

Mountain View Judo Club Operating Manual



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SECTION 1 – MISSION / VISION

Mountain View Judo Club Mission:

Our Mission is to promote the values and principles of Kodakan Judo .

Judo Principles

Seiryoku Zenyo - Maximum Efficiency With Minimum Effort.

Jita-Kyoei - Mutual Welfare and Benefit

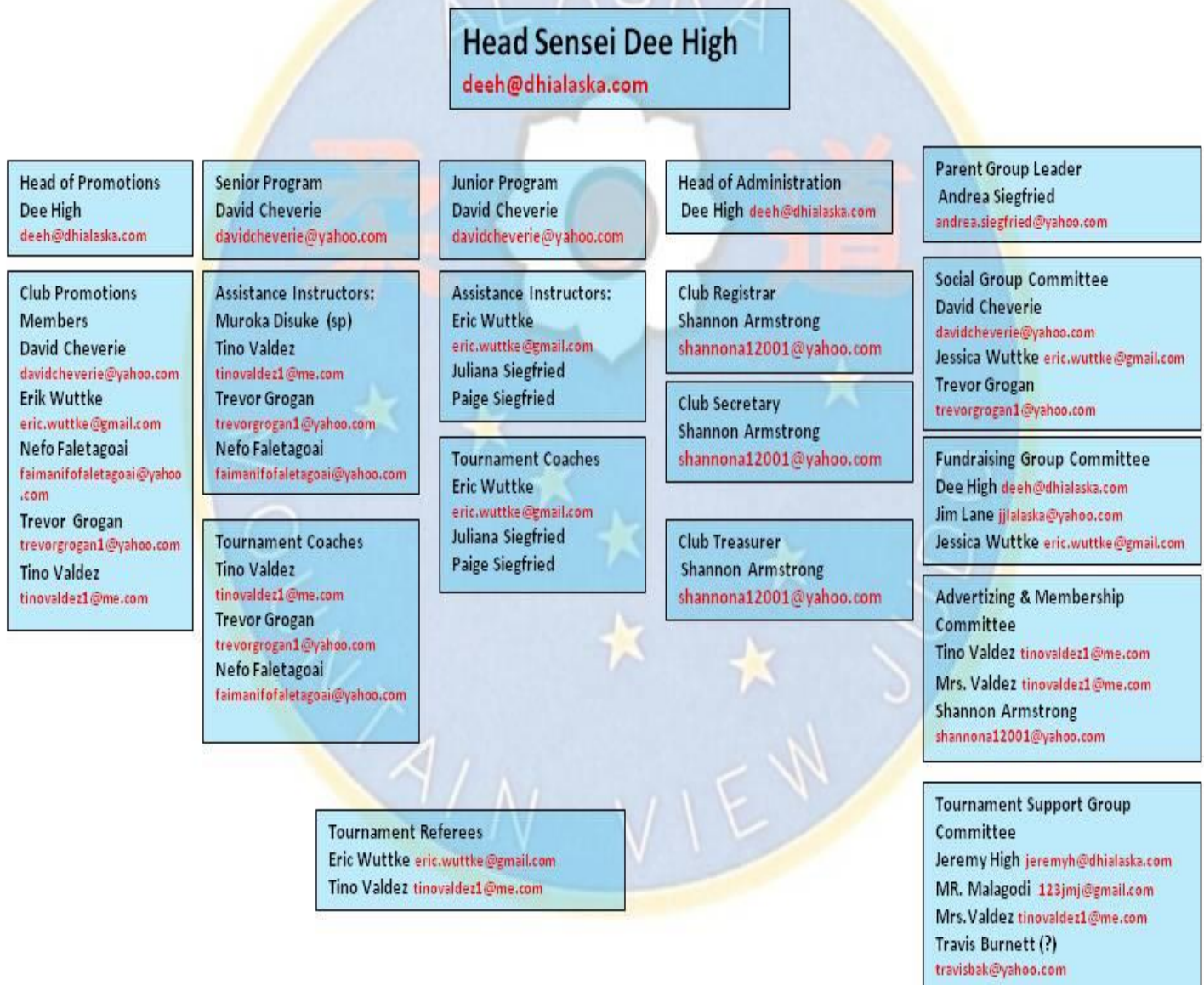
Mountain View Judo Club Vision:

