

THREEMILESTONE JUDO CLUB

CORNWALL



**FIRST GROUP
BEGINNER'S HAND BOOK**

This book is to help you start judo. As you learn about judo you will first be awarded red tabs. These are club grades. After the third red tab you will have to work for your first orange tab. This is an Area grade and will be entered in your licence.

This book will tell you how to:-

- 1) Get ready for judo;
- 2) show good judo etiquette;
- 3) be safe during judo and not hurt yourself or others;
- 4) breakfast;
- 5) do some judo throws;
- 6) take part in ground work;
- 7) take part in free practice;
- 8) understand words used in judo;

GETTING READY FOR JUDO

Your judo suit must be clean.

Girls wear a white T-shirt under their jacket.

Hands and feet must be clean.

Fingernails and toenails must be short and smooth.

Do not wear jewellery, watches, chains or glasses.

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

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

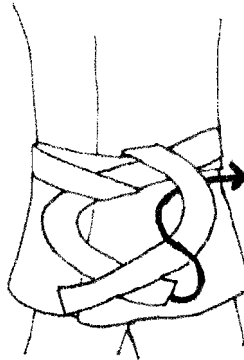
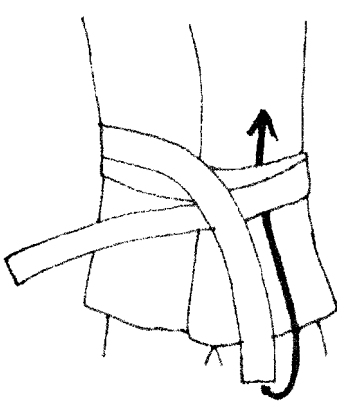
Fold the left side of your jacket over the right.

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 rest and tie 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 or you will make the mat dirty.

Leave your shoes or sandals neatly at the edge of the mat, with the toes 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 unless the instructor says you can.

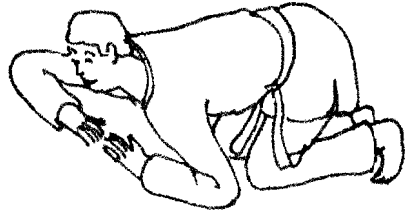
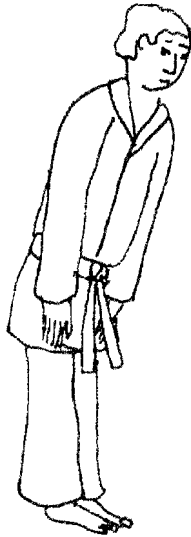
Being nice to your partner – never refuse to be someone's partner and do not try to take someone else's partner away from him or her.

Let your partner throw you when it is his or her turn.

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.



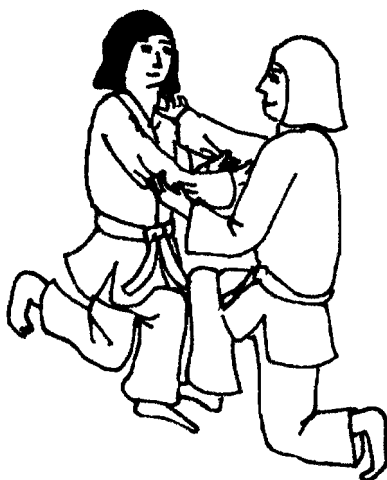
Kneeling bow – kneel with your knees slightly apart for boys and together for girls;
Keep your back straight, elbows tucked in and hands resting on tops of thighs;
place your hands on the floor in front of you;
bow, keeping your eyes on the person you are bowing to.

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

As you go onto and leave 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. When starting, 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 person. Stand up on the right leg first

SAFETY

You will not be hurt doing Judo as long as everybody remembers the safety rules.

Getting yourself ready properly and being well behaved are important for safety. Judo must only be done on a proper judo mat. Throwing somebody on a hard surface like a school playground may hurt them badly.

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 do a breakfall with the other,

Things you must not do – punching, scratching, biting, kicking, touching your partner's face.

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

Stop as soon as you are told to by the instructor.

Submitting – if you are being hurt you must always submit. As soon as you do this, your partner will 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, and you might get hurt.

So we do warm up exercises before we do any judo.

We also do 'warming down' at the end of the session. This is usually done by playing a game. Games at the end of the class are supposed to be fun and must not be too rough.

BREAKFALLS

You must breakfall when 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 done 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 land on 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.

