

**Welcome
To
Gardena Judo Club**



Orientation Pamphlet

The History of Judo

Judo was originated by Professor Jigoro Kano from jujitsu, an ancient method of unarmed combat practiced by the Japanese warrior (samurai). Literally translated, it means “the gentle art”, and its beginning occupied a unique era in Japanese History.

Professor Kano was born in the seaside town of Nikage near Kobe in 1860 during a period of violent revolutionary changes in Japan. One of the results of these changes was that jujitsu schools, once strongly entrenched at numerous clan capitals throughout the country, were now tottering on the brink of disaster.

At the age of 18, Kano, now a proud boy of sizable physique, began an intensive study of jujitsu from numerous schools that were known for their different techniques. With his characteristic zeal and tireless energy he continued to explore the secrets of these schools as well as to improve his own techniques, taking great pains to visit famous masters of the art.

By this time, the practice of jujitsu had already fallen into disrepute as the country was going through severe social and political changes. Some masters made their living by organizing troops and putting up exhibition matches; others went so far as to stage bouts between professional wrestlers and jujitsu men.

Professor Kano, who was a man of strong moral and high ethical ideals, was against these degrading practices of the ancient art. He found jujitsu to be most effective in training the body in physical culture and the mind in moral training. By adopting all the good points of jujitsu that he had learned at various schools and adding his own discoveries, Professor Kano, along with nine students, established the Kodokan in Tokyo in 1882. Jujitsu by then had fallen down to such a low state as a marital art that he avoided using this term and adopted the name of judo instead.

Today, Professor Kano’s Kodokan judo is practiced all over the world and his portrait hangs in every judo practice hall.

FOREWORD

This pamphlet has been written primarily to acquaint the new members and their parents with the basic essentials of judo and the operation of the Gardena Judo Club. The instructors and officers of this club are devoted in their effort to instill and expand this “builder of character and physical stamina” through all our members, but also, the students and their parents must equally be enthusiastic and responsive.

Judo is unique. Unlike other sports, its competition and rewards are more personal. Its team spirit is the spirit of the mind and the body working together to achieve a common goal. This essential coordination of the mind and body is a prime factor in any successful human endeavor, and achieving the desired objective is difficult. There are times when a student’s improvement will be slow, and his hopes disillusioned; but, perfection in art requires time, and time will yield to patience and perseverance, which are important virtues of judo.

As new members and their parents acquaint themselves with our club, they will become aware of promising young students who have built confidence and perseverance; but equally noticeable will be their encouraging parents who have built a warm and understanding relationship with their sons through judo.

It is our hope that this pamphlet will help our new members and their parents understand some of the essentials of judo so that we can all work together so implant the many beneficial thoughts of our club in all our members.

A very special thanks to Messrs Kiyoshi Goya and Eiji Inouye who unselfishly gave their valuable time and effort to the research and verification of the material used in the preparation of this pamphlet; and to the efforts of many others who made the publication of this brochure possible.

THE OPERATION OF THE GARDENA JUDO CLUB

The Gardena Judo Club Inc., which was originated in 1951, is registered with the State of California as a nonprofit organization. Its purpose is to develop mental and physical character as well as to establish good relationship among its members and with the community through Judo. It operates under a By Law from which its officers are elected to administer the affairs of the Club.

Membership is open to any person 6 years and above whose purpose complies with Judo ethics and the manners set forth by this organization. Membership consists of three groups. They are minor under 21 years, their parents, and adult Judoka. Parents of the minor automatically becomes a member upon registration and installation of their child.

The Club is affiliated with Nanka Judo Black Belt Federation, United State Judo Federation, The National Judo Black Belt Federation, and the Kodokan. The Instructors and Black Belt members are organized into a group called Yudansha-Kai (Black Belt Group) and guides the Club in matters pertaining to the instruction of Judo and administer training operation. The Fukei-Kai (Parents Group) takes care of the general administrative affairs of the Club. The Fukei-Kai are the Club's officers, and are elected annually by the members of the Club. Both Groups meet monthly to discuss and coordinate the operations of this Club.

The Advisory Staff consists of the original organizers of this Club and the past Presidents. In addition, community leaders and officers of the Japanese Cultural Center advise this Club.

The Club's practice sessions are on Mondays and Thursdays from 6:30 PM to 7:45 PM for 11 years and under and 7:45 PM to 9:15 PM for 12 years and above. ***Ultimate placement of the student will be at the discretion of Low Dong Sensei.*** Club tournaments are held quarterly.

Dues are set according to the operational needs of the Club by the Fukei-Kai and at times donations are solicited in the forms of raffle tickets for special funds.

