

**THREEMILESTONE JUDO CLUB**

**CORNWALL**



**BEGINNER'S HAND BOOK**

The aim of this booklet is to help you with your introduction to judo. When you have learned everything in it you will be able to join in with all the activities of your class. You will also be ready for your first grading.

By the time you have completed your introduction to judo you should be able to:

- 1) prepare yourself properly for judo;
- 2) show good judo etiquette;
- 3) practice judo safely, without hurting yourself or others;
- 4) perform breakfalls;
- 5) understand the principles of judo throws;
- 6) take part in ground work;
- 7) take part in free practice;
- 8) understand and obey basic judo instructions;
- 9) perform one throw and one hold down and know their names in English and Japanese.

## **PREPARING FOR JUDO**

Your judo suit must be clean.

Girls wear a white T-shirt under their jacket, (boys may only do so if they have been ill and have permission from the instructor).

Hands and feet must be clean, finger and toenails must be short and smooth.

No jewellery, watches, chains or glasses may be worn.

Long hair must be tied back, no combs, hairgrips or pins.

**Tying your belt** - you must learn to do this yourself.

Fold the left side of your jacket over the right.

Hold your belt out in front of you, hanging from your thumb so that the two ends just touch the ground.

Take out any twists or turns.

Hold the middle of your belt in front of you, using both hands. Wind the belt round your middle, (you will need to change hands as you do this).

Tuck one end of the belt under the other two parts.

Finish off by tying a reef knot.

**Getting on the mat with clean feet** – do not run around the hall with bare feet and then get on the mat, you will transfer dirt from the floor onto the mat.

If you are wearing sandals (zoris), turn your back to the edge of the mat, slip each foot in turn out of the sandal and onto the mat. This will leave your sandals neatly side by side at the edge of the mat. When you leave the mat you can simply step into them again.

If you are wearing trainers/shoes and socks, sit down on the edge of the mat, with your feet on the floor. Remove the shoe and sock from one foot and place the foot onto the mat. Leave your footwear neatly pointing away from the mat.

## **JUDO ETIQUETTE**

This means good, polite behaviour and showing respect for each other and the traditions of judo.

**Good behaviour** – no noisy or silly behaviour – because this makes it difficult for the instructor to teach you or anybody else;

- Also
- it is rude to your instructor;
  - it is against the tradition of judo;
  - you may end up by hurting someone.

You must remember:

- not to talk unless the instructor asks you a question.
- to come to your class on time.
- not to go onto the mat or leave it without permission from the instructor.

**Being considerate to your partner** – never refuse to be someone's partner and do not try to take someone's partner away from him or her.

Let your partner throw you when it is his or her turn. Do not make things difficult for him or her.

During free practice make sure that you do not do all the throwing, let your partner have a turn.

**Bowing** – we do this quite a lot in judo. We bow to be polite to our partner and to show our respect for judo.

**Standing bow** – bring your feet together, with your arms by your sides.

As you bow move your hands from the sides to the front of your legs.

Take a small step to get your feet apart again.

**Kneeling bow** – kneel with your knees slightly apart for boys and together for girls;

Keep your back straight, elbows tucked in and hands resting on tops of thighs;

place your hands on the floor in front of you;

bow, keeping your eyes on the person you are bowing to.

**When to bow** – as you enter and leave the hall – standing bow.

As you go onto and leave the mat – standing bow.

(This is followed by a standing bow to the senior person on the mat.)

At the beginning and end of standing practice – perform a standing bow.

At the beginning and end of groundwork practice – perform a kneeling bow, then kneel up, with the left knee down and left foot up on its toes and right knee raised. Take hold of your partner.

At the start and end of the class – the students and instructors line up in ‘grade order’ and then kneel down in turn, starting with the lowest graded student.

Kneel down on the left leg first.

The senior student calls ‘yoski sensei ni rei’, which means ‘sit up straight and bow to the instructor’. Everybody bows on the word ‘rei’.

