



**ZEN JUDO  
HANDBOOK**

## BRIEF HISTORY OF ZEN JUDO

Judo had its origin in the Japanese art of Ju-jutsu, a system of hand-to-hand combat. The *bushi* of feudal Japan (samurai) are usually credited for developing it. Ju-Jutsu was known by several names throughout Japanese history: *Btaijutsu*, *yawara*, *kempo*, *kugusoku*, *kumiuchi*, *koshi nomawari*. What is unique to the art is the use of skill, finesse and flexibility rather than strength to overpower opponents. Economy of energy, balance, and grace were the outstanding hallmarks of its practitioner. S/he was expected to be soft and pliable, winning by appearing to yield.

During the feudal period, Ju-jutsu was part of the *bushi* training, along with archery, spearfighting, swordsmanship, firearms, horsemanship, tactics, and etiquette. Its importance grew with the rise of the *bushi* class after the late Heian period. Subsequent periods of Japanese history (Kamakura, 1185-1336; Muromachi, 1336-1573; Tokugawa, 1603-1868) saw the art become more diversified and specialized as it was taught in schools (*ryus*) that emphasized different aspects: throwing, groundwork, striking. According to their founders' vision.

Given the constant state of war in Japanese feudal history, *ryus* tested their vision of Ju-jutsu on the battlefield, where survival was the premium. The three hundred years of peace that followed the Japanese civil wars changed the nature of the art. Under the harsh Tokugawa martial codes combats between *bushi* became rarer. On the other hand, unarmed combat was more usual. The rise of the common citizen at the end of the period required that Ju-jutsu techniques be adapted to their everyday life needs. At that time, several *ryus* gave up their insistence on ceremonial or ritual posturing in favor of a practical approach to hand-to-hand combat. By the end of the period, the ancient martial arts of Japan (*Bu-jutsu*) created for a warrior class began to fade as the martial ways (*Budo*) created for the commoner gained importance.

*Budo* was not simply a collection of fighting techniques. It was also a spiritual discipline, a way of life. With the Meiji Restoration (1868), several branches of the martial arts changed names and orientation--KyuJutsu became Kyudo, Iai-Jutsu became Iaido, Aiki-Jutsu became Aikido, and Ju-jutsu became Judo. There was a shift from a warfare approach to everyday life principles. Schools passed their tradition to students in the form of techniques, philosophy and ethics. Students were expected to be fully versed on hand-to-hand combat but also to embody the philosophy of the *ryus*= founders.

Dr. Jigoro Kano, founder of modern Judo, was born in Mikage, in the Hyogo Prefecture, on October 28, 1860. Shihan Kano never viewed martial arts as a means to display physical prowess or superiority. A pacifist, he studied them to find harmony in his dealings with others. In his youth Kano studied Ju-jutsu under Sensei Teinosuke Yagi, Sensei Hachinosuke Fukuda (*Tenshin-Shinyo ryu*), and after graduating from Tokyo University, under Sensei Iikubo (*Kito ryu*).

His search for a unifying principle for the techniques he learned led Kano to **Seiryoku Zenyo** (maximum efficiency in mental and physical energy). To him, only techniques that saved physical and mental energy should be incorporated into a *Do*. The idea was to use the energy of one's opponent to defeat his or her aggression. He called his system **Judo**, and to propagate it he founded the *Kodokan* (the "school to learn the way") at the *Eishoji* temple in 1882.

Kano's system was built around three major arts: throwing (*nage waza*), groundwork (*katame waza*) and striking (*atemi waza*). Throwing techniques, drawn from the *Kito ryu*, were further divided into standing (*tachi waza*) and sacrifice (*sutemi waza*) techniques. Standing techniques included hand (*te waza*), hip (*koshi waza*) and foot (*ashi waza*) throws. Sacrifice techniques include full (*ma sutemi waza*) and side sacrifice (*yoko sutemi waza*) projections.

Groundwork and striking techniques were drawn more heavily from the *Tenshin-Shinyo ryu*. Groundwork was organized into groundholds (*osaekomi waza*), strangulations (*shime waza*) and joint locks (*kansetsu waza*). While Kano taught groundholds earlier to his students, *shime* and *kansetsu waza* were saved for those who had attained a higher ranking. High ranking students were also expected to know the

art of resuscitation (*kappo*), so as to conduct their training in a safe and responsible manner.

Judo's striking techniques included upper (*ude ate*) and lower (*ashi ate*) limb blows. Among the techniques used were those fists, elbows, hand-edges, fingers, knees and feet strikes. Because of its lethal nature, *Atemi waza* was also taught exclusively to high ranking Judokas at the Kodokan.

The Judo syllabus was taught in a well-structured manner. Standing techniques were organized into five sets ranking from less strenuous or technically difficult to more advanced (the *Gokyo no waza*).

Ground and striking techniques were organized into sets also. All sets were introduced slowly as Judokas became more proficient in the art. Students were divided into *mudansha* (color belt level) and *yudansha* (black belt level). *Mudansha* were ranked into five grades (*kyus*) while *yudansha* were ranked into ten degrees (*dans*). Ranks indicated the student's level of expertise in the art as different techniques were introduced at each level.

To complete the transition from *Jutsu* (martial) to *Do* (way of life), Kano added a strict code of ethics and a humanitarian philosophy to his system. Kodokan instructors and students were expected to be outstanding examples of good character and honest conduct. Any hand-to-hand combat outside of the *dojo* or behavior that brought shame to the school would lead to suspension or expulsion.

Kano's ultimate concern for the well-being of both the individual and the community is reflected in his teaching methods and in Judo's second guiding principle. Kano utilized four teaching methods in his *dojo*: **randori** (free practice of all techniques, similar to the physical training of the Ju-jutsu schools), **kata** (pre-arranged forms, considered the more technical rituals of the art), **ko** (his systematic lecturing), and **mondo** (periods of question and answer).

The debates between Kano and his disciples led him to the second principle of Judo, **Jita Kyohei** (mutual benefit and prosperity). Kano believed that the diligent practice of Judo should lead to the realization that one could not progress at the expense of others; only mutual prosperity offered the key to any real progress in human life. He was so taken with the principle that he regarded its diffusion, through Judo, as his greatest mission in life.

Most of Judo's development took place around the turn of the century. In 1889 Kano traveled to Europe and America to promote the art. He would make as many as eight trips to other continents to propagate Judo before his untimely death at sea, on May 4, 1938.

Judo's technical aspects came into full maturity in 1900 with the founding of the *Kodokan Yudanshakai* (association of black belt holders). On July 24, 1905 eighteen masters representing the leading Japanese Ju-jutsu *ryus* gathered at the Butokukai in Kyoto to join Kano's system. Kano's work had triumphed over Ju-jutsu in Japan. The final touches were added in 1909 when the Kodokan became a foundation and in 1920 with the revision of the *Gokyo no Waza*. The art's intellectual and moral philosophy came into full being by 1922 with the creation of the Kodokan Cultural Judo Society.

