

# Judo I 05-2 Course Guide

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## What is Judo?

Judo is a system of throwing techniques (*nage waza*), grappling techniques (*katame waza*), and striking techniques (*atemi waza*). It is based on two guiding principles: *Seiryoku Zen'yō*, Maximum Efficiency, and *Jita Kyōei*, Mutual Benefit. Judo is an Olympic sport practiced around the world and is an excellent physical workout. Judo, or the “gentle way,” is derived primarily from the Japanese martial art of jujutsu. *Jūjutsu* translates literally as the “gentle art” and was a method of weaponless self-defense using throws, holds, and strikes to vital points. Several other Asian and Western martial arts, including sumo and wrestling, also influenced the development of judo.

Judo

## History of Judo

In 1882 at the age of 22, Dr. Jigoro Kano founded Kodokan Judo in Tokyo, Japan, with the establishment of the Kodokan *dōjō* at the Buddhist temple Eisho-ji. His intent with judo was to create more than a system of techniques; he created a philosophy of life and behavior based upon the lessons learned in training. To reflect this he replaced *jutsu* (art or technique) in *jūjutsu* with *dō* (way or path) to create *jūdō*. *Dō* implies “a way of living in which one improves one’s character and polishes one’s spirit.” In addition to establishing the Kodokan and Kodokan Judo, Kano also served as a professor and principal of the Tokyo Teachers’ Training College, an inspector for the Ministry of Education, and chairman of the Japan Amateur Sports Association. Kano truly was an educator, and he saw judo and physical education as an essential part of education.

In 1893, the first person from outside Japan, an Englishman, began to study judo, and over time students from the United States, Korea, India, China, France, and Canada also enrolled at the Kodokan. Kano himself went abroad often. In 1909 he was asked to become a member of the International Olympic Committee, Asia’s first member. As a result of Kano’s following efforts, in Stockholm in 1912, Japan became the first Asian nation to participate in the Olympic Games. Dr. Kano passed away in 1938 at the age of 77 returning to Tokyo from an IOC meeting in Cairo.

Following World War II, a resurgence of interest in judo internationally led to the establishment of the International Judo Federation (IJF) in 1951. The first Judo World Championships were held in 1956.

In 1964, judo was competed for the first time at the Tokyo Olympiad and has been a regular men’s medal sport since the Munich Olympiad in 1972. Women’s judo was introduced as an exhibition sport in 1988 in Seoul and became a medal sport in 1992 in Barcelona. It should be noted, however, that women were practicing judo as early as 1893. In the summer of 2004, 386 *jūdōka* from 94 countries competed at the Athens Olympiad. Currently, 187 nations are member of the International Judo Federation.

## Judo Ranks and Belt Colors

Judo practitioners wear a belt which keeps the jacket closed and displays rank. Beginners wear a white belt. Those ranks below black belt are called *kyū* or grades; black-belt ranks are called *dan* or degrees. Prior to first-degree black belt, the colors and grades can vary from school to school. The ten black belt degrees are universal.

Japanese	English	Belt Color	Japanese	English	Belt Color
<i>hachikyū</i>	8th grade	white	<i>shodan</i>	1st degree	black
<i>shichikyū</i>	7th grade	yellow	<i>nidan</i>	2nd degree	black
<i>rokkū</i>	6th grade	orange	<i>sandan</i>	3rd degree	black
<i>gokyū</i>	5th grade	green	<i>yondan</i>	4th degree	black
<i>yonkyū</i>	4th grade	blue	<i>godan</i>	5th degree	black
<i>sankyū</i>	3rd grade	brown	<i>rokudan</i>	6th degree	red & white
<i>nikyū</i>	2nd grade	brown	<i>shichidan</i>	7th degree	red & white
<i>ikkyū</i>	1st grade	brown	<i>hachidan</i>	8th degree	red & white
			<i>kudan</i>	9th degree	red
			<i>jūdan</i>	10th degree	red

## Japanese Judo Terminology

### Basics

<i>jū</i>	gentle, yielding
<i>dō</i>	way or path
<i>jūdō</i>	the gentle way
<i>Kōdōkan</i>	place to study the way
<i>jūdōka</i>	judo practitioner
<i>dōjō</i>	place where judo is practiced
<i>jūdōgi</i> or <i>gi</i>	judo uniform
<i>tori</i>	person executing a technique
<i>uke</i>	person receiving a technique
<i>happo no kuzushi</i>	eight directions of unbalancing
<i>tai sabaki</i>	body movement, body control
<i>ukemi</i>	breakfall
<i>waza</i>	technique
<i>uchikomi</i>	repetition of techniques
<i>randori</i>	free practice
<i>shiai</i>	judo match
<i>kiai</i>	spirit shout

