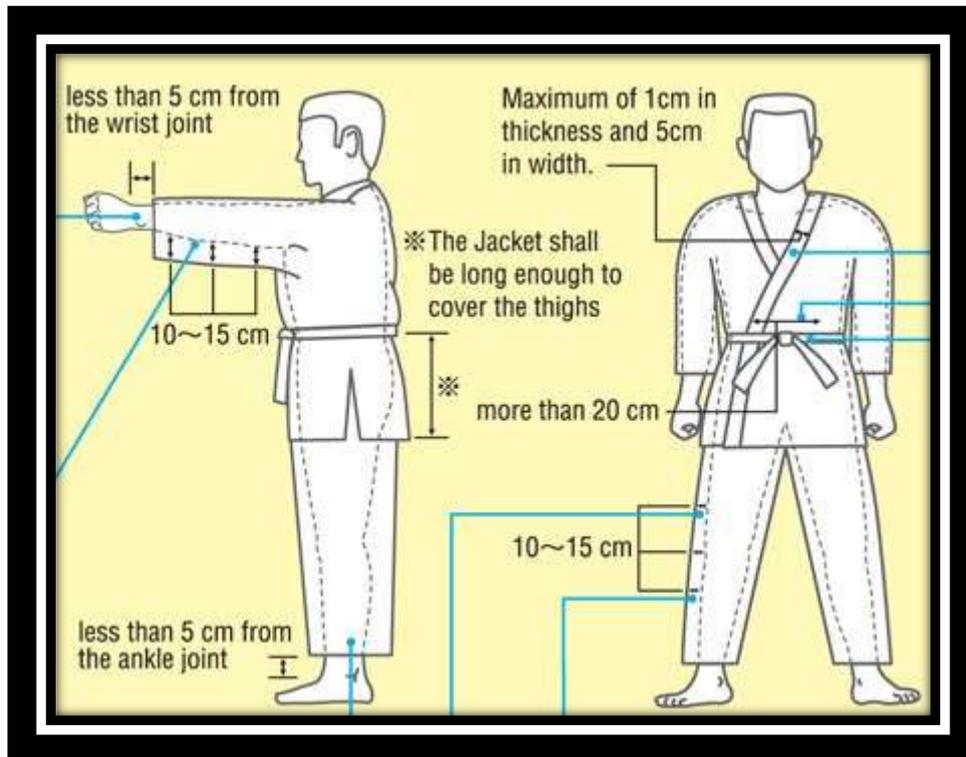


Entering and exiting the mat area in Competition and within the dojo is very important. When entering the dojo it is important to bow at the entry into the dojo and bow at the same place when you are exiting. Every time you walk onto and off the mat area you must also bow.

During competition you must bow when you first walk onto the mat area. As you and your opponent walk out simultaneously you must bow once again when you walk onto the coloured mats. Once both opponent reach their 'mark' in the centre of the mat they bow towards each other one more time before the referee says '*hajime.*'

At the end of the fight both fighters repeat this process. They bow to each other. Then when they are walking off the fighting area they bow again before bowing once more when leaving the mat area all together.

# Judogi regulations



# Notes

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