Between 1912 and 1952 (when the International Judo Federation was founded), several of Kano's disciples immigrated to other continents to spread the art. Sensei Gunji Koizumi, 7th Dan, went to Great Britain in 1918, to found the London *Budokwai*. Mikinosuke Kawaishi, 7th Dan, a world expert on Judo kata, went to France in 1922. Sensei Sumiyuki Kotani, 8th Dan in 1952, trained the first team of American Air Force Judokas at the Kodokan (that team became the seed of American Judo and what is now the United States Judo Association). As Judo spread throughout the West it slowly gained the form of a sport.

Its inclusion in the 1964 Olympic Games and popularity in World and Regional Games led to an emphasis on its physical aspects, sometimes at the expense of its intellectual, moral and spiritual underpinnings.

In an effort to preserve the philosophical and spiritual aspects of Dr. Kano's art **Zen Judo** was created in England in 1974. Judo had been introduced to Great Britain in the early 1900s with Sensei Yukio Tani. He was followed by Sensei Uyenishi who taught Judo to the British Army at Aldershot. Sensei Gunji Koizumi founded the most famous Judo club in the country, the *Budokwai* of London, where he and Tani taught for many years. The post-war period saw the organization of several major Judo associations Great Britain. The British Judo Association (BJA) was the largest and most influential. Not long after the BJA's

creation, the British Judo Council was formed under the influence of Sensei Tani, and a third organization, the *Kyu Shin Do*, was created by Sensei Kenshiro Abe.

Zen Judo originated from the *Kyu Shin Do*. Shihan Dominick McCarthy, the founder of Zen Judo, was trained in the *Kyu Shin Do* system. When the *Kyu Shin Do* began to emphasize more Western aspects, Shihan McCarthy created a separate group to preserve its original spirit. In September 1974 the Zen Judo *ryu* came into life at the Community Center on Love Lane, Petersfield, England.

Since its creation, Zen Judo has spread across England. There have been clubs also in Germany, Canada and now in the United States. The first American *dojo* opened its doors on March 6, 1991 in Nashville, Tennessee, under the leadership of Sensei H.B. (Keo) Cavalcanti. The first American Zen black belts were awarded in his club to Kimberly Sory, Stephanie Bunte, Elizabeth McDaniel, and Neal Warren.

Zen clubs tend to attract a good following, with low membership dropout and high retention rates. Student interest in the art seems considerably greater than in the competitive styles. As an effort to preserve the traditional style of Judo pioneered by Dr. Kano, Zen Judo *dojos* do not participate in tournaments or competitions. As a Judo *ryu* it is devoted to technique, skill, and merit rather than the athletic ability.

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## RULES OF JUDO

Kyuzo Mifune, Judan

1. **Have no falsehood in mind.**  
Reluctance or deceit are not conducive to the inner harmony required by Judo practice.
2. **Do not lose self-confidence.**  
Learn to act wholeheartedly, without hesitation. Show reverence toward the practice of Judo, by keeping your mind in it.
3. **Learn proper attitude.**  
The attitude, much like the posture in Judo, ought to be natural. Camouflage or affectation should be avoided. The essence of life is in truth. Nature is ever unchangeable because truth is omnipresent. If a person can find him/herself in it, he or she is able to act freely.
4. **Keep your balance.**  
The center of gravity follows the movement of the body. The center of gravity is the most important element in maintaining stability. If it is lost, the body is naturally unbalanced. Thus, fix your mind so that your body is always in balance.
5. **Utilize your strength efficiently.**  
Minimize the use of strength with the quickest movement of body. Acknowledge that what is called stillness and motion is nothing but an endlessly repeated process.
6. **Don't discontinue training.**  
Mastery of Judo cannot be accomplished in a short time. Since skills depend on mental and physical application, constant training is essential.
7. **Keep yourself humble.**  
If you become self-centered, you will build a wall around yourself and lose your freedom. If you can humble yourself in preparation for an event you will surely be better able to judge and understand it. In a match, you will be able to detect the weak point of your opponent and easily put him/her under control.

## REISHIKI

In Japanese, *reishiki* means literally "salutation or thanks." In ancient Japan, *reishiki* was not a sign of wealth or class, but the way a cultured person related properly to others. It was a mark of cultural sensitivity. In Judo, *reishiki* (courtesy) has a twofold purpose:

First, to live honestly, respectfully, and free from distractions, Judokas immerse themselves regularly in activity that suspends conscious thought. So, from the point of view of *reishiki*, how we do something is at least as important as what we are doing. Through *reishiki* we achieve a state of tranquility that aids our behavior in and out of the *dojo*.

Second, manners make us more capable of unconscious proper response. Kano believed that the root of Judo's culture was its etiquette and manners. For him, Judokas should always be polite in or out of the *dojo*, as an unconscious part of their daily life.

An outward sign of *reishiki* in modern Judo is the *rei* or bow. The *rei* can be performed kneeling (*zare*) or standing (*tachirei*). It should be performed when entering or leaving the training hall (*dojo*), anytime an instructor enters the *dojo* (all should stop and bow), when entering or leaving the mat area (*tatami*), before and after a class, and before and after practice (*uchikomi*, *randori*, *kata*).

To start a practice instructors and students line up standing or kneeling at the edge of the mat. All bow toward the picture of Dr. Jigoro Kano (*shihan ni rei* or *shomen ni rei*), then students bow to the instructors (*sensei ni rei*). Then, the instructors bow to the students (*shisho rei*). The head student or assistant instructor should guide other students through the ceremony. Before class begins, he or she should call students to attention by saying *kio-tsuke*. After students line up, he or she will make the appropriate calls.

After students finish the last bow, representing all classmates, the head student may say: *Sensei palchi dojo* ("teacher, open the training hall"). At the end of class the same bows are performed in backward order. As signaled by the instructor the head student could say: *Sensei, moa dojo; Sensei domo arigato gozai mas* ("teacher, close the training hall; teacher thank you very much").

During practice, each individual should show courtesy toward his or her partner by bowing and saying *onegaishimas* ("please, may I have the honor to practice with you?") before any activity. Then he or she should say *domo arigato gozai mas* ("thank you very much") after the activity is over.

## RULES OF THE DOJO

There are certain basic rules that are common to all dojos throughout the Judo community. They are basically related to conduct and hygiene.

