

Judo 1 05-2 Syllabus

Tuesday 7:00–8:55 PM

Head Instructor: Mr. Kyu Ha Kim, *kudan* (9th Degree Black Belt)

Instructor: Mr. Eugene Kim, *godan* (5th Degree Black Belt)

Background

Judo is a martial way founded in 1882 by Dr. Jigoro Kano in Tokyo, Japan. Translated literally as “the gentle way,” *jūdō* is a system of throwing techniques (*nage waza*), grappling techniques (*katame waza*) and striking and blocking techniques (*atemi waza*). It is practiced throughout the world as a method of self-defense and physical education and as an Olympic sport.

Your head instructor, Mr. Kyu Ha Kim, has been studying judo for more than fifty years. Originally from South Korea, Mr. Kim is a Korean National Champion and world renowned teacher of the martial arts including judo, taekwondo, jujutsu and aikido. In 2000, Mr. Kim was promoted to ninth-degree black belt, or *kudan*, by the Korean Judo Association and is one of the highest ranking *jūdōka* in the world.

Requirements and Schedule

Your grade in this class will be based on attendance, participation, and quizzes. Class will meet every Tuesday unless otherwise specified by Mr. Kim. After two absences, your grade will be affected. You can make up class time missed with equal time spent in the other University of Pittsburgh judo or jujutsu classes taught by Mr. Kim or by attending a class at his private club. If you are injured and cannot participate, you should always come to observe. Otherwise you will be marked absent. For injuries lasting multiple weeks, please provide a note from your doctor and attend class.

In this class you will learn about the history and etiquette of judo, how to fall safely, and approximately twenty techniques. The first several weeks, you will not have a *jūdōgi* (uniform). Until the *jūdōgi* arrive, please come to class dressed in comfortable clothes appropriate for a physical activity. These weeks will focus on body movement (*tai sabaki*) and breakfalling (*ukemi*). This training is essential to judo. You must learn to move your body appropriately and fall safely before you begin throwing or are thrown.

Quizzes are tentatively scheduled for 2/15/2005, 3/22/2005 and 4/19/2005, and each will be cumulative.

What to Expect in Class

In the first few weeks, until students learn to fall safely, throws will be practiced without the actual execution of the technique. *Randori* and *shiai* will also not begin until students are adequately prepared.

- Warm-up: Every class will begin with a warm-up consisting of stretching and calisthenics. As you learn the techniques, *tai sabaki* and *ukemi* will also be incorporated into the warm-up.
- Lecture: Mr. Kim and the other instructors will talk about judo philosophy, theory, and history.
- Demonstration: Introducing each technique, the instructors will demonstrate each technique by breaking it down into its component parts.
- *Nage waza* practice: Nearly all technique practice involves a partner. Throwing techniques are practiced with *uchikomi* or repetitions: each partner takes a turn unbalancing and getting into position and, on a specified count, usually 10 or 15, throwing their partner on that count.
- *Ne waza* practice: Pinning techniques are practiced with each partner taking a turn holding the other down and the pinned individual attempting to escape from the pin. Choking and arm-barring techniques will be practiced with each partner taking a turn applying the technique until it is effective.
- *Randori*: Free practice, a manner of sparring, usually cooperative, in which each partner attempts to throw the other with the techniques learned in class.
- Back-to-back: Free practice of mat work, where partners start out sitting back to back on the mat and, upon the command to begin, attempt to apply those grappling techniques learned during the term.
- *Shiai*: Bouts or matches. Students will learn the rules of judo competition and will spar with other students in the class of a similar weight and skill level.
- *Atemi waza*: Practice of blocks, punches, and kicks. In *randori* and *shiai*, striking techniques are not permitted. However, they are utilized with *nage waza* and *ne waza* in the practice of self-defense.

Class Webpage: www.pitt.edu/~rminster/judo

Techniques

During the term you will learn the following techniques:

Nage waza

Te waza

1. *ippon seoi nage*
2. *morote seoi nage*

Koshi waza

3. *ō goshi*
4. *koshi guruma*
5. *uki goshi*

Ashi waza

6. *ō soto gari*
7. *ō uchi gari*
8. *sasae tsurikomi ashi*
9. *deashi harai*
10. *hiza guruma*

Throwing techniques

Hand techniques

- one-arm shoulder throw
- two-arm shoulder throw

Hip techniques

- major hip throw
- hip wheel
- floating hip throw

Leg techniques

- major outer reap
- major inner reap
- ankle blocking throw
- forward foot sweep
- knee wheel

Ne waza

Osaekomi waza

11. *kesa gatame*
12. *kuzure kesa gatame*
13. *yoko shihō gatame*
14. *kami shihō gatame*

Shime waza

15. *nami jūji jime*
16. *kata jūji jime*
17. *gyaku jūji jime*
18. *hadaka jime*
19. *okuri eri jime*
20. *kataha jime*

Kansetsu waza

21. *ude garami*
22. *ude hishigi jūji gatame*
23. *ude hishigi waki gatame*
24. *ude hishigi ude gatame*

Mat techniques

Pinning techniques

- scarf hold
- modified scarf hold
- side four-corner hold
- upper four-corner hold

Choking techniques

- normal cross choke
- half cross choke
- reverse cross choke
- naked choke
- sliding lapel choke
- single wing choke

Arm-locking techniques

- entangled armlock
- cross armlock
- armpit armlock
- arm armlock

Judo Ranks and Belt Colors

Judo practitioners wear a belt which keeps the jacket closed and displays rank. Beginners wear a white belt. For promotion, your instructors will evaluate your progress and dedication in learning judo. Near the end of the semester, Mr. Kim will announce who is eligible for promotion. If you are interested in moving up in rank, after the announcement, notify Mr. Kim or another instructor. There is a promotion fee. At the end of the term you will then receive your new belt and a certificate of your new rank.

Proper Etiquette in Class

It is important to respect yourself, your fellow students, and your instructors. This respect involves maintaining a certain level of etiquette during class. Judo is a full contact sport, but is one of the safest because of its rules.

- When you first see Mr. Kim or another black belt, always bow and offer a greeting.
- Always answer instructors with “Yes, sir/ma’am” or “No, sir/ma’am.”
- Do not talk during presentations, demonstrations or lectures by Mr. Kim or the other instructors.
- Stand unless instructed to sit. When told to sit, do so in one of two proper ways:
 1. *Seiza* – kneeling and seated on your heels with your hands resting on your thighs
 2. *Anza* – seated position with legs crossed and hands resting on knees
- Do not leave class without the permission of Mr. Kim or another instructor.
- Always be on time for class. If you are late, enter the classroom and wait for Mr. Kim or an instructor to speak with you. Then briefly warm up in the back of the room and join the class.
- Do not walk on the mats with your shoes on.
- No tobacco use or gum chewing during class.
- Set mobile phones and pagers to silent alert or turn them off.
- Do not curse or use inappropriate language.

Proper Dress for Class

- Students should wear their *jūdōgi* (judo uniform consisting of trousers, jacket and belt) when practicing. It should always be clean and in proper order for each class with no stains or tears.
- Women: always wear a t-shirt or leotard underneath the jacket, preferably white. A shirt should be long enough to be tucked into the pants.
- Long hair should be tied back with an elastic or cloth tie. No barrettes or ties with metal or hard plastic clasps or bands are permitted.
- Remove eyeglasses and all jewelry. Piercings, necklaces, bracelets and rings, which can wound you or your partner, must not be worn during practice.
- Your personal hygiene should be conducive to physical training with other students. Fingernails and toenails should be trimmed short.