Our vision is three fold:

1. To provide a judo program that will allow the competitive judoka to develop their skill to the best of their ability.
2. To provide a judo program and club atmosphere that will foster a large active group of recreational judoka.
3. To create an dojo that will be self sustaining so all our members can continue practicing judo for a life time.
4. To foster strong character of mind and body through Judo principles, sport and hard work.

SECTION 2 – CLUB ORGANIZATIONAL STRUCTURE

MVJ Club Organization Structure



SECTION 3 – TRAINING TIMES / SCHEDULE

MVJ TRAINING TIMES						
Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 / 11:00 AM						full mat
6:00 / 7:15 PM	mat 1	mat1 / mat2	mat1	mat1 / mat 2		
7:30 / 9:00 PM		mat 1/mat2		mat 1 / mat 2		
New kids class (quarterly)						
mat1 = kids 5-7 mat2=kids 8-12						
mat1 Youth13 to 16 mat2 adults						
Open Mat						
MVJ Satellite Club (XYZ school) TRAINING TIMES						
3:30 / 4:30 PM	XYZ school		XYZ school			

SECTION 4 – TEAM SELECTION CRITERIA

Team Selection Criteria:

In an effort to best prepare a team for the premiere events of the season, Mountain View Judo Club will adopt the following selection criteria for the State Championships, Yukon Provincial Championships, Continental Crown Judo Tournament and the National Championships.

NOTE: This is a participation based criteria and also a results based. Thus athletes have the opportunity to be selected by participating in the required events and also by placing in selected events.

The following events will be part of the criteria for athletes representing Mountain View Judo Club.

Events for Selection to the State Championships:

Represent the club in 2 of the local tournaments
Attend min of 30 classes. Starting in September 1st
Or place 1st or 2nd in 2 local tournaments

Events for Selection to the Yukon Provincial Championships:

Represent the club in 3 of the local tournaments
Represent the club in the State Championships
Attend min of 40 classes.
Or place 1st or 2nd in the State Championships.

Events for Selection to the National Championships:

Represent the club in 5 of the local tournaments
Represent the club in the State Championships
Attend min of 80% of classes between from date of last National Championships through to tournament date:
Attend Continental Crown Judo Tournament (Previous year)
Train during the summer
Or place 1st in the State Championships.
Or place 1st in the Yukon Provincial Championships
Or place in top 3 at Continental Judo Tournament (Previous year)

Events for Selection to the Continental Crown Judo Tournament:

Represent the club in 3 of the local tournaments
Represent the club in the State Championships
Attend min of 80% of classes between August through tournament date: Approx 24 classes
Train during the summer
Or place 1st or 2nd in the State Championships.
Or place 1st or 2nd in the Yukon Provincial Championships.

***Exceptions may be considered providing warranted circumstances.**

**** AGE and JUDO RANK criteria to be determined****

SECTION 5 – BELT REQUIREMENTS

Minimum Age:

There is no minimum age to be registered and promoted in the USA Judo Junior Judo Rank System below Junior 8th Degree. However, to be promoted to Junior 9th Degree, the Judo student must be at least 13 years of age and less than 17 years of age.

Time In Grade Requirements:

In this system it is possible for a student to be promoted four times each year (three months per promotion). This means that a junior who begins practice at the age of five can attain 12 ranks within three years. This means it is possible for a junior to attain the Junior 12th Degree by the age of eight or nine. Since the student cannot be promoted to Junior 9th Degree until the age of 13 it is important that all coaches manage rank promotions in a timely manner.

Note: After a student is 13 years of age, and is promoted to Junior 9th Degree, he or she can reach the highest rank in the system, Junior 20th Degree, in two more years, by the age of 15. Promotions to senior ranks are permitted from the age of 13 or 14 in special cases where the student competes in senior events.