1. Always wear foot covering when not on the mat. Straw sandals (*zoris*) are the traditional footwear, but any pair of sandals is acceptable.
2. Keep body, especially feet, scrupulously clean. Players with dirty feet should not be permitted on to the mat.
3. Do not wear rings, earrings or any other jewelry, including hair decorations, while on the mat. They may become caught up in a uniform, bringing serious consequences for the wearer.
4. Keep finger and toe-nails short. Long nails can be very sharp and cause injury to other players.
5. Long hair can be dangerous on the mat. Tie your hair back, pony-tail style, when practicing.
6. Do not wear socks on the mat. You may slip and fall badly.
7. Do not wear any top clothing under your Judo uniform except in exceptional circumstances. Women may wear T-shirts.
8. Do not leave the mat without permission from instructor. As you leave, remember to bow (also as you return), and to don your footwear.
9. Do not talk while seated on the mat during practice. Sit cross-legged and pay attention. Being inattentive means having little protection if a player is accidentally thrown on you.
10. The general posture must be one of attentiveness (*zanshin*) at all times. To lean against a wall, lounge around, or lie down is not allowed. If standing, let arms hang loosely by your sides. If sitting, your hands should be relaxed and placed upon your knees.

## ZEN JUDO SYLLABUS

### UKEMIWAZA

(Breakfalls)

Mae korobi (front roll), Ushiro ukemi (rear), Migi yoko ukemi (right),  
Hidari yoko ukemi (left), Mae ukemi (front)

### NAGE WAZA

#### TACHIWAZA

(Standing Techniques)

#### GOKYU

Kubi nage  
Ashi gake  
Ko uchi maki komi  
Tai otoshi

#### YONKYU

Kata seoi  
Ryo ashi dori  
Hiza guruma  
Uki goshi  
Obi goshi  
Eri nage  
O soto guruma  
Te hiza sasae

#### SANKYU

Kata nage  
Ashi guruma  
Seoi nage  
Sasae tsuri komi ashi  
O guruma  
Ko soto gake  
Ko tsuri goshi  
Koshi guruma

#### NIKYU

O soto toshi  
Tsuru komi goshi  
Sode tsuri komi goshi  
Uchi ashi gake  
De ashi harai  
Hiki tai  
Uchi ashi sasae  
Kata ashi dori

#### IKKYU

Soto gake  
Harai tsuri komi ashi  
O soto gari  
Sumi otoshi  
Hiji otoshi  
Hane goshi  
Kata guruma

#### SHODAN

Okuri ashi harai  
O uchi gari  
Uchi mata  
Ko soto gari  
Harai goshi  
Ko uchi gari  
O goshi

### HAN SUTEMIWAZA

(Half-Sacrifice Techniques)

#### SANKYU

Kubi nage  
Ashi gake  
Tai otoshi  
Kata Seoi

#### NIKYU

Uki goshi  
Kata nage

#### IKKYU

Seoi nage  
Hiki tai

#### SHODAN

Obi goshi  
Eri nage  
Te hiza sasae  
Ko tsuri goshi  
Koshi guruma  
Tsuru komi goshi

### SUTEMIWAZA

(Sacrifice Techniques)

#### NIKYU

Yoko wakare  
Uki waza  
Sumi gaeshi

#### IKKYU

Tomoe nage  
Yoko guruma  
Tani Otoshi  
Tawara gaeshi

#### SHODAN

Yoko gake  
Yoko otoshi  
Ura nage  
Korobi sutemi  
Soto maki komi  
Hane maki komi

**KATAME WAZA**  
**OSAEKOMI WAZA**  
(Groundholds)

**GOKYU**  
Kesa gatame  
Kuzure kesa gatame

**YONKYU**  
Kata gatame  
Makura kesa gatame

**SANKYU**  
Ushiro kesa gatame  
Mune gatame

**NIKYU**  
Yoko shiho gatame  
Kuzure yoko shiho gatame

**IKKYU**  
Kami shiho gatame  
Kuzure kami shiho gatame

**SHODAN**  
Tate shiho gatame  
Kuzure tate shiho gatame

**SHIME WAZA**  
(Strangulations)

**SANKYU**  
Nami juji jime

**NIKYU**  
Gyaku juji jime  
Kata juji jime

**IKKYU**  
Hadaka jime  
Okuri eri jime

**SHODAN**  
Kata ha jime  
Katate jime  
Ryote jime

**NIDAN**  
Sode guruma jime  
Tsukkomi jime  
Sankaku jime

**KANSETZU WAZA**  
(Joint locks)

**SANKYU**  
Ude garami

**NIKYU**  
Juji gatame  
Ude gatame

**IKKYU**  
Hiza gatame  
Waki gatame

**SHODAN**  
Hara gatame  
Ashi gatame

**NIDAN**  
Te gatame  
Sankaku gatame

**ATEMI WAZA**  
**UDE ATE**  
(Upper Limb Strikes)

**YUBISAKI ATE** (Finger Strike): Tsukidashi (hand thrust), Ryogan tsuki (strike to both eyes)

**HIJI ATE** (Elbow Strike): Ushiro ate (rear blow)

**TEGATANA ATE** (Knife Hand Strike): Kirioroshi (downward cut), Naname uchi (slanting strike)

**KOBUSHI ATE** (Fist Strike): Naname ate (crossing blow), Yoko ate (side blow), Kami ate (upward blow), Tsukiage (upper cut), Shimo tsuki (downward strike), Ushiro tsuki (back strike), Ushiro sumi tsuki (rear corner strike), Tsukkake (punch), Yoko uchi (side blow), Ushiro uchi (rear blow), Uchioroshi (downward strike)

**ASHI ATE**  
(Lower Limb Strikes)

**HIZA-GASHIRA ATE** (Knee Strikes): Mae ate (front blow)

**SEKITO ATE** (Ball of Foot Strikes): Naname-geri (crossing kick), Mae-geri (front kick), Taka geri (high front kick)

**KAKAKO ATE** (Heel Strikes): Ushiro geri (back kick), Yoko geri (side kick)

**From Start to End:  
From Color to Color**

Dominick McCarthy

The white is yours from the start,  
so hold it well.  
Yellow, to eliminate your fear,  
brings out the best.  
Orange, to feed the fruit of your labors,  
to ban all pretext;  
Green, to gather wisdom like  
Mother Earth.