The class stands on the order of the senior instructor, beginning with the lowest graded student. Stand up on the right leg first

## **SAFETY**

Judo is a contact sport in which people are thrown and held down. You will not be hurt doing Judo as long as everybody remembers the safety rules.

Preparing yourself correctly and showing good etiquette are important for safety.

Judo must only be done on a proper judo mat. Throwing somebody on a hard surface like a school play ground may cause a serious injury.

Never eat anything or chew gum while doing judo, you may choke.

When throwing, help your partner land by holding onto his or her sleeve.

When being thrown, hold onto your partner's jacket with one hand and perform a breakfall with the other. Breakfalls are very important and will be given a section of their own

Forbidden behaviour – punching, scratching, biting, kicking, touching your partner's face.

Do not start to do something until told to by the instructor.

Stop immediately you are told to by the instructor.

**Submitting** – if you are being hurt you must submit. As soon as you do this, your partner will immediately stop whatever he or she is doing. Only submit when you are being hurt, not because you are fed up with being held down.

Submit by doing any one of these things – tapping your opponent twice, clapping twice, clapping your hand against your leg twice, stamping your foot twice, saying 'maitta'.

**Warming up and warming down** – if you go straight onto the mat and do judo you will be putting a strain on your muscles and joints, which might lead to an injury. To avoid this risk we do warm up exercises before we do any judo. We also do 'warming down' at the end of the session. This is usually in the form of a game. Games at the end of the class are supposed to be a light activity and must not be too rough.

## **BREAKFALLS**

You perform a breakfall as you land from being thrown. By beating your arm on the mat you take some of the force of the fall away from your body. Breakfalls are practiced by everyone at the beginning of the class, after the warm up.

**Right hand rolling breakfall** – point your right shoulder and foot forwards.

Turn your head so you are looking back.

Place your **right arm, palm downwards** on the mat, just in front of your right foot.

Roll over your right shoulder.

Beat the mat with your left hand.

**Left hand rolling breakfall** – point your left shoulder and foot forwards, roll over your left shoulder and beat the mat with your right hand.

**Right side breakfall** – fall so your right side makes contact with the mat.

Beat the mat with your right arm, which must be straight and half way out from your side.

**Left side breakfall** – fall onto your left side and use your left arm.

**Back breakfall** – roll backwards, tucking in your chin so you do not bang the back of your head. Beat both arms onto the mat.

**Front breakfall** – kick your feet backwards, so you go down forwards.

Turn your head so there is no risk of bumping your nose.

Land on your hands and forearms. Make sure your elbows are on the mat.

Keep your body clear of the mat. Only your forearms and the tips of your toes should touch the mat.

## **THROWS**

**Taking hold** – all techniques in Judo start with the players taking hold. There are many ways to take hold of your partner. A good hold is necessary so that you can pull your partner off balance and move him or her to a position where you can do a throw.

For now we will just look at normal right hand grip.

Stand facing your partner. Take hold of your partner's left collar with your right hand. Take hold of his or her right sleeve, under the elbow, with your left hand.

Do not straighten your arms.

Take a firm grip, but make sure it is your partner's jacket you are holding, not your partner – don't pinch.

**Turning in** – for most judo throws you have to turn your back on your partner. At the same time as turning you must move closer to him or her. Unless you are in contact with your partner the throw will not work.

Take hold, then step forward with your right foot.

Turn by spinning on your right foot and stepping back with your left foot.

To make the throw work, your body must be lower than your partner's, so bend your knees, (keep your back straight).

You will turn in like this for hip and hand throws.

**Breaking balance** – starting in natural judo posture, with your feet slightly apart and with your weight evenly on both feet you will find that you are in a very steady and firm position. You are 'on balance' and would be very hard to throw. If you now lean forwards, backwards or to the sides you will reach a point where you do not feel steady any more. Instead you will feel as though you are about to fall over. You are 'off balance'.

