



**USJA - USJF GRASSROOTS™ PROGRAM
MODERN KODOKAN THROWING TECHNIQUES
CERTIFICATION PROGRAM**

<http://www.usja-judo.org/GrassRoots/GrassrootsJudoKDKCertificationProgram.pdf>

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INTRODUCTION

During the 127 years of judo many new techniques and variations have evolved. Kodokan has identified and assigned them to one of its 67 technique categories. The original Nage-no-Kata and Gokyo-no-Waza was primarily designed to show principles of techniques, not for application in randori or competition. Modern judo instruction addresses how to be successful in randori and competition.

USJA – USJF Grassroots Judo™ Program presents an online 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 study program is designed to give you practical knowledge of modern throwing techniques, improving your teaching, randori, and competition. If you are not interested in the certification, entering the study program will enable you to significantly improve your knowledge of judo through a structured system of learning. This program is more comprehensive than the technical requirements of USJA and USJF promotion systems and is designed for individual development.

TEXT BOOK: “Kodokan Judo Throwing Techniques” by Toshiro Daigo, 10th Dan. Shihan Daigo was Kodokan’s Chief Instructor and was All-Japan Champion in 1951, 1952 and 1954. The book is the result of many years of studying modern competition throwing techniques. These techniques were classified within the sixty seven (67) 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 applications.

Descriptions of each throw include the concept of “Chance” (a) timing (uke’s position, actions and reactions), (b) tori’s control (gripping, lifting, pushing and 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 an application may be 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 Uch-mata.
3. Descriptions & Illustrations – There are detailed descriptions for each variation and application. Within each description there is an identification of the related photographs. Where applicable drawings of jujitsu forms are shown.

HOW TO STUDY AND PREPARE FOR EVALUATION - Form a study group for your dojo or area. At a small dojo it may be practical to study during a scheduled practice session otherwise special study times are needed. An instructor may assist the students but normally will not teach. The students prepare in advance for each session from the book. At the study session they help each other perform. When satisfied, they demonstrate in front of a video camcorder. Experienced students, like black belts, may be able to work straight from the book and be videoed at the same session.

CERTIFICATION REQUIREMENTS

	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>
Te-waza	5	5	5
Koshi-waza	4	4	3
Ashi-waza	7	7	7
Matstemi	2	2	1
Yokosutemi	5	5	5
Total	23	23	21

1. Techniques must be demonstrated within each technique group. For example, Te-waza has fifteen techniques. Judoka may select any five techniques from this group for Bronze, Silver and Gold.
2. For each technique (i.e. Seoi-nage, Osoto-gari) describe and demonstrate each variation/application including any jujitsu form if applicable.
3. Call out the photograph numbers related to the form demonstrated. This will assist both the applicant and the examiner.
4. If you cannot physically demonstrate a technique, then show yourself instructing students.
5. Relax, this is an open book exam. First review the book description and illustrations. Next, rehearse in front of a video camera. Finally record your performance. If you are not satisfied, do it again. You only need to submit the recording that you like.

VARIATIONS/APPLICATIONS BY THROWING TECHNIQUE

TE-WAZA

	Variations/ Applications		Variations/ Applications
1. Ippon-seoi-nage	9	9. Obi-otoshi	6
2. Seoi-nage	6	10. Morote-gari	7
3. Seoi-otoshi	7	11. Kuchiki-taoshi	12
4. Tai-otoshi	9	12. Kibisu-gaeshi	14
5. Kata-guruma	12	13. Kouchi-gaeshi	4
6. Uki-otoshi	10	14. Uchi-mata-sukashi	4
7. Sumi-otoshi	4	15. Yama-arashi	3
8. Sukui-nage	15		

KOSHI-WAZA

1. O-goshi	5	7. Hane-goshi	3
2. Uki-goshi	4	8. Utsuri-goshi	5
3. Harai-goshi	5	9. Ushiro-goshi	6
4. Tsurikomi-goshi	5	10. Koshi-guruma	5
5. Sode-tsurikomi-goshi	4	11. Dake-age	6
6. Tsurigoshi	8		

ASHI-WAZA

1. Hiza-guruma	7	12. Osoto-gari	10
2. Sasae-tsurikomi-ashi	5	13. Osoto-otoshi	4
3. Harai-tsurikomi-ashi	3	14. Osoto-guruma	5
4. Deashi-harai	5	15. Osoto-gaeshi	3
5. Okuri-ashi-harai	3	16. Ashi-guruma	5
6. Tsubame-gaeshi	2	17. O-guruma	2
7. Kouchi-gari	5	18. Uchi-mata	7
8. Ouchi-gari	6	19. Uchi-mata-gaeshi	4
9. Ouchi-gaeshi	4	20. Hane-goshi-gaeshi	6
10. Kosoto-gari	7	21. Harai-goshi-gaeshi	7
11. Kosoto-gake	7		