Blue, to reach for the sky  
--its limits are yours.  
When Brown appears, like fertile soil,  
you are almost settled.  
Only Black, at the last, helps you peer  
through the darkness,  
to the everlasting light of Arts

**ZEN JUDO RANKING**

<b>RANK</b>	<b>COLOR BELT</b>	<b>TIME-IN-GRADE</b>
<b>Mudansha</b>		
Novice	White belt	
Gokyu (5 <sup>th</sup> Kyu)	Yellow belt	2 to 3 months
Yonkyu (4 <sup>th</sup> Kyu)	Orange belt	4 to 5 months
Sankyu (3 <sup>rd</sup> Kyu)	Green belt	5 to 6 months
Nikkyu (2 <sup>nd</sup> Kyu)	Blue belt	5 to 6 months
Ikkyu (1 <sup>st</sup> Kyu)	Brown belt	6 to 8 months
<b>Yudansha</b>		
Shodan (1 <sup>st</sup> Dan)	Black belt, 1 ring	6 months to 1 year
Nidan (2 <sup>nd</sup> Dan)	Black belt, 2 rings	1 to 2 years
Sandan (3 <sup>rd</sup> Dan)	Black belt, 3 rings	2 to 3 years
Yodan (4 <sup>th</sup> Dan)	Black belt, 4 rings	3 to 5 years
Godan (5 <sup>th</sup> Dan)	Black belt, 5 rings	4 to 7 years
Rokudan (6 <sup>th</sup> Dan)	Red and White belt	5 to 9 years
Shichidan (7 <sup>th</sup> Dan)	Red and White belt	6 to 12 years
Hachidan (8 <sup>th</sup> Dan)	Red and White belt	7 to 15 years
Kudan (9 <sup>th</sup> Dan)	Red belt	8 to 18 years
Judan (10 <sup>th</sup> Dan)	Red belt	10 to 21 years

**YELLOW BELT**  
(GOKYU)

**MONDO**

**History:**

1. Who founded Judo? Dr. Jigoro Kano.
2. What is the name of his school? The Kodokan (school to learn the way).
3. What is the date of the founding of Judo? 1882.
4. What was unarmed combat called in Japan before Judo? Ju Jutsu.
5. Name three parts of a Judo throw: Off balance - Kuzushi; Entry - Tsukuri; Execution - Kake
6. Name three parts of unarmed combat: Throwing - Nage Waza; Grappling - Katame Waza; Striking - Atemi Waza

**Vocabulary:**

- |   |                         |  |
|---|-------------------------|--|
| 1. Judo - the Gentle Path                       | 13. Korobi - Rolling    | 29. Kuzure - Broken or modified              |
| 2. Sensei - Teacher                             | 14. Ushiro - Back       | 30. Renzoku - Combination                    |
| 3. Deshi - Student                              | 15. Migi - Right        | 31. Kaeshi - Counter                         |
| 4. Dojo - Practice hall, place of enlightenment | 16. Hidari - Left       | 32. Hajime - Begin                           |
| 5. Tatami - mat                                 | 17. Yoko - Side         | 33. Matte - Stop                             |
| 6. Shizen Hontai - Fundamental posture          | 18. Kubi - Neck         | 34. Kubi Nage - Neck throw                   |
| 7. Jigo Hontai - Defensive posture              | 19. Nage - Throw        | 35. Ashi Gake - Foot block                   |
| 8. Waza - Technique                             | 20. Ashi - Foot         | 36. Ko Uchi Maki Komi - Minor inner winding  |
| 9. Randori - Free practice                      | 21. Gake - Block        | 37. Tai Otoshi - Body drop                   |
| 10. Sute Geiko - Alternate throwing             | 22. Ko - Minor          | 38. Kesa Gatame - Scarf hold                 |
| 11. Ukemi - Breakfall                           | 23. Uchi - Inside       | 39. Kuzure Kesa Gatame - Modified scarf hold |
| 12. Mae -Forward                                | 24. Maki Komi - Winding | 40. Gokyu - 5 <sup>th</sup> Class            |
|   | 25. Tai - Body          |  |
|   | 26. Otoshi - Drop       |  |
|   | 27. Kesa - Scarf        |  |
|   | 28. Gatame - Hold       |  |

**WAZA**

**UKEMIWAZA**

**TACHI WAZA**

Kubi Nage, Ashi gake, Ko uchi maki komi, Tai otoshi

**RENZOKUWAZA**

Kubi nage/Tai otoshi or Ko uchi maki komi  
Ashi gake/Tai otoshi or Ko uchi maki komi  
Ko uchi maki komi/Kubi nage or Ashi gake  
Tai otoshi/Kubi nage or Ko uchi maki komi

**KAESHIWAZA**

A counter to each standing technique

**OSAEKOMIWAZA**

Hon kesa gatame, Kuzure kesa gatame

**RANDORI**

Techniques, combinations, counters on the move

**ORANGE BELT  
(YONKYU)**

**MONDO**

**History:**

1. Name the two divisions of throwing techniques: Standing techniques - Tachi Waza; Sacrifice techniques - Sutemi Waza
2. Name the three divisions of standing techniques: Hand techniques - Te Waza; Hip techniques - Koshi Waza; Foot techniques - Ashi Waza
3. What are the two principles of Kodokan Judo as defined by Dr. Kano? Maximun efficiency and mutual benefit and welfare.
4. What is the ultimate goal of Judo as defined by Dr. Kano? The harmonious development and eventual perfection of human character.

**Vocabulary:**

- |                                 |   |  |
|---------------------------------|---|--|
| 1. Seiza - Sitting on the knees | 18. Shiai - Contest                           | 31. Te Hiza Sasae - Hand to knee prop            |
| 2. Anza - Sitting cross-legged  | 19. Judoka - Judo player                      | 32. Kata Gatame - Shoulder hold                  |
| 3. Kata - Prearranged form      | 20. Judogi - uniform                          | 33. Makura Kesa Gatame - Pillow scarf hold       |
| 4. Seoi - Shoulder              | 21. Tori - attacker                           | 34. Ma ai - Fighting distance (harmony of space) |
| 5. Ryo - Both                   | 22. Uke - defender                            | 35. Kio-tsuke - Attention                        |
| 6. Dori - Grasp or hold         | 23. Uchikomi - Repetition practice            | 36. Taiso/Dosa--Exercises                        |
| 7. Hiza - Knee                  | 24. Kata Seoi - Ritual shoulder throw         | 37. Junbi Undo - Warm-ups                        |
| 8. Guruma - Wheel               | 25. Ryo Ashi Dori - Two hands ankle hold      | 38. Shumatsu Undo - Cooling-off exercises        |
| 9. Uki - To float               | 26. Hiza Guruma - Knee wheel                  | 39. Ki - Inner energy                            |
| 10. Goshi - Hip                 | 27. Uki Goshi - Floating hip                  | 40. Yonkyu - 4 <sup>th</sup> Class               |
| 11. Obi - Belt                  | 28. Obi Goshi - Belt hip throw                |  |
| 12. Eri - Lapel                 | 29. Eri Nage - Lapel throw                    |  |
| 13. O - Major                   | 30. O Soto Guruma - Major outside wheel throw |  |
| 14. Soto - Outside              |   |  |
| 15. Te - Hand                   |   |  |
| 16. Sasae - Lower prop          |   |  |
| 17. Makura - Pillow             |   |  |

**WAZA**

**UKEMIWAZA & TACHIWAZA**

Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki goshi, Obi goshi, Eri nage, O soto guruma, Te hiza sasae