Conversion From Junior To Senior Ranks:

The USA Judo Junior Judo Rank System recommends the following conversions from Junior to Senior rank:

- Junior 4th = Rokkyu (Yellow)
- Junior 8th = Gokyu (Orange)
- Junior 12th = Yonkyu (Green)
- Junior 16th = Sankyu (3rd Grade Brown)
- Junior 20th = Nikyu (2nd Grade Brown)

Note: Grades of Ikkyu and Dan are reserved for the Senior Rank System.

There are 20 junior ranks in the USA Judo Junior Judo Rank System. They are listed below with the titles, belt colors, and time in grade necessary for promotion and minimum age requirements, if any.

<u>Rank</u>	<u>Belt Color</u>	<u>Time Requirement</u>
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**Nage-Waza (Throwing Techniques)**

- Ippon-seoi-nage or Morote-seoi-nage
- O-uchi-gari

Renraku (Combinations)

- Seoi-nage to O-uchi-gari

Kaeshi (Counters)

- O-uchi-gari with Seoi-nage

Ne-Waza (Ground Techniques)

- Kesa Gatame & shrimp bridge and roll escape & Uphill turn escape & entangle leg escape

Ukemi (Break falls)

- Mae-ukemi (forward fall breakfalls)
- Koho-ukemi (backward breakfall)
- Yoko-ukemi (side breakfalls)
- Zempo-kaiten (forward roll)

Vocabulary

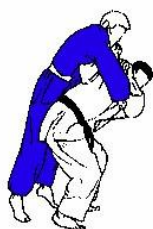
- **Mate** - Stop • **Hajime** - Start • • **Tori** - one who is throwing • **Uki** - one who's being thrown
- **Rei** - Bow • **Kiwotsuke** - Pay attention • **Uchi komi** - step ins • **Sensei** - teacher / instructor

Other skills

- Shizen-Hontai - Migi/Hidari Shizentai (Natural Posture)
- Kumi-kata (Taking grips sleeve / lapel)
- Fitness goals - See chart in section #22
- Kuzushi (act of unbalancing your opponent)
- Tsukuri (that action of fitting in for a throw)
- Kake (execution of a throw)



Ippon-seoi-nage
One Arm Shoulder
Throw



Morote-seoi-nage
Two Arm Shoulder
Throw



O-uchi-gari
Major Inner Reaping



Kuzure-kesa-gatme
Broken Scarf Hold



Kesa-gatame
Scarf Hold

**Nage-Waza (Throwing Techniques)**

- O-soto-otoshi or O-Soto-gari
- Sasae-tsurikome-ashi

Renraku (Combinations)

- O-soto-gari to Sasae-tsurikome-ashi

Kaeshi(Counters)

- O soto gari with O-soto-gari

Ne-Waza (Ground Techniques)

- Yoko Shiho Gatame & shrimp bridge and roll escape & shrimp into guard escape & Create space and roll out

Other skills

- Jigotai - Migi/Hidari Jigotai (Defensive Posture)
- Tai-sabaki / Tsigu-ashi (Movement control)
- Open guard position
- Half nelson turn over from turtle
- Fitness goals - See chart in section #22

Vocabulary

- **Professor Jigoro Kano** - founder of Judo
- **Where and when was Judo Founded** - Tokyo, Japan, 1882
- **Randori** - free practice
- **Count to ten in Japanese**

1 - Ichi	6 - Roku
2 - Ni	7 - Shichi, nana
3 - San	8 - Hachi
4 - Shi, Yon	9 - Ku, Kyu
5 - Go	10 - Ju



O-soto-otoshi
Major Outer Drop



O-soto-gari
Major Outer Reaping



Sasae-tsurikomi-ashi
Lifting Pulling Ankle
Block



Yoko-shiho-gatame
Side 4 Quarters Hold



Kuzure yoko shio gatame
Modified Side Four Corner Hold

Junior 3rd Degree



Yellow with two -½ inch black stripes on both ends of the belt, three inches from the ends