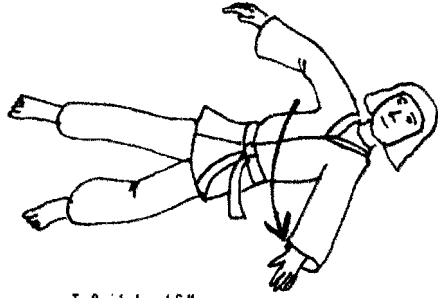
Turn your head so there is no risk of bumping your nose.

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

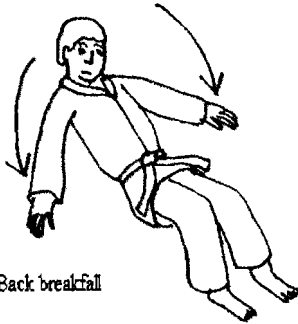
Keep your body clear of the mat. Only your forearms and the tips of your toes should touch the mat.



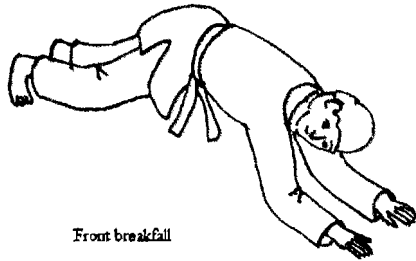
Right hand rolling breakfall



Left side breakfall



Back breakfall



Front breakfall

THROWS

Taking hold – 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 very close to 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).

Breaking balance – stand 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 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.

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.

It is not a competition, it does not matter if you are thrown.

So do not try to stop your partner throwing you.

If you are with someone who is newer than you, make sure that he or she has a fair share of throwing and you can practice your breakfalls.

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 carry on 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.

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. The world headquarters of Judo is the Kodokan in Tokyo. Judo was invented in the 19th century by a Japanese professor called Dr Kano. 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.

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

LICENCES AND CLUB MEMBERSHIP

Everyone who does Judo must have a Judo Licence.

If you have a licence you can take part in gradings and competitions and you are insured.

You must also be a club member.

The money from Club membership and dojo fees (paying for lessons) is needed to run the Club.

The teachers (senseis) are all qualified instructors and first aiders, but do not get paid for teaching.

RED TABS

For each red tab you must:

- 1) Attend four complete judo classes and show good etiquette.
- 2) Show three new Judo skills from this list:
 - (i) cleanliness and correct dress;
 - (ii) tying belt;
 - (iii) getting on and off the mat correctly;
 - (iv) beginning standing practice;
 - (v) beginning ground work practice;
 - (vi) turning in for a throw;
 - (vii) groundwork skills
 - pull and push
 - left knee raised
 - turn over to escape
 - (viii) submitting;
 - (ix) safety during throws
- 3) Demonstrate Knowledge of one of the following:
 - (i) history of judo;
 - (ii) judo grading;
 - (iii) difference between competition and practice.
- 4) Perform breakfalls correctly
- 5) Know two new words commonly used in Judo, from the list on page 11.

FIRST ORANGE TAB

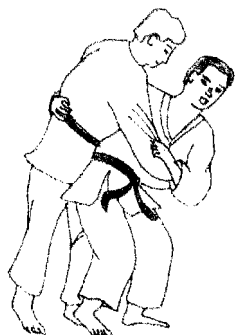
Your first orange tab grading will be here at Threemilestone and you will be tested by your club leader. However, all other grades are given at Area Gradings. Players from all the clubs in the Cornwall Area go to the grading and you will probably be tested by a sensei from another club. After your third orange tabs you will go on to green tabs, then blue and finally brown.

For your first orange tab 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 14 & 15;
6. demonstrate one hold down from the group shown on pages 14 & 15.
7. know how to submit.

Throws

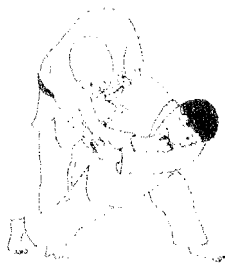
A hip throw: Ogoshi – major hip throw



A leg throw: Osotogari – major outer reaping

Hand throws:

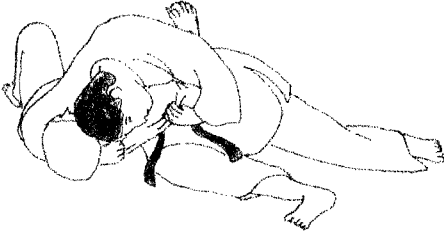
Seoi nage – shoulder throw



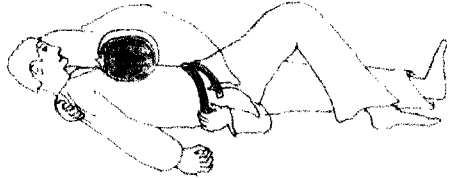
Tai otoshi – body drop

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