**RENZOKUWAZA**

Combinations three to each standing technique

**KAESHIWAZA**

A counter one and two to each standing technique

**OSAEKOMIWAZA**

Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame

**NAGE-OSAEKOMIWAZA**

Throws to groundholds for each standing technique

**RANDORI & SHIAI (Light contest)**

**GREEN BELT**  
**(SANKYU)**

**MONDO**

**History:**

1. Who is the founder of Zen Judo? Shihan Dominick McCarthy.
2. When was Zen Judo founded? In 1974.
3. Where is Zen Judo's World Headquarters? At the Petersfield Judo Club, in Hampshire, England.
4. Name the three divisions of mat techniques: Holding - Osaekomi Waza; Choking - Shime Waza; Joint locks - Kansetsu Waza

**Vocabulary:**

- |  |  |  |
|--|--|--|
| 1. Dozo - Please                                     | 17. O Guruma - Major wheel                   | 29. Tai Sabaki - Pivoting/turning body |
| 2. Sasae - To prop                                   | 18. Ko Soto Gake - Minor outside block       | 30. Kumi Kata - Forms of gripping      |
| 3. Tsuru - To lift                                   | 19. Ko Tsuru Goshi - Minor lifting hip throw | 31. Ayumi Ashi - Normal Walking        |
| 4. Komi -To pull                                     | 20. Koshi Guruma - Hip wheel                 | 32. Tsugi Ashi - Judo Walking          |
| 5. Mune - Chest                                      | 21. Ushiro Kesa Gatame - Rear scarf hold     | 33. Bogyo - Defense                    |
| 6. Han - Half  | 22. Mune Gatame - Chest hold                 | 34. Fusegi - Escape                    |
| 7. Sutemi - Sacrifice                                | 23. Shime Waza - Strangling techniques       | 35. Maitta! - I surrender              |
| 8. Shime or Jime - Strangling                        | 24. Kansetsu Waza - Joint lock techniques    | 36. Tachirei/Ritsurei - Standing bow   |
| 9. Kansetsu - Joint lock                             | 25. Nami Juji Jime - Normal cross choke      | 37. Zarei - Kneeling bow               |
| 10. Nami - Normal                                    | 26. Ude Garami - Arm lock                    | 38. Joseki - Place of honor in dojo    |
| 11. Juji - Cross                                     | 27. Jushin - Center of gravity               | 39. Henke - Blending                   |
| 12. Ude - Arm  | 28. Shintai - Body movement                  | 40. Sankyu - 3 <sup>rd</sup> Class     |
| 13. Kata Nage - Shoulder throw                       |  |  |
| 14. Ashi Guruma - Foot (leg) wheel                   |  |  |
| 15. Seoi Nage - Shoulder throw                       |  |  |
| 16. SasaeTsuruKomiAshi - Propping lifting foot block |  |  |

**WAZA**

**UKEMIWAZA & TACHIWAZA**

Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ash dori, Hiza guruma, Uki goshi, Obi goshi, Eri nage, O soto guruma, Te hiza sasae, Kata nage, Ashi guruma, (Morote) seoi nage, Sasae tsuri komi ash, O guruma, Ko soto gake, Ko tsuri goshi, Koshi guruma

**HAN SUTEMIWAZA**

Kubi nage, Ashi gake, Taoi otoshi, Kata seoi

**RENZOKUWAZA**

Combinations three

**KAESHIWAZA**

A counter one, two, and two by two to each standing technique

**OSAEKOMIWAZA**

Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame, Ushiro kesa gatame, Mune gatame

**NAGE-OSAEKOMIWAZA**

Throws to groundholds for each standing technique

**SHIME WAZA**

Nami juji jime

**KANSETSU WAZA**

Ude garami

**RANDORI & SHIAI** (Light contest)

**BLUE BELT**  
(NIKYU)

**MONDO**

**History:**

1. Who brought Zen Judo to America? Sensei H.B. (Keo) Cavalcanti.
2. When was Zen Judo brought to America? In 1991.
3. Where is Zen Judo's American headquarters? At the *Wadokan Dojo*.
4. What style of Judo do we seek to emulate? Shihan Kyuzo Mifune's.
5. Name two divisions of sacrifice techniques: Back falling sacrifice techniques - Ma Sutemi Waza; Side falling sacrifice techniques - Yoko Sutemi Waza
6. Describe the three stages of training in Martial Arts:  
Practice - training where will and conscious efforts are involved  
Performance - period of concentration without consciousness  
Perfection - period of true freedom, unlimited by form or technique

**Vocabulary:**

- |  |   |
|--|---|
| 1. Shihan - Great master, <i>Ryu</i> founder             | 19. Gyaku - Reverse   |
| 2. Bushido - The way of the warrior                      | 20. O Soto Otoshi - Major outside drop                          |
| 3. Budo - The martial way                                | 21. Tsuru Komi Goshi - Lift-pull hip throw                      |
| 4. Hiki - To pull  | 22. Sode Tsuru Komi Goshi - Sleeve lift-pull hip throw          |
| 5. Dori - To grasp                                       | 23. Uchi Ashi Gake - Inside leg block                           |
| 6. Harai - To Sweep                                      | 24. De Ashi Harai -Advanced foot sweep                          |
| 7. Wakare - To separate                                  | 25. Hiki Tai - Body (sleeve) pull                               |
| 8. Sumi - Corner   | 26. Uchi Ashi Sasae - Inside leg prop                           |
| 9. Shiho - Corner  | 27. Kata Ashi Dori-Hand (shoulder) grasp on                     |
| 10. Yoko Wakare - Side separation                        | 28. Happo No Kuzushi - Forms of off-balancing                   |
| 11. Uki Waza - Floating technique                        | 29. Tokui - Favorite technique                                  |
| 12. Sumi Gaeshi - Corner counter                         | 30. Seiryoku Zenyo - Maximum efficiency                         |
| 13. Yoko Shiho Gatame - Side corner hold                 | 31. Jita Kyoei - Mutual benefit and welfare                     |
| 14. Kuzure Yoko Shiho Gatame - Modified side corner hold | 32. Shin - Spirit or mind                                       |
| 15. Gyaku Juji Jime - Reverse cross choke                | 33. Mushin - Mind without awareness, without self-consciousness |
| 16. Kata Juji Jime - Half cross choke                    | 34. Zanshin - Watchful, alert mind                              |
| 17. Juji Gatame - Cross arm lock                         | 35. Zen - True, profound silence, the natural way to be         |
| 18. Ude Gatame - Normal arm lock                         | 36. Nikyu - 2 <sup>nd</sup> Class                               |

**WAZA**

**UKEMIWAZA & TACHIWAZA**

Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki goshi, Obi goshi, Eri nage, O soto guruma, Te hiza sasae, Kata nage, Ashi guruma, (Morote) seoi nage, Sasae tsuri komi ashi, O guruma, Ko soto gake, Ko tsuri goshi, Koshi guruma, O soto otoshi, Tsuru komi goshi, Sode tsuri komi goshi, Uchi ashi gake, De ashi harai, Hiki tai, Uchi ashi sasae, Kata ashi dori