3 mo. as Jr. 2nd

Nage-Waza (Throwing Techniques)

- O Goshi

Renraku (Combinations)

- Sasae-tsurikomi-ashi to O Goshi

Kaeshi(Counters)

- High collar grip to O Goshi

Ne-Waza (Ground Techniques)

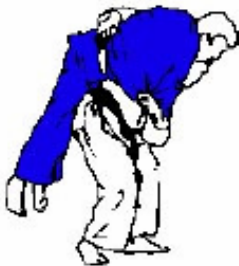
- Kuzure-Kesa Gatame and escape
- Kuzure Yoko Shiho Gatame (Mune Gatame) and escape

Vocabulary

- **Professor Jigoro Kano** - founder of Judo
- **Judo** - The Gentle way
- **Dojo** - Workout hall
- **Judogi** - Uniform
- **Yuko** - Quarter point
- **Waza-ari** - Half point
- **Ippon** - Full point
- **Osae-Kome** - Hold down
- **Koketa** - Hold down broken
- **Soremade** - That is all
- **Kei** - Yell from stomach

Other skills

- High Collar grip defense
- Open guard position pass
- Fitness goals - See chart in section #22



O-goshi
Major Hip Throw



Nage-Waza (Throwing Techniques)

- Deashi-Harai

Renraku (Combinations)

- Deashi Hari to
Seoi nage

Kaeshi (Counters)

- Deashi hari with
Deashi Hari

Ne-Waza (Ground Techniques)

- Kami Shiho Gatame
- Kuzure Kami Shiho Gatame
- Escape from above hold down

Shime-waza (strangulations) **ONLY for judoka 13 and over**

- Nami-juji-jime
- Gyaku-juji-jime

Kansetsu-waza (joint locks) **ONLY for judoka 17 and over**

- Ude hishigi Juji-gatame

Vocabulary

- Ukemi - Breakfalls • Judoka – Student of Judo • Migi - Right • Hadari - Left

Other skills (Transitions, ground work attack patterns, escapes, etc)

- One Transition Defense • One Transition Offence
- Fitness goals - See chart in section #22



De-ashi-barai
Advancing Foot
Sweep

Osae-Waza - Holding Techniques



Kami-shiho-gatame
Upper 4 Quarters Hold



Kuzure-kami-shiho-gatame
Broken Upper 4 Quarters Hold

Kansetsu-Waza - Joint Locks



Ude-hishigi-juji-gatame
Cross Arm Lock

Shime-Waza - Strangulations



Nami-juji-jime
Normal Cross Choke



Gyaku-juji-jime
Reverse Cross Choke

**Nage-Waza (Throwing Techniques)**

- Koshi-Guruma

Renraku (Combinations)

- Ouchi gari to Koshi Guruma

Kaeshi (Counters)

- Koshi Guruma with O goshi

Ne-Waza (Ground Techniques)

- Tate Shiho Gatame
- Trap post limb and bridge & roll escape

Shime-waza (strangulations)

ONLY for judoka 13 and over

Kansetsu-waza (joint locks)

ONLY for judoka 17 and over

Vocabulary

- **Shiai** - Tournament • **Shiai jo** – Contest area • **Tatami** - Mats • **Judoka** - student of Judo

Other skills (Transitions, ground work attack patterns, escapes, etc)

- One Transition Defense • One Transition Offence
- Two turnovers • One sweep from open guard
- Fitness goals - See chart in section #22



Koshi-guruma
Hip Whirl



Tate-shiho-gatame
Mounted Hold

**Nage-Waza (Throwing Techniques)**

- Tai-otoshi
- Ko-uchi-gari

Renraku (Combinations)

- Ko uchi Gari to Tai otoshi

Kaeshi (Counters)

- Tai otoshi with O uchi gari

Ne-Waza (Ground Techniques)