### Parts of a Throw

<i>kuzushi</i>	unbalancing
<i>tsukuri</i>	entry or getting set for a technique
<i>kake</i>	execution

### Shiai

"Hajime!"	"Begin!"
"Mate!"	"Stop!"
"Sore made!"	"Finished!"
"Osaekomi!"	"Hold is on!"
"Toketa!"	"Hold broken!"
"Sono mama!"	"Freeze!"
"Yoshi!"	"Continue!"
<i>ippon</i>	full point
<i>waza ari</i>	half point
<i>waza ari awasete ippon</i>	two half points equal a full point
<i>yūkō</i>	near <i>waza ari</i> , not cumulative
<i>kōka</i>	near <i>yūkō</i> , not cumulative
<i>hansoku make</i>	major penalty
<i>shidō</i>	minor penalty

### Parts of a Jūdōgi

<i>uwagi</i>	coat or jacket
<i>zubon</i>	pants
<i>obi</i>	belt

### Ukemi

<i>ushiro ukemi</i>	back breakfall
<i>yoko ukemi</i>	side breakfall
<i>mae mawari ukemi</i>	forward rolling breakfall
<i>mae ukemi</i>	forward breakfall

### Tai Sabaki

<i>mae sabaki</i>	front shifting
<i>ushiro sabaki</i>	back shifting
<i>mae mawari sabaki</i>	turning towards the front

### Walking Patterns

<i>ayumi ashi</i>	normal walking
<i>tsugi ashi</i>	shuffle stepping

### Stances

<i>shizen hontai</i>	natural posture
<i>migi shizentai</i>	right natural posture
<i>hidari shizentai</i>	left natural posture
<i>jigo hontai</i>	defensive posture
<i>migi jigotai</i>	right defensive posture
<i>hidari jigotai</i>	left defensive posture

### Components of the Names of Techniques

<i>ashi</i>	foot or leg
<i>garami</i>	entangle
<i>gari</i>	reap
<i>katame/gatame</i>	pin
<i>koshi/goshi</i>	hip
<i>guruma</i>	wheel
<i>gyaku</i>	reverse
<i>hidari</i>	left side
<i>hiza</i>	knee
<i>jūji</i>	cross
<i>shime/jime</i>	choke
<i>kami</i>	upper
<i>kata</i>	single, shoulder, or form
<i>kesa</i>	scarf
<i>ko</i>	minor
<i>koshi/goshi</i>	hip
<i>kuzure</i>	variation
<i>mae</i>	forward
<i>mawari</i>	turn around
<i>migi</i>	right side
<i>morote</i>	two-handed
<i>nami</i>	normal
<i>ō</i>	major
<i>sasae</i>	blocking
<i>shihō</i>	four corners
<i>soto</i>	outer or outside
<i>uchi</i>	inner or inside
<i>ude</i>	arm
<i>ushiro</i>	back or rear
<i>yoko</i>	side

## Hierarchy of Judo Techniques

<i>nage waza</i>	Throwing techniques
<i>tachi waza</i>	Standing throwing techniques
<i>te waza</i>	Hand techniques (i.e. hand, arm and shoulder throws)
<i>koshi waza</i>	Hip techniques
<i>ashi waza</i>	Leg or foot techniques
<i>sutemi waza</i>	Sacrifice techniques (i.e. <i>tori</i> sacrifices her balance to throw <i>uke</i> )
<i>ma sutemi waza</i>	Back sacrifice techniques
<i>yoko sutemi waza</i>	Side sacrifice techniques
<i>ne waza</i>	Mat techniques (also <i>katame waza</i> , grappling techniques)
<i>osaekomi waza</i>	Pinning techniques
<i>shime waza</i>	Choking techniques
<i>kansetsu waza</i>	Joint-locking techniques
<i>atemi waza</i>	Striking and blocking techniques

## Japanese Pronunciation

*b, ch, d, f, h, j, k, m, n, p, r, t, w,* and *z* are all pronounced roughly as they are in English.

*g* is pronounced like the *g* in *give* and never like the *g* in *gym*.

*s* is pronounced like the *s* in *see* and never like the *s* in *his*.

*y* is pronounced like the *y* in *yes* and never like the *y* in *sky*.