**HAN SUTEMIWAZA**

Kubi nage, Ashi gake, Taori otoshi, Kata seoi, Uki goshi, Kata nage

**SUTEMIWAZA**

Yoko wakare, Uki waza, Sumi gaeshi

**RENZOKUWAZA**

Combinations four

**KAESHIWAZA**

A counter one, two, and two by two to each standing technique

**KAESHI-SUTEMI**

Sacrifice counters

**OSAEKOMIWAZA**

Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame, Ushiro kesa gatame, Mune gatame, Yoko shiho gatame, Kuzure yoko shiho gatame

**NAGE-OSAEKOMIWAZA**

Throws to groundholds for each standing technique

**SHIME WAZA**

Nami juji jime, Gyaku juji jime, Kata juji jime

**KANSETSU WAZA**

Ude garami, Juji ggame, Ude gatame

**RANDORI & SHIAI (Light contest)**

## BROWN BELT

(IKKYU)

## MONDO

### History:

1. What was the name of the old (Ju-Jutsu) ranking in Japan? The Menkyo.
2. What replaced it? The Dan (Black belt) system.
3. How is the Dan system divided? Shodan - 1<sup>st</sup> degree, Nidan - 2<sup>nd</sup> degree, Sandan - 3<sup>rd</sup> degree, Yodan - 4<sup>th</sup> degree, Godan - 5<sup>th</sup> degree, Rokudan - 6<sup>th</sup> degree, Shichidan - 7<sup>th</sup> degree, Hachidan - 8<sup>th</sup> degree, Kudan - 9<sup>th</sup> degree, Judan - 10<sup>th</sup> degree.
4. Describe the seven principles of Bushido:  
Gi - right attitude, rectitude; Yu - bravery; Jin - universal love, compassion; Rei - courtesy; Makoto - utter sincerity, truthfulness; Melyo - honor and glory; Chugo - devotion, loyalty.

### Vocabulary:

- |  |  |
|--|--|
| 1. Mudansha - holder of color belt               | 24. Kuzure Kami Shiho Gatame - Modified upper corner hold                        |
| 2. Yudansha - holder of black belt               | 25. Hadaka Jime - Naked hand choke   |
| 3. Hiji - Elbow                                  | 26. Okuri Eri Jime - Sliding lapel choke   |
| 4. Hane - To spring or jump                      | 27. Hiza Gatame - Knee lock  |
| 5. Gari - To reap                                | 28. Waki Gatame - Armpit lock  |
| 6. Tomoe - Turning over                          | 29. Zazen - Meditation   |
| 7. Tani - Valley                                 | 30. Kokyu - Breath power, with Ki  |
| 8. Tawara -To hurl over one's head               | 31. Kokyu Ho - Breathing method  |
| 9. Kami - Upper corner                           | 32. Kokyu Dosa - Breathing exercise  |
| 10. Okuri -To slide, to send forward             | 33. Fudo - Motionless, calm  |
| 11. Waki - Armpit                                | 34. Fudo Shin - A calm spirit  |
| 12. Soto Gake - Outside block                    | 35. Bodai Shin - An enlightened spirit   |
| 13. Harai Tsuru Komi Ashi - Lift-pull foot sweep | 36. Mushotoku - Desireless of profit (Right way to practice martial art)         |
| 14. O Soto Gari - Major outside reap             | 37. Mizu-no-Kokoro - Mind like water, reflecting and in harmony with it          |
| 15. Sumi Otoshi - Corner drop                    | 38. Tsuki-no-Kokoro - Mind like moon, global consciousness of one's surroundings |
| 16. Hiji Otoshi - Elbow drop                     | 39. Junidan - Black belt, twelfth degree (rank held only by Dr. Kano)            |
| 17. Hane Goshi - Spring hip throw                | 40. Ikkyu - 1 <sup>st</sup> Class  |
| 18. Kata Guruma - Shoulder wheel                 |  |
| 19. Tomoe Nage - Circular throw                  |  |
| 20. Yoko Guruma - Side wheel                     |  |
| 21. Tani Otoshi - Valley drop                    |  |
| 22. Tawara Gaeshi - Rice bale counter            |  |
| 23. Kami Shiho Gatame - Upper corner hold        |  |

## WAZA

### UKEMIWAZA & TACHIWAZA

Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki goshi, Obi goshi, Eri nage, O soto guruma, Te hiza sasae, Kata nage, Ashi guruma, (Morote) seoi nage, Sasae tsuri komi ashi, O guruma, Ko soto

gake, Ko tsuri goshi, Koshi guruma, O soto otoshi, Tsuru komi goshi, Sode tsuri komi goshi, Uchi ashi gake, De ashi harai, Hiki tai, Uchi ashi sasae, Kata ashi dori, Soto gake, Harai tsuri komi ashi, O soto gari, Sumi otoshi, Hiji otoshi, Hane goshi, Kata guruma

**HAN SUTEMIWAZA**

Kubi nage, Ashi gake, Taoi otoshi, Kata seoi, Uki goshi, Kata nage, (Morote) seoi nage, Hiki tai

**SUTEMIWAZA**

Yoko wakare, Uki waza, Sumi gaeshi, Tomoe nage, Yoko guruma, Tani otoshi, Tawara gaeshi

**RENZOKUWAZA**

Combinations four

**RENZOKU-HAN SUTEMI**

Half-sacrifice twos

**RENZOKU-SUTEMI**

Sacrifice twos

**KAESHIWAZA**

A counter one, two, and two by two to each standing technique

**KAESHI-SUTEMI**

Sacrifice counters

**OSAEKOMIWAZA**

Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame, Ushiro kesa gatame, Mune gatame, Yoko shiho gatame, Kuzure yoko shiho gatame, Kami shiho gatame, Kuzure kami shiho gatame

**NAGE-OSAEKOMIWAZA**

Throws to groundholds for each standing technique

**SHIME WAZA**

Nami juji jime, Gyaku juji jime, Kata juji jime, Hadaka jime, Okuri eri jime

**KANSETSU WAZA**

Ude garami, Juji ggame, Ude gatame, Hiza gatame, Waki gatame

**RANDORI & SHIAI (Light contest)**

**BLACK BELT  
(SHODAN) \***

**MONDO**

**History:**

1. What categories of expertise are found in the Dan system?  
"Trainee" or "Disciple" (Shodan to Sandan), "Expert" or "Teacher" (Yodan to Rokudan), "Master" (Shichidan to Hachidan), "Grand-master" (Kudan to Judan).
2. What is the proper way to address an instructor in each Dan category?  
"Trainee/Disciple" - Sensei; "Expert/Teacher" - Renshi/Shihan; "Master" - Kyoshi, "Grand-master" - Hanshi
3. What is Kata?  
A prearranged or ritual form of practice, where the emphasis is on perfection of technique and control of mind and body.
4. What is the Randori no Kata?  
The first set of Judo Kata, comprising Nage no Kata and Katame no Kata.

