

AN INTRODUCTION TO JUDO

TOWARDS A DEFINITION OF JUDO

- What Judo is NOT.....
 - (a) It is NOT a course in self-defense.
 - (b) It is NOT a secret art with clandestine orders, rituals, and tricks.
 - (c) It is NOT an opportunity for advanced students to get "fresh meat" on which to practice.
 - (d) On the other hand, it is not an opportunity for any enrolled student to demonstrate his/her prowess as a street-fighter, boxer, etc.
- What Judo really IS
 - (a) The founder of Judo, Dr. Jigoro Kano, defined judo as "a way of life, efficient for the training of mind and body".
 - (b) Early schools of Ju-Jitsu flourished in the 1600's and were known for their secret arts and dangerous forms.
 - (c) Dr. Kano, an Oxford student, studied in some twenty-five of these schools, organized the teaching, eliminated the lethal and dangerous techniques, and coined the new name of JUDO; Ju (gentle) Do (way or principle).
 - (d) Dr. Kano founded the KODOKAN in 1882 in Tokyo Japan, as a world center for the study of Judo.

ORGANIZATION OF WORLD JUDO

International Judo Federation (IJF) - The IJF is the governing body for the sport of judo at the world level. It develops the competition rules, sporting code and other documents that govern the sport. It conducts World Championships (Senior and Junior) and the Judo portion of the Olympic Games, as well as other events to advance world judo. It certifies officials at the world level. It is composed of five Unions (Africa, Asia, Europe, Oceania and Pan America) and has the largest number of national federation members of any Olympic sport.

Pan American Judo Confederation (PJC) - The PJC is the governing body for judo in Pan America. It conducts continental level championships and other development activities for competitors and officials to enhance the sport. It certifies officials at the confederation and continental levels.

USA Judo - USA Judo (aka United States Judo Inc - USJI) is the governing body for judo in the United States. It is composed of Group A members (currently USJA, USJF and NCJA), Group B members (state organizations), Group C members (Marine Corps Judo Association) and individual members. USA Judo provides programs to develop judo throughout the U.S., selects teams to represent the U.S. in international competition, including the Olympics, develops and certifies coaches and officials at the local, regional and national levels. Individual membership in USA Judo allows participation in competitions and clinics, as well as belt rank promotions.

Ohio Judo Inc. (OJI) - OJI is the governing body for judo within the state of Ohio. State championships and other development activities are held to advance the sport. Membership is associated with membership in USA Judo. As a Group B member of USA Judo, it has promotional authority up to Sandan (3rd degree black belt), as well as certification authority (through its nationally certified officials) for local and regional officials.

PRINCIPLES AND TECHNIQUES OF JUDO

Two Fundamental Propositions

- 1) Seiryoku-Zenyo (Maximum Efficiency) - With respect to this principle, Dr. Kano said: "Whatever be the object, the best way of attaining it shall be the maximum or the highest efficient use of mental and physical and energy directed to that aim"
- 2) Jita-Kyoei (Mutual Welfare) - The power developed must be used to benefit all. Only through "mutual aid and concession" can our own and others efforts be utilized most effectively.

These principles relate to others in judo. (Demonstrate maximum efficiency through use of opponents force to throw him.) Subsequent lectures will treat other principles through lecture, demonstration, practice, and printed handouts.

Principle Study Categories:

- 1) Throwing Forms (Nage Waza)
 - (a) Hand Throws (Te waza)
 - (b) Hip Throws (Koshi waza)
 - (c) Foot Throws (Ashi waza)
 - (d) Sacrifice Throws (Sutemi waza)
 - (1) Back Sacrifice Throws (Ma sutemi waza)
 - (2) Side Sacrifice Throws (Yoko sutemi waza)
- 2) Grappling Forms (Katame Waza)
 - (a) Holding Forms (Osae waza)
 - (b) Choking Forms (Shime waza)
 - (c) Dislocation Forms (Kansetsu waza)

Preparatory Study UKEMI

- 1) Objective of Ukemi: to distribute the force of one's fall throughout the body.
- 2) Types of Ukemi used in Judo
 - (a) Rear Stop Fall
 - (b) Side Stop Fall
 - (c) Front Stop Fall
 - (d) Forward Roll Fall

RULES OF THE DOJO

The following rules are to be observed by all members, students, and visitors in this dojo:

Dress and Personal Conduct

1. The traditional judogi is the proper custom while practicing in this dojo. It should be worn properly at all times, and should be kept clean and free of tares.
2. Individual judoka should take care to keep fingernails and toenails cut short at all times.
3. Jewelry should be removed before beginning practice. Rings, bracelets, and other sharp or hard objects can result in serious injury when worn during practice.
4. Smoking is prohibited at all times in this dojo.
5. Gum, candy, beverages, etc., are not to be brought into the practice area.
6. Profanity, loud talking, abusive language, and general horseplay are not in keeping with the spirit of judo. Judoka should endeavor to cultivate a spirit of poise and dignity in the dojo.
7. Zori should be worn when judoka are not on the mats.