If you take hold of your partner and move him or her from being 'on balance' to being 'off balance' you have broken his or her balance.

Breaking balance is part of every judo throw and unless you do it the throw will not work. You can only throw someone whose balance has been broken.

**Standing free practice (randori)** – this is where you move around the mat with your partner and practice judo throws. Your partner is trying to do the same thing. This is practice for competition, but it is not a competition itself. There are no winners or losers. In a competition you lose if you are thrown. But if both players in a randori are trying not to get thrown, then it is probable that no one will be thrown and so no one will learn anything. So if your partner starts to throw you, do not resist, let him or her complete the throw. If you are with someone who is less experienced than you, make sure that he or she has a fair share of throwing and you can practice your breakfalls.

When you are doing standing randori you try to move your partner to a position where you can throw him or her. Or you take advantage of your partner's movement to throw him or her. Here are some examples.

If you and your partner are turning in a circle, stop turning, but pull your partner so that he or she keeps moving round you. When your partner has moved behind your hip, throw him or her using a hip throw.

If your partner is walking forwards and you are walking backwards, step to the side to make a space and throw using body drop.

If your partner is walking backwards turn in to the space he or she has left and perform shoulder throw.

## **GROUNDWORK**

In groundwork you try to turn your partner onto his or her back and hold him or her there. In a competition you must hold your partner down for thirty seconds in order to win. In free practice there are no winners or losers so we normally keep the hold on for a slow count of five, before letting go and starting again.

There are many ways of getting your partner on his or her back. One way is 'pull and push'. Take hold in the same way as for standing free practice. Pull your partner's sleeve towards you with your left hand and push his or her collar away from you with your right. If this does not work, push with your left hand and pull with your right.

You can use your legs to move your partner, by using them to block, trip, push or lift. You are not allowed to kick.

If you manage to get your partner onto his or her back you must put on a hold down very quickly before he or she can escape.

If your partner gets you onto your back, your job is to escape as quickly as you can. Draw your knees up to your chest and pull your arms up in front of your face. This makes it more difficult for your partner to put on a hold. Now roll towards your partner until you are face downwards. Then get up to continue fighting.

**Hold downs** – these are ways of holding your partner on the ground on his or her back. When you are learning these, your partner will lie still on his or her back and not try to struggle. When it is your turn to be held down lie on your back with your left knee bent up to show you are ready. If your partner has to lie over your head, turn it to the left or right so that you can breathe properly.

To start off with you will be taught four hold downs – scarf hold, side four quarters hold, upper four quarters hold and broken upper four quarters hold.

## **WORDS YOU MUST KNOW**

The instructors call out commands in Japanese. It is important that you recognise these words and obey the commands immediately. Here are the most important words. You will learn others later.

1) hajime	<i>start</i>	4) matte	<i>stop</i>
2) sore made	<i>finish</i>	5) sensei	<i>teacher</i>
3) rei	<i>bow</i>	6) randori	<i>free practice</i>

## **HISTORY OF JUDO**

Judo comes from Japan. Japan is a group of large islands near China. If you are not sure where it is you could look it up in an atlas. The world headquarters of Judo is the Kodokan in Tokyo. Judo was invented in the 19<sup>th</sup> century by a Japanese professor called Dr Kano. He based it on the ancient Japanese martial art of ju-jitsu. The word judo means gentle way. This is because in judo we try to defeat our opponent without injuring him or her. Threemilestone Judo club was formed in 1985. It is part of the Cornwall Area of the British Judo Council. This is a national organisation that was founded by a Japanese Judo master called Mr Otani. His son Robin Otani is the President of the British Judo Council.

The BJC is affiliated to the British Judo Association, which is the officially recognised Judo organisation in Great Britain.

There are many successful Judo clubs in the Cornwall Area and we meet up several times each year for competitions and gradings.