**Vocabulary:**

- |  |  |
|--|--|
| 1. Mata - Thigh                          | 18. Korobi Sutemi - Rolling sacrifice                                    |
| 2. De - Advance                          | 19. Soto Maki Komi - Outside winding throw                               |
| 3. Ura - Back or rear                    | 20. Hane Maki Komi - Springing winding throw                             |
| 4. Tate - Vertical or Straddling         | 21. Tate Shiho Gatame - Vertical corner hold                             |
| 5. Ha - Wing                             | 22. Kuzure Tate Shiho Gatame - Modified vertical corner hold             |
| 6. Katate - One hand                     | 23. Kata Ha Jime - Single wing choke                                     |
| 7. Ryote - Two hands                     | 24. Katate Jime - One hand choke   |
| 8. Okuri Ashi Harai - Forward foot sweep | 25. Ryote Jime - Two hand choke  |
| 9. O Uchi Gari - Major inside reap       | 26. Hara Gatame - Stomach armlock  |
| 10. Uchi Mata - Inside thigh throw       | 27. Ashi Gatame - Leg armlock  |
| 11. Ko Soto Gari - Minor outside reap    | 28. I Shin Den Shin--From my soul to your soul (nonverbal communication) |
| 12. Harai Goshi - Sweeping hip           | 29. Reiseishin - When your spirit is one with the spirit of the universe |
| 13. Ko Uchi Gari - Minor inside reap     | 30. Shodan - 1 <sup>st</sup> Degree black belt                           |
| 14. O Goshi - Major hip throw            |  |
| 15. Yoko Gake - Side block               |  |
| 16. Yoko Otoshi - Side drop              |  |
| 17. Ura Nage - Rear throw                |  |

Obs.: Candidate should also have at least six months to a year experience as instructor.

**WAZA**

**UKEMIWAZA & TACHIWAZA**

Kubi nage, Ashi gake, Ko uchi maki komi, Tai otoshi, Kata seoi, Ryo ashi dori, Hiza guruma, Uki goshi, Obi goshi, Eri nage, O soto guruma, Te hiza sasae, Kata nage, Ashi guruma, (Morote) seoi nage, Sasae tsuri komi ashi, O guruma, Ko soto gake, Ko tsuri goshi, Koshi guruma, O soto otoshi, Tsuru komi

goshi, Sode tsuri komi goshi, Uchi ashi gake, De ashi harai, Hiki tai, Uchi ashi sasae, Kata ashi dori, Soto gake, Harai tsuri komi ashi, O soto gari, Sumi otoshi, Hiji otoshi, Hane goshi, Kata guruma, Okuri ashi harai, O uchi gari, Uchi mata, Ko soto gari, Harai goshi, Ko uchi gari, O goshi

**HAN SUTEMIWAZA**

Kubi nage, Ashi gake, Taori otoshi, Kata seoi, Uki goshi, Kata nage, (Morote) seoi nage, Hiki tai, Obi goshi, Eri nage, Te hiza sasae, Ko tsuri goshi, Koshi guruma, Tsuru komi goshi

**SUTEMIWAZA**

Yoko wakare, Uki waza, Sumi gaeshi, Tomoe nage, Yoko guruma, Tani otoshi, Tawara gaeshi, Yoko gake, Yoko otoshi, Ura nage, Korobi sutemi, Soto maki komi, Hane maki komi

**RENZOKUWAZA**

Combinations five

**RENZOKU-HAN SUTEMI**

Half-sacrifice twos

**RENZOKU-SUTEMI**

Sacrifice threes

**KAESHIWAZA**

A counter one, two, and two by two to each standing technique

**KAESHI-SUTEMI**

Sacrifice counters

**OSAEKOMIWAZA**

Hon kesa gatame, Kuzure kesa gatame, Kata gatame, Makura kesa gatame, Ushiro kesa gatame, Mune gatame, Yoko shiho gatame, Kuzure yoko shiho gatame, Kami shiho gatame, Kuzure kami shiho gatame, Tate shiho gatame, Kuzure tate shiho gatame

**NAGE-OSAEKOMIWAZA**

Throws to groundholds for each standing technique

**SHIME WAZA**

Nami juji jime, Gyaku juji jime, Kata juji jime, Hadaka jime, Okuri eri jime, Kata ha jime, Katate jime, Ryote jime

**KANSETSU WAZA**

Ude garami, Juji gime, Ude gatame, Hiza gatame, Waki gatame, Hara gatame, Ashi gatame

**RANDORI & SHIAI (Light contest)**

**BLACK BELT  
(NIDAN) \***

**MONDO**

**History:**

1. What is the Kodokan Gokyo no Waza? It is the Nage Waza syllabus for the Kodokan.
2. When was the Gokyo no Waza created? In 1895.
3. When was the Gokyo no Waza completed? In 1920.

**Vocabulary:**

- |   |   |
|---|---|
| 1. Sukui - To scoop   | 16. Yoki - Cultivating energy   |
| 2. Utsuri - To shift  | 17. Bonno - Loss of concentration   |
| 3. Tsukkomi - To thrust   | 18. Yomi - Ability to read opponent's state or condition (see Bonno)                                      |
| 4. Sankaku - Triangular   | 19. Genshin - Ability to sense an intended attack   |
| 5. Sukuinage - Scooping throw   | 20. Go no Sen - Ability to seize your opponent's initiative and counter it immediately                    |
| 6. Utsuri Goshi - Shifting hip throw  | 21. Bushi no Nasake - The warrior's gentleness, when the strongest and bravest must also be in closest    |
| 7. Sode Guruma Jime - Sleeve wheel choke  | 22. touch with feelings of compassion, gentleness, and justice  |
| 8. Tsukkomi Jime - Thrusting choke  | 23. Haori - Large sleeve jacket with family or ryu crest, worn over Gi on special occasions               |
| 9. Sankaku Jime - Triangular choke  | 24. Kanshusai - Student chosen to take special Kodokan advanced courses (offered for the best, brightest) |
| 10. Te Gatame - Hand armlock  |   |
| 11. Sankaku Gatame - Triangular lock  |   |
| 12. Shikko - Samurai walk, knee walk  |   |
| 13. Shuchu Ryoku - Concentrating all your energy at one point in a given moment |   |
| 14. Uchi Deshi - A direct disciple, a live-in disciple                          |   |
| 15. Shuki - Conserving energy   |   |

\* Obs.: Candidates should also have at least one year experience as assistant instructors or instructors.