THE RESPONSIBILITY OF THE PARENTS

Most parents have come to recognize the important assets of Judo in developing confidence and physical stamina. Perhaps, Judo is most useful to the young energetic youth who has a need for a physical release or character discipline. But this Club and its Instructors can provide only the proper atmosphere and the tools with which the youth must work. It is the responsibility of the parents to see that the child learns the important basics of Judo, the opportunity to which will be provided at this Dojo.

Winning contests is an important part of Judo, but probably, most parents who join this Club believe that the building of personal character through competition is the essence of their purpose. This is also the teaching of Professor Kano and his Kodokan Judo, which our Instructors adhere to.

For these reasons we encourage parents to attend our practice sessions and learn judo and its fundamentals which our Instructors stress to each child. One of the essential basics the parents should be familiar with and emphasize to their youth is Ukemi, the technique of the breaking the fall, which will protect him from injury on the mat.

Parents are members of the Dojo and should acquaint themselves with their Club's activities especially our intra-club tournaments. These tournaments are held so that each individual student could show their improvements as well as to test his skill or technique, which he is trying to master.

One important point that parents some times tend to forget is that Judo has many features, one of which is the bridging of ideas and communication between the parents and their child. Another important point parents should remember is that the enthusiasm of their child and the Dojo will grow with the presence of parents who show interests and approval of the Club's efforts.

FUNDAMENTALS OF JUDO

Introduction to Fundamentals of Judo

1. Classification of Ranks:

U.S.J.F. AUTHORIZED BELT COLORS

a. 12 Years Old & Under 13 to 16 Years Old 17 Years Old & Over

White
Yellow
Orange
Green
Blue
Purple

White
Yellow
Orange
Green
Blue
Purple
Brown

White
Green
Brown
Black

b. Brown Belt

c. Black Belt

d. Red & White Belt

e. Red Belt

Sub. Group – 3-kyu, 2-kyu and 1-kyu

Shodan rank and up

6-Dan and up (wear occasionally)

9th and 10th Dan

2. Formal tournaments such as USJF and World Championships use the weight division system as follows:

MALE

Category	Year Born	Division in kilograms/pounds							
Bantam 1	8 yrs prior	23/50.6	27/59.4	31/68.2	35/77	35+/77+			
Intermediate A	9-10 yrs prior	26/57.2	30/66	34/74.8	38/83.6	43/94.6	43+/94.6+		
Intermediate B	11-12 yrs prior	28/61.6	31/68.2	34/74.8	38/83.6	42/92.4	48/105.6	53/116.6	53+/116.6+
Juvenile A	13-14 yrs prior	36/79.2	40/88	44/96.8	48/105.6	53/116.6	58/127.6	64/140.8	64+/140.8+
Juvenile B	15-16 yrs prior	51/112.2	55/121	60/132	66/145.2	73/160.6	81/178.2	90/198	90+/198+
Juvenile C	17-20 yrs prior	55/121	60/132	66/145.2	73/160.6	81/178.2	90/198	100/220	100+/220+

FEMALE

Category	Year Born	Division in kilograms/pounds							
Bantam 1	8 yrs prior	23/50.6	27/59.4	31/68.2	35/77	35+/77+			
Intermediate A	9-10 yrs prior	26/57.2	30/66	34/74.8	38/83.6	43/94.6	43+/94.6+		
Intermediate B	11-12 yrs prior	28/61.6	31/68.2	34/74.8	38/83.6	42/92.4	48/105.6	53/116.6	53+/116.6+
Juvenile A	13-14 yrs prior	36/79.2	40/88	44/96.8	48/105.6	53/116.6	58/127.6	64/140.8	64+/140.8+
Juvenile B	15-16 yrs prior	40/88	44/96.8	48/105.6	52/114.4	58/127.6	63/138.6	70/154	70+/154+
Juvenile C	17-20 yrs prior	44/96.8	48/105.6	52/114.4	57/125.4	63/138.6	70/154	78/171.6	78+/171.6+

may change

3. Terms of judgment to be used during tournament:

Ippon	one point
Waza-ari	one half point or nearly Ippon
Awase waza ippon	combination of two Waza-aris (equal to Ippon)
Hantei	judgment or decision on match
Yuseigachi	winner by superiority
Hikiwake	draw or tie in a match
Fusen gachi	winner by forfeit of opponent
Yuko	minor point

Other important terms used by Referee:

Rei	bow
Hajime	start match
Matei	wait
Yoshi	re-start the action
Sonomama	hold that position
Hansoku	major violation of rules
Shido	small infraction of rules
Hansoku-make	to lose match by violation of rules
Osaekomi	techniques of immobilization
Osaekomi-toketa	hold has been broken
Soremade	that is all, match is over