Rules of Practice

1. The designated Instructor-in-Charge is responsible for the dojo when he/she is on duty. Judoka should observe who has been designated as the Instructor-in-Charge and should obey any reasonable request made by that person.
2. Formal judo etiquette is to be observed during all practice sessions. Proper forms of salutation, unless indicated otherwise by the instructor, will be as follows:
 - Ritsurei will be executed upon entering or leaving the mat area, and upon engaging or completing standing practice with another judoka,
 - Zarei (or Ritsurei if called for by the instructor) will be executed at the formal opening and closing of all classes,
 - Zarei will be executed before and after individual students engage in Katame waza.
3. Practice sessions commence at the time stated, and terminate at the command of the Instructor. Judoka should endeavor to be prompt to all sessions. Individual judoka who must leave early should obtain permission from the Instructor to leave the mat.
4. When judoka have a reason to be seated during practice sessions, the traditional seiza or anza position will be observed. In no instance, should judoka lie or sprawl on the mat in a lazy or undignified position.
5. Randori is a practice period. Talking and instruction between judoka should be kept to an absolute minimum.

PRINCIPLES OF UKEMI

One of the most basic elements of the student's early and continuing instruction in judo is UKEMI, breakfalling, literally "falling away". The student begins the study of judo by learning to fall, improves skill in ukemi by constant practice and by being thrown, and is judged, in considerable part, by the grace and control he/she demonstrates in ukemi.

The primary objective of ukemi instruction is to enable the student, through relaxed and controlled action of the body, to distribute the force of the fall throughout the extremities of the body, thus minimizing the danger of injury to any one part of the body. Consider the implications of this objective:

- Relaxation: At first sight, one would hardly think that the judoka who demonstrates zempo kaiten ukemi is relaxed. Closer observation will reveal that the entire body is in a

state of dynamic relaxation. As the judoka enters the fall, the arms and legs are pliant, supple. As the judoka completes the fall, the slapping hand will be seen to rebound in an almost glib manner and come to rest in an obviously relaxed position.

- Control: It has been said of the judoka who would succeed: "if he would learn to control others, he must first master control of himself". Ukemi is the instrument by which the student first begins to learn self-control. Initially, he learns to place the arms and legs, slowly and then with more force and speed. Later, he learns the crucial importance of attaining such a degree of bodily control as to make his knowledge of and reliance upon ukemi, a totally subconscious process.
- Distribution of Force: Instruction in ukemi teaches the student to distribute the force of a fall throughout his arms and legs regardless of the direction, speed, or angle of the attack. Certainly if all the weight of a 200 pound man is brought down upon the point of the elbow, injury will result. But if that same force is correctly distributed throughout the body, the chances of injury are minimal.

The skillful performance of ukemi is crucial to the student of judo for several reasons. First, proper ukemi lessens the likelihood of injury at the hands of an opponent. Second, the student will be evaluated throughout his judo study - by fellow judoka and by those who must pass upon his readiness for promotion - on the basis of how well he can demonstrate ukemi forms. Finally, unless the student reaches the stage where his ukemi is entirely subconscious, he can never turn his mind fully to the task of applying the techniques he has learned to defeat his opponent.

Ukemi can be practiced alone, and should be. But it can also be practiced during randori. As the beginning student is thrown hundreds of times by those more advanced in the art, he learns to apply what he has learned about ukemi in stressful situations, but without the heavier burdens of open contest.

SHISEI AND SHINTAI

Shisei (posture) and shintai (movement) are fundamental aspects of individual self-control in judo. These two concepts are designed to help the student establish and maintain a continuous and comfortable state of balance as he stands or moves about the mat. The need to be "on-balance" becomes increasingly more apparent as the student learns the relationship between balance and throwing ability. At this point, it is sufficient to note that no throw can be executed successfully against an opponent who is properly balanced.

The requirement that students adopt correct judo posture at all times during practice is to help the student establish a continuous but relaxed state of mental and physical alertness. Years ago, students of the martial arts relied upon these principles for self-preservation. Today, judo seeks to foster the same spirit of constant alertness, not so much as a warrior quality, but as a means of maximizing one's effectiveness in all facets of his life. The elements of this spirit can be learned on the judo mat. Through control of one's posture (shisei) and movement (shintai), the student develops an ability to be always on-balance, and thus to be less likely to fall victim to another's attack.