**WAZA**

**NAGE NO KATA**

<b>TE</b>	<b>KOSHI</b>	<b>ASHI</b>	<b>MA SUTEMI</b>	<b>YOKO SUTEMI</b>
Uki otoshi	Uki goshi	Okuri ashi harai	Tomoe nage	Yoko gake
Kata seoi	Harai goshi	Sasae	Ura nage	Yoko guruma
Kata guruma	Tsuri komi goshi	tsurikomiashi	Sumi gaeshi	Uki waza
		Uchi mata		

**GOKYO NO WAZA**

<b>ICHI</b>	<b>NI</b>	<b>SAN</b>	<b>SHI</b>	<b>GO</b>
De ashi harai	Ko soto gari	Ko soto gake	Sumi gaeshi	O soto guruma
Hiza guruma	Ko uchi gari	Obi goshi	Tani otoshi	Uki waza
Sasaetsurikomiashi	Kubi nage	Yoko otoshi	Hane maki komi	Yoko wakare

**GOKYO NO WAZA (continued)**

**ICHI**

Uki goshi  
O soto gari  
O goshi  
O uchi gari  
Kata seoi (seoinage)

**NI**

Tsuri komi goshi  
Okuri ashi harai  
Tai otoshi  
Harai goshi  
Uchi mata

**SAN**

Ashi guruma  
Hane goshi  
Haraitsurikomiashi  
Tomoe nage  
Kata guruma

**SHI**

Sukuinage  
Utsuri goshi  
O guruma  
Soto maki komi  
Uki otoshi

**GO**

Yoko guruma  
Ushiro goshi  
Ura nage  
Sumi otoshi  
Yoko gake

**SHIMEWAZA**

Sode guruma jime  
Tsukkomi jime  
Sankaku jime

**KANSETSUWAZA**

Te gatame  
Sankaku gatame

**BLACK BELT**  
(SANDAN) \*

**MONDO**

**History:**

1. What is the Kodokan Shimmeisho no Waza?

It is the additional set of Nage Waza techniques officially adopted by the Kodokan since the revision of the Gokyo no Waza.

**Vocabulary:**

- |   |   |
|---|---|
| 1. Kuchiki - One hand                     | 16. Ko Uchi Gaeshi - Minor inside counter   |
| 2. Taoshi - To drop                       | 17. Hane Goshi Gaeshi--Springing hip counter  |
| 3. Kibisu - Heel                          | 18. Harai Goshi Gaeshi - Sweeping hip counter   |
| 4. Sukashi - To slip                      | 19. Uchi Mata Gaeshi - Inner thigh counter  |
| 5. Tsubame - Swallow                      | 20. Kani Basami - Scissors throw  |
| 6. Kawazu - One leg                       | 21. Kawazu Gake - One leg entangle  |
| 7. Garami - Entanglement                  | 22. O Soto Maki Komi - Major outside winding  |
| 8. Morote Gari - Two hand reap            | 23. Uchi Mata Maki Komi - Inner thigh winding   |
| 9. Kuchiki Taoshi - One hand drop         | 24. Harai Maki Komi - Hip sweep winding   |
| 10. Kibisu Gaeshi - Heel counter          | 25. Ashi Garami - Entangled leglock   |
| 11. Uchi Mata Sukashi - Inner thigh slip  | 26. Ken no Sen - To take the initiative, launching an attack  |
| 12. Dakiage - High lift                   | 27. Kurai--State of mind free of all pressure, enabling one to use attacker's force against him/her |
| 13. Tsubame Gaeshi - Swallow counter      |   |
| 14. O Soto Gaeshi - Major outside counter |   |
| 15. O Uchi Gaeshi - Major inside counter  |   |

\* Obs.: Candidates should have at least two years of experience as instructors.

**WAZA**

**KATAME NO KATA**

**OSAEKOMI**

Kuzure kesa gatame  
Kata gatame  
Kami shiho gatame  
Yoko shiho gatame  
Kuzure kami shiho gatame

**SHIME**

Kata juji jime  
Hadaka jime  
Okuri eri jime  
Kata ha jime  
Gyaku juji jime

**KANSETSU**

Ude garami  
Juji gatame  
Ude gatame  
Hiza gatame  
Ashi garami

**SHIMMEISHO NO WAZA**

**TE**

Morote gari  
Kuchiki taoshi  
Kibisu gaeshi  
Uchi mata sukashi

**KOSHI**

Dakiage

**ASHI**

Tsubame gaeshi  
O soto gaeshi  
O uchi gaeshi  
Ko uchi gaeshi  
Hane goshi gaeshi  
Harai goshi gaeshi  
Uchi mata gaeshi

**YOKO SUTEMI**

Kani basami  
Kawazu gake  
O soto maki komi  
Uchi mata maki komi  
Harai maki komi

**BLACK BELT  
(YODAN) \***

**MONDO**

**History:**

1. What is the Kime no Kata?  
It is a kata designed to teach the basics of attack and defense

**Vocabulary:**

- |   |  |
|---|--|
| 1. Idori - Kneeling ritual techniques             | 14. Keage - Groin kick   |
| 2. Ryote Dori - Two hand grip                     | 15. Nuki Kake - Sword unsheathing  |
| 3. Tsukkake - Stomach punch                       | 16. Kirioroshi - Downward sword cut  |
| 4. Suri Age - Forehead thrust                     | 17. Kyusho - Vital points  |
| 5. Yoko Uchi - Side blow                          | 18. Makoto - Feeling of absolute sincerity and total frankness, requiring a pure mind, free from pressures of events     |
| 6. Ushiro Dori - Back hold                        | 19. Mokuso - Healing posture assumed at the end of heavy training or contest (half-lotus or full lotus sitting position) |
| 7. Tsukkomi - Dagger thrust to stomach            | 20. Okuden - Hidden teaching, secret teaching that a master would transmit to only a few chosen students                 |
| 8. Kirikomi - Downward slash                      |  |
| 9. Yoko Tsuki - Dagger thrust to side             |  |
| 10. Tachiai - Standing ritual techniques          |  |
| 11. Sode Tori - Sleeve grab                       |  |
| 12. Tsukkake - Punch to face (standing technique) |  |
| 13. Tsukiage - Uppercut                           |  |

\* Obs.: Candidates should also have at least three years of experience as instructors.

**WAZA**

**KIME NO KATA**

<b>IDORI</b>	<b>TACHIAI</b>	
Ryote dori	Ryote dori	Tsukkomi
Tsukkake	Sode tori	Kirikomi
Suri age	Tsukkake	Nuki kake
Yoko uchi	Tsukiage	Kirioroshi
Ushiro dori	Suri age	
Tsukkomi	Yoko uchi	
Kirikomi	Keage	
Yoko tsuki	Ushiro dori	

**BLACK BELT**  
(GODAN TO JUDAN)

Higher Dan promotions are issued by decision of the American Zen Judo Yudansha Council, based on the following criteria:

- X candidate's technical knowledge of Judo
- X experience as a player
- X teaching competence (in terms of quality of black belt students)
- X service. to the Zen Judo family