Terms frequently used during exercise:

Shizen-tai	natural position
Migi-shizen-tai	right natural position
Hidari-shizen-tai	left natural position
Jigo-tai	defense position
Migi jigo-tai	right defense position
Hidari jigo-tai	left defense position
Ukemi	breakfall techniques, meaning “falling away”
Kuzushi	to unbalance opponent
Happo-kuzushi	8 directions of breaking opponents posture
Tsugi-ashi	basic Judo movements (foot work)
Waza	technique
Tachi-waza	standing technique
Newaza	grappling techniques
Randori	free play or free exercise
Oshi	push
Otoshi	drop
Kiai	Judo cry
Kiotsuke	attention
Rei	bow
Jyoza-ni-mukatte	face place of honor
Rei	bow

} opening & closing class

JUDO COURTESY AND CONDUCT

Be on time.

Bow when entering and leaving Dojo at the door.

Arrive with clean hands and feet.

Do not wear a dirty OR smelly Judo Gi.

Be sure your fingernails and toenails are cut short.

Do not wear hard objects; jewelry, watches, rings, etc.

Always bow when stepping on and off the mat.

Have Judo Gi neat, and be at attention for opening and closing ceremony.

Address you teacher as Sensei.

If absolutely necessary to leave the mat, ask the Sensei's permission.

Do not drink water during practice without permission.

No horseplay.

No unnecessary talking.

Always bow to your partner at the beginning and end of Randori.

Change partners when told, DO NOT choose the same partner.

When in the Dojo, you obey the Sensei.

When thrown, get up immediately to avoid injury to yourself or others.

The second floor of the JCI building is off limits to all Judo students, before, during, and after Judo practice.

No parents on mat without Sensei's permission. No coaching of kids by non GJC senseis.

YONEN ELIGIBILITY FOR PROMOTION

Eligibility for promotion (Yonen) minimum requirements (note, requirements are for minimum). No students should expect or demand that he/she be promoted merely because he/she has fulfilled the minimum requirements for any rank. These requirements are only a minimum. Instructors must determine which students are qualified for promotion and only then recommend promotion.

- I. **Beginner to Yellow Belt:**
 1. **Must have minimum 40 hours of club practice**
 2. **Must be able to demonstrate:**
 - a. **Ukemi**
 - b. **2 nage waza (throwing technique)**
 - c. **2 katame waza (grappling technique)**

- II. **Yellow to orange:**
 1. **Must have a minimum of 40 hours club practice since last promotion.**
 2. **Must earn minimum of 20 tournament points since last promotion.**
 3. **Win minimum of three (3) matches at an “outside” KOHAKU style tournament.***

- III. **Orange to green:**
 1. **Must have a minimum of 50 hours of practice since last promotion.**
 2. **Must earn minimum of 30 tournament points since last promotion or**
 3. **Win minimum of three (3) matches at an “outside” KOHAKU style tournament.***

- IV. **Green to blue:**
 1. **Must have a minimum of 60 hours of practice since last promotion.**
 2. **Must earn minimum of 40 tournament points since last promotion or**
 3. **Win minimum of three (3) matches at an “outside” KOHAKU style tournament.***

- V. **Blue to purple:**
 1. **Must have a minimum of 70 hours of practice since last promotion.**
 2. **Must earn minimum of 50 tournament points since last promotion or**
 3. **Win minimum of three (3) matches at an “outside” KOHAKU style tournament.***

* May take precedent over minimum requirements.

Instructors and students are reminded that each requirement as listed is the minimum. **The student is not automatically promoted only when he/she has earned the minimum points but rather when his/her instructor knows he/she is qualified.**

With each promotion, a student must recognize the honor and the responsibility of the new rank and must show proper conduct accordingly.

TOURNAMENT POINTS: (Outside tournaments only)

1. Earning tournament points:

- a. Club tournament (Shiai): one point for entering
- b. Local tournaments: one point for entering
- c. State/District Championship: three points for entering
- d. Regional events with four or more states participating: three points for entering
- e. National events and trials for International events: four points for entering
- f. International competition: five points for entering

2. Earning points by defeating opponents:

- a. Three or more ranks below one's own rank: No points
- b. Two ranks below one's own: ½ point
- c. One rank below one's own: 1 point
- d. Of the same rank: 2 points
- e. One rank above one's own: 3 points
- f. Two ranks above one's own: 4 points

Losses and draws score no points.

Ultimate decisions of promotions will be at the discretion of Low Dong Sensei.