MA-SUTEMI-WAZA

	Variations/ Applications		Variations/ Applications
1. Tomoe-nage	5	4. Hikikomi-gaeshi	4
2. Ura-nage	7	5. Tawara-gaeshi	2
3. Sumi-gaeshi	6		

YOKO-SUTEMI-WAZA

1. Uki-waza	4	9. Uchi-makikomi	3
2. Yoko-otoshi	3	10. Hane-makikomi	2
3. Tani-otoshi	7	11. Harai-makikomi	2
4. Yoko-guruma	3	12. Uchi-mata-makikomi	2
5. Yoko-gake	3	13. Osoto-makikomi	4
6. Daki-wakare	2	14. Kani-basami	3
7. Yoko-wakare	6	15. Kawazu-gake	3
8. Soto-makikomi	4		

ENROLLING IN THE PROGRAM

Fill out the registration form at the end of this document and Mail it to the USJA office along with a check or money order to cover the registration fee.

United States Judo Association
21 North Union Boulevard, Suite 200
Colorado Springs, Colorado 80909

After your registration form has been processed, an examiner will be assigned to you. Contact information will be sent to you via e-mail and you can begin the process of submitting your video demonstrations. As this is a pilot program, there is not yet a formal location for uploading videos. We recommend that you post them to Youtube or other video sharing portal, or you can secure on-line file storage. There are many on-line file storage sites that offer 2 gigabytes or more for free. Such as: <http://mozy.com/home/free> ; <http://www.fileswap.com> ; <http://www.adrive.com> . Your examiner can help you with this process.

DEMONSTRATION AND CERTIFICATION

Create your demo videos, upload them to the site of your choice and e-mail the examiner assigned to you that they are available. After review, your examiner will notify you of the results. Certification will be processed on successful completion of the appropriate number of techniques.

CONTINUING EDUCATION UNITS (CEU)

This program qualifies for earning credit for continuing education under programs such as Teachers and Coaches Certification. One (1) CEU for each technique with five (5) or less variations/applications. Two (2) CEUs for techniques with over five (5) variations/applications.

FREQUENTLY ASKED QUESTIONS

1. Is the registration fee of \$50.00 an annual fee?

No, it is a one time fee for entering the program.

2. How much will examinations cost?

For the first year after enrollment the examinations are free. After the year a nominal fee may be charged. However, at this time none is planned.

3. Who can enter the program?

Any currently paid up member of USJA, USJF or USA Judo can enter. There is no age or grade limit to enter the program. It is suggested that applicants have a basic understanding of Nage-no-Kata and/or Gokyo-no-Waza. This is not a beginner's program, although, parts could be useful in teaching beginners. The textbook, "Kodokan Judo Throwing Techniques", is a useful reference for all levels.

4. How does this program relate to promotion standards and requirements ?

This is a development program which does not relate to promotion requirements. The United States does not have judo promotion standards that cover all judo organizations. Kodokan promotion standards are based on competition, kata and time-in-grade, and do not require a demonstration of techniques. USJF's promotion standards are similar to the Kodokan in not requiring a demonstrated knowledge of techniques. USJF provides a guideline that includes 38 basic throwing techniques spread between the ranks of 4th Kyu through 4th Dan. USJA promotion standards include 65 basic throws spread between the ranks of 5th Kyu through 5th Dan. None of the standards or guidelines include the full range of modern Kodokan throwing techniques.

5. How long could it take to earn a Gold certificate?

If you are an experienced teacher who has studied and taught for many years then it could take as little as 90 hours (360 variations/applications averaging 15 minutes each. This includes the time to read the text, look at the photos and demonstrate in front of a video camcorder. If you covered 2 complete techniques (including variations/applications) at a 2 hour session per week, that could take 45 weeks. A Bronze certificate would be 1/3 the time and a Silver in 2/3 the time. If you are a relative novice, the program could take several years. This is definitely not a weekend certification program. In reality this development program covers more techniques in far less time than the USJF and USJA promotion programs. Under USJF, the time to go from 4th Kyu through 4th dan is about 15 years to cover only 38 basic throws. Under USJA, the time to go from 5th Kyu through 5th Dan is about 20 years to cover 65 basic throws. Through this program, one will advance much faster in acquiring a vast knowledge of modern technical techniques.

6. How can I get more information?

Contact: Hal Sharp: Sharpsan@aol.com or John Moe: moejudo@gmail.com

