

– DENVER DOJO –

Basic Outline of 8 week course in BEGINNING JUDO:

1. Basic postures:
 - a. Shizen hantai - Basic natural posture - migi and hidari (right and left)
 - b. Jigi hantai – Basic defensive posture – migi and hidari

2. Body position and movement
 - a. Ayumi ashi – normal walking
 - b. Tsugi ashi – sliding foot walking
 - c. Tai sabaki – pivoting or body movement

3. Falling skills
 - a. Zempo Katian Ukemi Judo roll
 - b. Yoko Ukemi Side fall
 - c. Koho Ukemi Back fall

4. Off balance skills
 - a. Off balance 8 directions – happo no kuzushi

5. Basic throws
 - a. 6 of the basic throws in judo
 - i. O Soto Gari Big outside reap
 - ii. Ippon Seoi Nage One arm shoulder throw
 - iii. Morote Seoi Nage Two arm shoulder throw
 - iv. O Goshi Big hip throw
 - v. O Uchi Gari Big Inside Reap
 - vi. Ko Uchi Gari Small Inside Reap
 - vii.

6. Basic hold downs
 - a. 2 holds and 2 escapes from these hold downs in judo
 - i. Kesa Gatame Scarf hold
 - ii. Bridge and roll escape from Kesa Gatame
 - iii. Yoko Shiho Gatame Side four corners hold
 - iv. Leg entanglement escape from Yoko Shiho Gatame
 - v.

7. **Questions:**
 - a. Who was the founder of judo? Jigoro Kano
 - b. What was the name of the judo school he founded? The Kodokan
 - c. What was the date of the founding of judo? 1882
 - d. What was unarmed martial arts combat called before judo? Ju Jitsu
 - e. How long have unarmed martial arts been practiced in Japan? 600 – 1000 years

8. Along with the pedagogical aspects there will be repetition of the body motions to reinforce the learning of these new reflexes...

9. **Vocabulary:**

Hajime	Begin
Matte	Stop
Sore Made	Time up
Osae Komi	Hold-down
Toketa	Hold-down Broken
Sono Mama	Don't move (Freeze)
Yoshi	Continue
Ashi	Foot
Goshi	Hip
Te	Hand
Seoi	Shoulder
Kuzushi	Off-balance
Uchi	Inside
Soto	Outside
Yoko	Side
Shiho	Corners (hold-down)
Nage	Throw
Gari	Reap
Gatame	Lock or Hold-down
Ko	Little or Minor
O	Big or Major
Ukemi	Falling Method

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What is Kodokan Judo?

Judo is many things to different people. It is a fun sport, an art, a discipline, a recreational or social activity, a fitness program, a means of self-defense or combat, and a way of life. It is all of these and more.

Kodokan Judo comes to us from the fighting system of feudal Japan. Founded in 1882 by [Dr. Jigoro Kano](#), Judo is a refinement of the ancient martial art of Jujutsu. Dr. Kano, President of the University of Education, Tokyo, studied these ancient forms and integrated what he considered to be the best of their techniques into what is now the modern sport of Judo.

Judo was introduced into the [Olympic Games](#) in 1964 and is practiced by millions of people throughout the world today. People practice Judo to excel in competition, to stay in shape, to develop self-confidence, and for many other reasons. But most of all, people do Judo just for the fun of it.

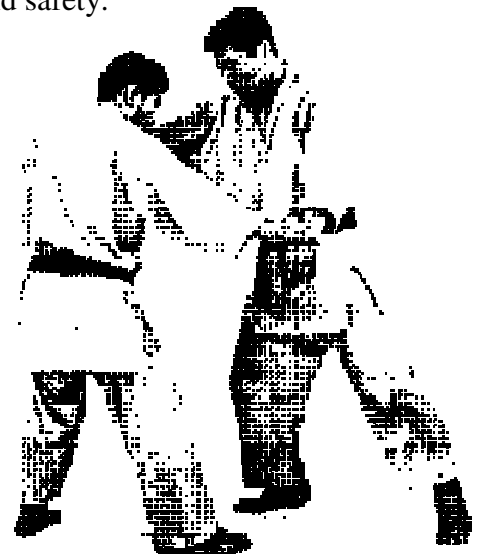
★ Judo is Fun ★

As in all sports, Judo has a strict set of [rules](#) that governs competition and ensures safety. For those who want to test their skills, Judo offers the opportunity for [competition](#) at all skill levels, from club to national tournaments, to the Olympic Games. There are separate weight divisions for men and women, and boys and girls.

Judo is best known for its spectacular [throwing techniques](#) but also involves considerable [grappling on the ground](#) utilizing specialized pins, control holds, arm locks, and Judo [choking techniques](#). Judo emphasizes safety, and full physical activity for top conditioning. Judo is learned on special mats for comfort and safety.

Judo is unique in that all age groups, both sexes, and most disabled persons can participate together in learning and practicing the sport. Judo is an inexpensive, year-round activity, that appeals to people from all walks of life. Many people over sixty years of age enjoy the sport, as well as very young boys and girls.

Judo develops self-discipline and respect for oneself and others. Judo provides the means for learning self-confidence, concentration, and leadership skills, as well as physical coordination, power, and flexibility. As a sport



that has evolved from a fighting art, it develops complete body control, fine balance, and fast reflexive action. Above all, it develops a sharp reacting mind well-coordinated with the same kind of body. Judo training gives a person an effective self-defense system if the need arises.

★The Judo Rank System★

Judo created the system of ranks, now used in most other martial arts, that recognize a person's degree of knowledge, ability, and leadership. There are separate ranks for juniors (under 17) and seniors. Judo ranks are identified by colored belts, and ten degrees of advanced grades for black belts. Regular advancement encourages students to achieve more.

★Principles and Goals of Judo★

Judo, which is translated as the "gentle way", teaches the principle of flexibility in the application of technique. This is the flexible or efficient use of balance, leverage, and movement in the performance of Judo throws and other skills. Skill, technique and timing, rather than the use of brute strength, are the essential ingredients for success in Judo. For example, in Judo classes you may learn how to give way, rather than use force, to overcome a stronger opponent.

The principles of Judo, such as "Maximum Efficiency" and "Mutual Welfare and Benefit", can also be used in our dealings with others in life. The ultimate goal in Judo is to develop oneself to the maximum extent possible, always striving for perfection, so that you can contribute something of value to the world.