The basis for Shisei and Shintai

The basis of these concepts lies in preserving the integrity of the individual's center of gravity, which is located in the lower abdominal area (saika tanden). This region is critical to

one's balance because it contains the center of gravity of the body, connects the upper and lower extremities and includes some of the largest muscles of the body. Generally speaking, the center of gravity is located within the body, 2 inches below the navel and above the pubis.

Both shisei and shintai help to retain bodily stability, either at rest or in motion, by controlling the position of the center of gravity. The nature of this control is illustrated by the following: Assume that one stands directly beneath a bright light and observes one's shadow on the floor. The shadow will be in the form of a rectangle. Now assume the individual walks forward and that the light moves with him. The shadow will also move and will represent, at any given moment, a parallel-ogram or a rectangle. Now assume that we drop a plumb line from the center of gravity to the floor. As long as the individual is on balance, the line will always be found to fall within the rectangle (or parallel-ogram). The purpose of shisei and shintai is to preserve this balance, i.e., to keep the center of gravity point always within the rectangle.

The mechanics of Shisei

Postures are classified into the Natural Posture (Shizentai) and the Defensive Posture (Jigotai). Each of these is in turn classified into center, right, and left stances as follows:

	Shizen Hontai (Natural frontal posture)
SHIZENTAI	Migi Shizentai (Natural right posture)
	Hidari Shizentai (Natural left posture)

Shizen Hontai is performed by standing, with the feet approximately 12 inches apart (but in no instance outside the rectangle), the knees neither stretched nor bent, but supple. The arms should be relaxed at the sides, and the eyes should look at the horizon. The body and mind should be in a state of extreme flexibility and calm. Mig and Hidari Shizentai are formed by advancing either the right or left foot one-half step forward, and distributing the weight equally between the two feet.

	Jigo Hontai (Fundamental defensive posture)
JIGOTAI	Migi Jigotai (Right defensive posture)
	Hidari Jigotai (Left defensive posture)

Jigo Hontai differs from Shizen Hontai in that the distance between the feet is greater, the knees are bent and the center of gravity therefore lowered. The body is straight, but slightly inclined toward the front.

Shizen Hontai is the normal judo posture. Jigotai is essentially a defensive movement to ward off an attacker. It is not a position from which the judoka is prepared to launch an attack.

The Mechanics of Shintai

Shintai refers to the basic methods employed in judo to move either backward or forward on the mat. There are two primary forms of shintai.

AYUMI ASHI (Advancing foot) most nearly corresponds to normal walking, except that the feet do not lose contact with the mat. The weight of the body is placed on the ball of one

foot while the other foot slides over the mat.

TSUGI ASHI (Following foot) consists of moving one foot up to the other, and then advancing the previously stationary foot.

These two forms are the basic methods of moving forward and back in judo. Once the student has mastered these forms and has learned the principles of posture, he will be ready for the more advanced turning movements (Taisabaki).

KUMIKATA

KUMIKATA refers to the method of holding an opponent while practicing. There are numerous forms of holding and as a matter of principle there is no single best method. There are, however, standard holds which students up to blackbelt grades should use.

Kumikata are varied in accordance with the posture and direction of throwing application. For migi shizentai, the student should take his opponent's right sleeve in his left hand and should grasp the left collar of the opponent's judogi in his right hand. Your opponent, in practice, would assume a grip corresponding to yours. For hidari shizentai, the grip would be reversed.

The sleeve should be grasped (by the student's left hand in migi shizentai) just beneath the opponent's elbow, between the elbow and the mat. Students should not grasp the sleeve inside the crook of the opponent's elbow.

Once a judoka has taken appropriate grips, they occasionally try to gain position and control by a stiff and powerful grasp on the judogi. Such a tight grip is tiring, encourages the opponent to assume a similarly tight stance thus making it difficult to gain entry for a throw, and often results in "telegraphing" one's intentions to his opponent.

Kumikata should be applied firmly, but not stiffly or with inordinate strength. Students should remember that the source of their strength is the saika tanden, **not** the arms.

TAISABAKI

Taisabaki (turning movement) is an efficient means by which the judoka alters or reverses his direction while still retaking his balance. Proper turning is critical to one's ability to move about the mat and to properly apply most offensive and defensive techniques.

When executing taisabaki, correct shisei should be maintained, the body kept flexible, and the eyes focused on the horizon. The essentiality of meeting these requirements will become increasingly more apparent as the student studies particular throws, since taisabaki forms constitute the fundamental entry methods for the majority of throws.