## **LICENCES AND CLUB MEMBERSHIP**

Everyone who takes part in Judo must have a Judo Licence. Having a licence means that:

- 1) you are a member of a recognised National Judo organisation
- 2) you can go to Area gradings
- 3) you can enter judo competitions
- 4) you are insured.

Running a Judo Club costs a lot of money. Our expenses include hiring the hall and buying new equipment, such as mats. The club gets its money from dojo fees (that is the money you pay for each training session) and club memberships. The club instructors, who are all insured and are qualified first aiders as well as experienced Judo coaches, receive no payment for teaching judo.

## **FIRST GRADING**

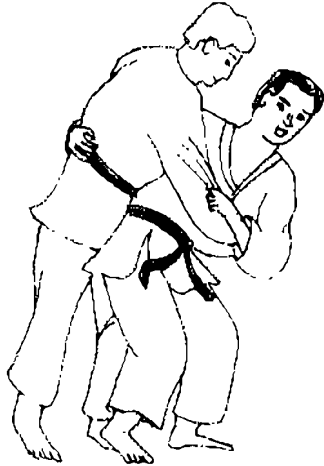
All Judo beginners start with a plain white belt. When you first start judo you will learn the basic skills you need to be able to join in with the class. When you have learned everything in this book you will be ready for your first grading. If you are under ten you will earn primary grades and your first tab will be orange. If you are ten or over you will earn junior grades and your first tab will be yellow. Your first grading will be here at Threemilestone and you will be tested by your club leader. However, all other grades are given at Area Gradings. Players from all the clubs in the Cornwall Area go to the grading and you will probably be tested by a sensei from another club.

For your first grade you must:

1. demonstrate breakfalls;
2. take hold properly;
3. know the meaning of the words sensei, hajime and matte;
4. perform standing and kneeling bows;
5. demonstrate one judo throw from the group shown on pages 12& 13;
6. demonstrate one hold down from the group shown on pages 14 & 15.
7. how to submit.

## Throws

A hip throw: Ogoshi – major hip throw



A leg throw: Osotogari – major outer reaping



Hand throws:

Seoi nage – shoulder throw

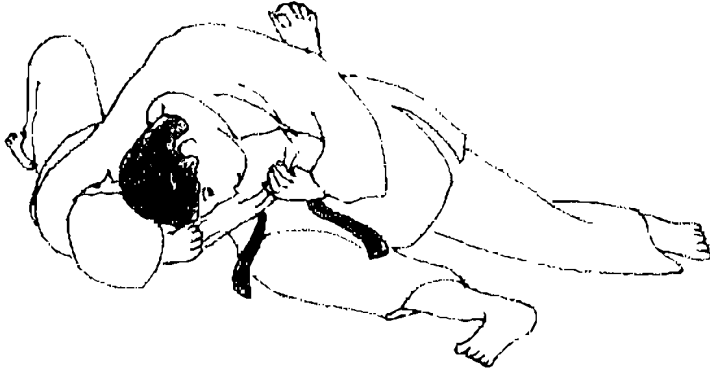


Tai otoshi – body drop

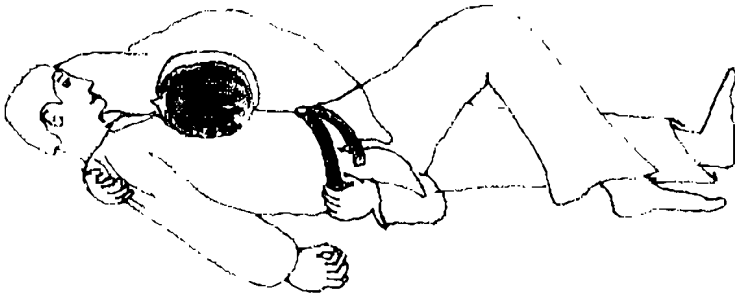


## Hold downs

Kesa gatame – scarf hold



Yoko shio gatame – side four quarters hold



Kami shio gatame – upper four quarters hold



Kusuri kami shio gatame – broken upper four quarters hold

