

GRASSROOTS JUDO



USJA ~ USJF

BUILDING FRIENDSHIPS AND BETTER PEOPLE THROUGH JUDO

USJA – USJF GRASSROOTS™ PROGRAM

(Pending USJF Board of Examiners Approval)

ADVANCED JUDO STUDY PROGRAM

Based on the book, “Kodokan Judo Throwing Techniques”

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1, INTRODUCTION

During the 128 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. Advance 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 commitment into the study and practice of judo. Visit our video demonstration on YouTube at <http://www.youtube.com/watch?v=omycfCjQaaQ>, 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 basic judo instruction.

2. ENROLLING IN THE PROGRAM (Table 1- Enrollment Form)

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 of \$50.00.

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

3. 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. Initially, Japanese versions of this book were published over eight years in the Kodokan Judo Journals. Then they were published in a three volume Japanese book. The English text that we are using does not include all of the history of the individual throws, but retained the technical descriptions. Daigo Shihan emphasized that this is not a basic book, but an advanced book.

The techniques were classified within the sixty seven (67) categories recognized by Kodokan and IJF. In addition, the book includes drawings of 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 the throw). Essentially there is a dynamic kata for each form. Organization of the book is as follows:

a. 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.

b. 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 Uchi-mata.

c. 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.

4. CERTIFICATION REQUIREMENTS (Table 2- Techniques Listed By Group)

A separate certificate will be awarded for each group of techniques, (1) Te-waza, (2) Koshi-waza, (3) Ashi-waza, (4) Masutemi-waza and (5) Yokosutemi-waza. A “Masters Advanced Judo Study Certification” subtitled “Kodokan Judo Throwing Techniques” will be awarded when all five (5) groups have been completed.

- a. Primary Techniques (shown with asterisk) - Demonstrate all variations and applications including Jujutsu forms if applicable.
- b. All Other Techniques – Only demonstrate the first subchapter Sono-ichi. A different subchapter can be used with permission of the examiner.

5. 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 may be needed. An instructor may assist the students. The students prepare in advance for each session from the book. When satisfied, demonstrate in front of an examiner or a video camcorder. Experienced students, like black belts, may be able to work straight from the book and be examined or videoed at the same session. . It is not satisfactory for the participant to only show the form. The participant should study the book, demonstrate and explain the technique and key points as if giving instruction. This is an open book examination so the book can be referred to any time.

6. EXAMINER QUALIFICATIONS

Since this is a new program there are no certified examiners. Therefore, we have established that the rank of at least a 3rd Dan has adequate experience to be an examiner. In the future as more judoka become certified, a lower grade level may qualify. To qualify, examiners need to be enrolled in this program.

7. DEMONSTRATION BEFORE AN EXAMINER (Table 3- Technique Demonstration Form)

The examiner will certify your successful demonstration of techniques on a “Technique Demonstration Form”, and subsequently will submit the form to the USJA office. Initially, notify USJA who you request as an examiner. If one is not available, we will assign one.

8. DEMONSTATION BY VIDEO

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, which allows you to limit the distribution of the video. 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.

9. 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).

10. 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?

Examinations of videos are free. Examinations at a clinic may require a fee or donation to cover expenses.

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 ?

Promotion standards or guidelines normally relate to basic forms and do not include the full range of modern Kodokan Judo throwing techniques as shown in the book.

5. How can I get more information?

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

Table 2-TECHNIQUES LISTED BY GROUP (PRIMARY *)

TE-WAZA

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

KOSHI-WAZA

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

ASHI-WAZA

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

MA-SUTEMI-WAZA

- | | |
|-------------------------|---------------------------|
| 1. Tomoe-nage * | 4. Hikikomi-gaeshi |
| 2. Ura-nage | 5. Tawara-gaeshi |
| 3. Sumi-gaeshi * | |

YOKO-SUTEMI-WAZA

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

Table 3
Advanced Judo Study Program
Technique Demonstration Form

Applicant: _____

Club/Dojo: _____

SONO

TE-WAZA	Ichi	Ni	San	Yon	Go	Date	Examiner
Ippon-seoi-nage *							
Seoi-nage *							
Seoi-otoshi							
Tai-otoshi *							
Kata-guruma							
Uki-otoshi							
Sumi-otoshi *							
Sukui-nage *							
Obi-otoshi							
Morote-gari							
Kuchiki-taoshi							
Kibisu-gaeshi							
Kouchi-gaeshi							
Uchi-mata-sukashi							
Yama-arashi							

As variations are demonstrated, enter the date into the box.

Table 3
Advanced Judo Study Program
Technique Demonstration Form

Applicant: _____

Club/Dojo: _____

SONO

KOSHI-WAZA

O-goshi *

Uki-goshi

Harai-goshi *

Tsurikomi-goshi *

Sode-tsurikomi-goshi

Tsuri-goshi

Hane-goshi *

Utsuri-goshi

Ushiro-goshi

Koshi-guruma

Dake-age

Ichi Ni San Yon Go

Examiner

	Ichi	Ni	San	Yon	Go	Examiner

As variations are demonstrated, enter the date into the box.

Table 3
Advanced Judo Study Program
Technique Demonstration Form

Applicant: _____

Club/Dojo: _____

SONO

ASHI-WAZA	Ichi Ni San Yon Go					Examiner
Hiza-guruma						
Sasae-tsurikomi-ashi *						
Harai-tsurikomi-ashi						
Deashi-harai *						
Okuri-ashi-harai						
Tsubame-gaeshi						
Kouchi-gari *						
Ouchi-gari *						
Ouchi-gaeshi						
Kosoto-gari						
Kosoto-gake						
Osoto-gari *						
Osoto-otoshi						
Osoto-guruma						
Osoto-gaeshi						
Ashi-guruma						
O-guruma						
Uchi-mata *						
Uchi-mata-gaeshi						
Hane-goshi-gaeshi						
Harai-goshi-gaeshi						

As variations are demonstrated, enter the date into the box.

Table 3
Advanced Judo Study Program
Technique Demonstration Form

Applicant: _____

Club/Dojo: _____

SONO

MA-SUTEMI-WAZA

Ichi Ni San Yon Go

Examiner

Tomoe-nage *

Ura-nage

Sumi-gaeshi *

Hikikomi-gaeshi

Tawara-gaeshi

SONO

YOKO-SUTEMI-WAZA

Ichi Ni San Yon Go

Examiner

Uki-waza

Yoko-otoshi

Tani-otoshi

Yoko-guruma

Yoko-gake

Daki-wakare

Yoko-wakare

Soto-makikomi

Uchi-makikomi

Hane-makikomi

Harai-makikomi

Uchi-mata-makikomi

Osoto-makikomi

Kani-basami

Kawazu-gake

As variations are demonstrated, enter the date into the box.