

Modern Kodokan Throwing Technique
(21st Century Judo)
Certification Program 10-15-09
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USJA – USJF Grassroots Judo™ Program presents an on line technical certification program that requires a long-term commitment into the study and practice of judo. Visit our video demonstration at [You Tube Grassroots Judo™ KDK Program](#). This comprehensive self-development program is designed to give you practical knowledge of modern throwing techniques, improving your teaching, randori, and competition. This program is independent of IJF Contest Rules and judo organization promotion requirements. If you are not interested in the certification, entering the program will enable you to significantly improve your knowledge of judo through a structured system of learning.

Text Book: “Kodokan Judo Throwing Techniques” by Toshiro, Daigo, 10th Dan. Shihan Diago was Kodokan’s Chief Instructor and was All-Japan Judo Champion in 1951, 1952 and 1954. The book is the result of many years of studying modern competitive throwing techniques. These techniques were classified within the sixty seven (67) throwing categories recognized by Kodokan and IJF. In addition, the basic throwing form was identified for each of the 67 categories along with the origin of the throws based on old Jujitsu forms. The book includes 1,800 photographs covering approximately 360 variations and or/or applications. Description of the throws include (a) timing (uke’s position, actions and reactions), (b) tori’s control (gripping, lifting, pushing & pulling) and (c) execution (performing of the throwing). Essentially there is a dynamic kata for each form. Organization of the book is as follows:

1. **Chapters** – There is a separate chapter for each of the 67 throwing categories. Kodokan has rearranged the 67 categories in a logical order based on the similarity of the techniques. For example, Ippon Seio-nage, Seio-nage, and Seio-otoshi are now listed together.

2. **Sub chapters** – Designated as Sono-ichi, Sono-ni, etc. A sub chapter is designated for the basic form, variations, jujitsu forms, and/or special technical discussion. Within each variation, applications are shown. For example, under the chapter on Sukui Nage there are three variations (Sono-ichi, ni, and san). Sono-ichi is the basic backward throw. Sono-ni is a forward turnover hooking between the legs from behind. Sono-san is a forward turnover hooking between the legs from the front. Within each of these variations there are different applications, such as countering against Osoto-gari or Uchi-mata.

3. **Descriptions & Illustrations** – There are detailed descriptions for each variation and or application. Within each description there is an identification of the related photographs. Where applicable drawings of jujitsu forms are shown.

Certification Program

At the time of this article the website on line procedures for application and testing are under development. Upon completion the program will be activated. We are planning an initial enrollment fee of \$50 to include one year of free examination. Subsequently, there will be a nominal fee for examination of technique tests. Certificates will be issued upon satisfactory completion of the Bronze, Silver and Gold requirements.

Certification Requirements

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
Te waza	1 - 5	6 - 10	11 - 15
Koshi-waza	1 - 4	5 - 8	9 - 11
Ashi-waza	1 - 7	8 - 14	15 - 21
Matstemi	1 - 2	3 - 4	5
Yokosutemi	1 - 5	6 - 10	11 - 18
Total	23	23	21

1. Candidates must be current members of USJA, USJF or USA Judo when enrolling in the program and when submitting video's of test for examination.
2. USJA will manage this program and will post the names of applicants and their progress on the USJA website. Certificates will be issued when the requirements for Bronze, Silver or Gold are met.
3. Techniques must be demonstrated sequentially within each technique group. For example, Te-waza for Bronze 1 – 5, includes (1) Ippon Seoi-nage, (2) Seoi-nage, (3) Seoi-toshi, (4) Tai-otoshi and (5) Kata-guruma.
4. For each technique (i.e. Seoi-nage, Osoto-gari) describe and demonstrate each variation/application including any jujutsu form if applicable.
5. Call out the photograph numbers related to the form demonstrated. This will assist both the applicant and examiner.
6. If you cannot physically demonstrate a technique, then show yourself instructing students.
7. Relax, this is an open book examination. First review the book description and illustrations. Next, rehearse in front of the video camera. Finally record your performance. If you are not satisfied, do it again. You only need to submit the recording that you like.