The two basic taisabaki forms which the new student is taught are:

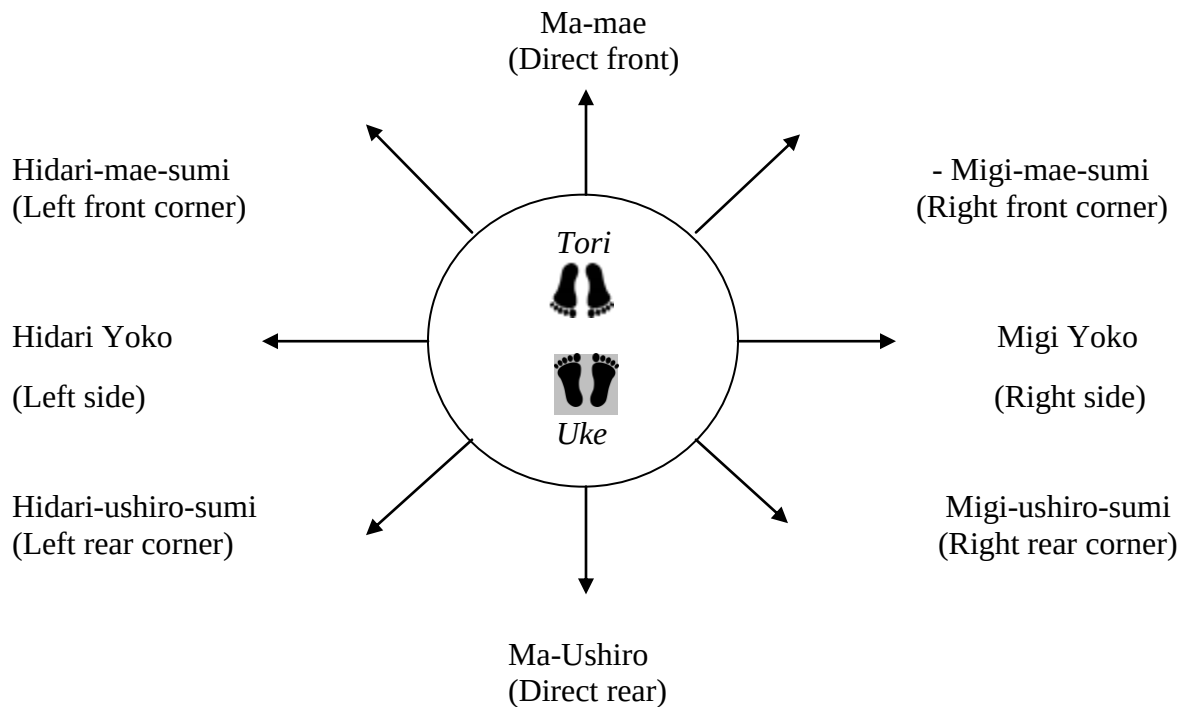
- The Standing Ninety Degree
- The Horseshoe, One-Hundred Eighty Degree.

Both of these forms are practiced to the left and right, and to the front and rear.

KUZUSHI

Kuzushi is the disturbance of an opponent's balance without losing one's own equilibrium. Effective kuzushi rests on one's ability to use his opponent's energy in a way that will cause him to become unbalanced. Normally, kuzushi is applied to extend or alter a motion begun by the opponent. For example, assume that your opponent advances toward you, causing you to retreat. While retreating, you cause your opponent to take a smaller step than he originally intended (perhaps by blocking his advancing foot), while still encouraging the forward momentum of his upper body to a point where he becomes unbalanced to the front. Thus, by making use of his forward motion, you have brought your opponent to an off-balance position.

In judo, eight principal off-balance positions are commonly used. These correspond to compass bearings, beginning at zero and continuing, in 45 degree increments, around the circle. These eight positions are illustrated below.



It is important to recognize that the motions required to attain a complete state of disequilibrium are circular. This can best be illustrated by likening the body to a wooden column, of approximately 4"x4"x1'. Now assume that this column is suspended in a sphere with the long axis of the column forming the North-South axis of the sphere. Now, if we seek to remove the column from its vertical (on-balance) position, it can be seen that, as the top of the column is tipped forward, the bottom raises and both ends rotate about its center. It is in this fashion that the opponent's body - like a column - must be disturbed if he is to be thrown correctly. The student's successful mastery of throwing techniques (nage waza) will depend, in considerable part, on his ability to establish and maintain this state of disequilibrium throughout the course of the throw.