- Kuzure Tate Shiho gatame

Shime-waza (strangulations)**ONLY for judoka 13 and over**

- Kata-juji-jime

Kansetsu-waza (joint locks)**ONLY for judoka 17 and over****Vocabulary**

- **Nage waza** - Throwing techniques
- **Katame waza** - Grappling techniques
- **Osae Komi waza** - Holding techniques

Other skills (Transitions, ground work attack patterns, escapes, etc)

- One Transition Defense
- Two Transition Offences
- Two turnovers
- Two sweep from open guard
- Fitness goals - See chart in section #22



Tai-otoshi
Body Drop



Ko-uchi-gari
Minor Inner Reaping



Tate-shiho-gatame
Mounted Hold



Kata-juji-jime
Half Cross Choke

Junior 7th Degree



Orange with two -½ inch black stripes on both ends of the belt, three inches from the ends

3 mo. as Jr. 6th

Nage-Waza (Throwing Techniques)

- Hiza Guruma
- Tani-Otoshi

Renraku (Combinations)

- Hiza Guruma to O Soto Gari

Kaeshi (Counters)

- Koshi Guruma with Tani-Otoshi

Ne-Waza (Ground Techniques)

- Kata Gatame
- Create space with elbow.
- Backward roll escape

Shime-waza (strangulations) **ONLY for judoka 13 and over**

Kansetsu-waza (joint locks) **ONLY for judoka 17 and over**

- Ude-garami

Vocabulary

- **Shime waza** - Choking techniques
- **Kansetsu waza** - Joint lock techniques

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Two Transition Defenses
- Two Transition Offences
- Two turnovers
- Two sweep from open guard
- One offensive attack from Turtle position
- Fitness goals - See chart in section #22



Hiza-guruma
Knee Whirl



Tani-otoshi
Valley Drop



Kata-gatame
Shoulder Hold



Ude-garami
Entangled Arm Lock

Junior 8th Degree



Orange with three -½ inch black stripes on both ends of the belt, three inches from the ends

3 mo. as Jr. 7th

Nage-Waza (Throwing Techniques)

- Tsurikome Goshi
- Ko-soto-gari

Renraku (Combinations)

- Tsurikomi Goshi
Tai otoshi

Kaeshi (Counters)

- Tai otoshi with
Ko-soto-gari

Ne-Waza (Ground Techniques)

- Ushiro Kesa Gatame

Shime-waza (strangulations)

- ONLY for judoka 13 and over**
•Hadaka-Jime

Kansetsu-waza (joint locks)

- ONLY for judoka 17 and over**

Vocabulary

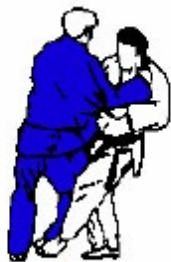
- Migi - right
- Hadari - left

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Two Transition Defenses • Two Transition Offences
- Two turnovers • Two sweep from open guard
- One offensive attack from Turtle position
- Fitness goals - See chart in section #22



Tsurikomi-goshi
Lifting Pulling Hip
Throw



Ko-soto-gari
Minor Outer Reap



Ushiro-kesa-gatame
Reverse Scarf Hold



Hadaka-jime
Bare Strangle

Junior 9th Degree



Green

3 mo. as Jr. 8th

Nage-Waza (Throwing Techniques)

- O-kuri-ashi- harai

Renraku (Combinations)

- O-kuri-ashi- harai to
Ippon Seoi nage

Kaeshi (Counters)

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations)
ONLY for judoka 13 and over

Kansetsu-waza (joint locks)
ONLY for judoka 17 and over
• Ude-gatame

Vocabulary

- Hiza - knee
- Ashi - foot

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Two Transition Defenses • Two Transition Offences
- Two turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



Okuri-ashi-barai
Following Foot Sweep



Ude-gatame
Straight Arm Lock

Junior 10th Degree



Green with one -½ inch black stripe on both ends of the belt, three inches from the ends

3 mo. as Jr. 9th

Nage-Waza (Throwing Techniques)