*ts* is pronounced like the *ts* in *cats*. If you have trouble pronouncing this at the beginning of a word, it is okay to say it like *s* until you've had more practice. (e.g. *tsukuri* is pronounced "tsoo-koo-ree" or "soo-koo-ree")

*a* is pronounced like the *a* in *father*.

*e* is pronounced like the *ey* in *they*.

*i* is pronounced like the *i* in *ski*.

*o* is pronounced like the *o* in *no*.

*u* is pronounced like *u* in *flu*.

*i* and *u* are often tend to disappear at the end of words after these sounds: *k, s, sh, ch, ts, p, h* and *f*.

It is especially noticeable for *shi*. (e.g. *ō goshi* is pronounced "oh gohsh")

*ō* and *ū* are pronounced as long versions of *o* and *u*

## Korean Terminology

Because our instructor is Korean, greetings, counting, and certain commands will be in Korean, rather than Japanese.

Phrase	Pronunciation	Meaning	Formality
<i>Annyeong hasimnikka</i>	ahn-yawng ha-sim-nee-ka	Hello	Formal
<i>Annyeong haseyo</i>	ahn-yawng ha-say-yo	Hello	Informal
<i>Annyeonghi gyesipsio</i>	ahn-yawng-hee gyay-sip-see-oh	Goodbye to someone staying	Formal
<i>Annyeonghi gasipsio</i>	ahn-yawng-hee gah-sip-see-oh	Goodbye to someone leaving	Formal
<i>Annyeonghi gyeseyo</i>	ahn-yawng-hee gyay-say-yo	Goodbye to someone staying	Informal
<i>Annyeonghi gaseyo</i>	ahn-yawng-hee gah-sey-yo	Goodbye to someone leaving	Informal
<i>Daedanhi gamsahamnida</i>	day-dahn-hee gahm-sah-ham-nee-dah	Thank you very much	Formal
<i>Gomapseumnida</i>	go-mahp-sum-nee-da	Thank you	Informal
<i>Cheonmaneyo</i>	chawn-mahn-ay-yo	You're welcome	
<i>Charyeot</i>	cha-ryawt	Attention	
<i>Kyeongnye</i>	kyawng-nyay	Bow	

## Counting in Korean

1	<i>hana</i>	ha-na	6	<i>yeoseot</i>	yaw-sawt	11	<i>yeol hana</i>	yawl ha-na	60	<i>yesun</i>	yeh-soon
2	<i>dul</i>	dool	7	<i>ilgop</i>	eel-gawp	20	<i>seumul</i>	su-mool	70	<i>ireun</i>	ee-run
3	<i>set</i>	set	8	<i>yeodeol</i>	yaw-dawl	30	<i>seoreun</i>	saw-run	80	<i>yeodeun</i>	yaw-dun
4	<i>net</i>	net	9	<i>ahop</i>	a-hop	40	<i>maheun</i>	ma-hun	90	<i>aheun</i>	a-hun
5	<i>daseot</i>	daw-sawt	10	<i>yeol</i>	yawl	50	<i>swin</i>	sween	100	<i>baek</i>	back

## **Beginning the Class**

Senior student says: “*Charyeot! Kyeongnye.*”  
Bow as you say: “*Annyeong hasimnikka!*”

*When beginning a class, the senior ranking belt will call the class to attention and give the command to bow. This is a formal way to say “hello” in Korean, and the bow is equivalent to a hand-shake.*

## **Ending Class**

Senior student says: “*Charyeot! Kyeongnye.*”  
Bow as you say: “*Daedanhi gamsahamnida!*”

*When ending a class, the senior ranking belt will call the class to attention and give the command to bow. This is a formal way to say “thank you” in Korean. This is how you with thank Mr. Kim and the other black belts for their instruction. Mr. Kim will respond with “Cheonmaneyo.” This means “you are welcome.”*

## **Formal Greeting**

Bow as you say: “*Annyeong hasimnikka.*”

*Always greet a black belt by bowing and saying “hello” formally. If you see a black belt at a distance, it is appropriate to bow without speaking.*

## **Formal Thanks**

Bow as you say: “*Gamsahamnida.*”

*This is a formal way to say “thank you” in Korean. Whenever Mr. Kim or a senior belt helps you, it is appropriate to thank them in this way.*

## **Informal Thanks**

Bow as you say: “*Gomapseumnida.*”

*This is an informal way to say “thank you” in Korean. When you finish practicing a technique, it is appropriate to thank your partner in this way.*

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**More information, including this guide and the class syllabus, can be found at the class website: [www.pitt.edu/~rminster/judo](http://www.pitt.edu/~rminster/judo)**