- Uki-goshi
- Te-guruma

Renraku (Combinations)

Kaeshi (Counters)

- Koshi Guruma with Uki goshi

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations)

ONLY for judoka 13 and over

Kansetsu-waza (joint locks)

ONLY for judoka 17 and over

- Okuri eri jime

Vocabulary

- Koshi - hip
- Te - Hand

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Two Transition Defenses • Three Transition Offences
- Two turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Fitness goals - See chart in section #22



Uki-goshi
Floating Hip Throw



Te-Guruma
Sweeping Throw
Sukui-Nage



Okuri-eri-jime
Sliding Collar Strangle



Nage-Waza (Throwing Techniques)

- Tsurigoshi
- Ko-soto-gake

Renraku (Combinations)

- Tsurigoshi to Ko-soto-gake

Kaeshi (Counters)

- Tsurigoshi with Tani otoshi

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations)

ONLY for judoka 13 and over

Kansetsu-waza (joint locks)

ONLY for judoka 17 and over

- Waki-gatame

Vocabulary

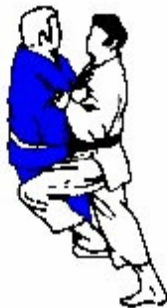
- Eri - collar
- Tai - body

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Two Transition Defenses • Three Transition Offences
- Two turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Fitness goals - See chart in section #22



Tsurigoshi
Lifting Hip Throw



Ko-soto-gake
Minor Outer Hook



Waki-gatame
Armpit Arm Lock

Junior 12th Degree



Green with three -½ inch black stripes on both ends of the belt, three inches from the ends

3 mo. as Jr. 11th

Nage-Waza (Throwing Techniques)

Renraku (Combinations)

Kaeshi (Counters)

- Uki-otoshi
- Yoko-otoshi

Ne-Waza (Ground Techniques)

Shime-waza (strangulations)

Kansetsu-waza (joint locks)

- ONLY for judoka 13 and over
- ONLY for judoka 17 and over
- Kata ha jime--jime

Vocabulary

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Two Transition Defenses • Three Transition Offences
- Three turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



Uki-otoshi
Floating Drop



Yoko-otoshi
Side-drop



Kata-ha-jime
Single Wing Strangle

**Nage-Waza (Throwing Techniques)**

- Hari-Goshi
- Hane Goshi

Renraku (Combinations)

- Osoto Gari to Hari-Goshi

Kaeshi (Counters)

- Hane-Goshi with Te Guruma

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations)
ONLY for judoka 13 and over

Kansetsu-waza (joint locks)
ONLY for judoka 17 and over
 • Hiza-gatame

Vocabulary

-

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Three Transition Defenses • Three Transition Offences
- Three turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22

Kansetsu-Waza - Joint Locks

Harai-goshi
Sweeping Hip Throw



Hane-goshi
Springing Hip Throw



Hiza-gatame
Knee Arm Lock

Junior 14th Degree



Blue with one -½ inch black stripe on both ends of the belt, three inches from the ends

3 mo. as Jr. 13th

Nage-Waza (Throwing Techniques)

- Uchi-mata
- Ashi-guruma

Renraku (Combinations)

- O uchi gari to Uchi-mata

Kaeshi (Counters)

- Uchi-mata Gaeshi
- Uchi-mata Sukashi

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations) Kansetsu-waza (joint locks)

ONLY for judoka 13 and over ONLY for judoka 17 and over

- Sode guruma jime

Vocabulary

-

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Three Transition Defenses • Three Transition Offences
- Three turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



Uchi-mata
Inner Thigh Throw



Ashi-guruma
Foot Whirl



Sode-guruma-jime
Sleeve Wheel Strangle

Junior 15th Degree



Blue with two -½ inch black stripes on both ends of the belt, three inches from the ends

3 mo. as Jr. 14th

Nage-Waza (Throwing Techniques)

- O-guruma
- O-soto-guruma

Renraku (Combinations)

- O soto Otoshi to O-soto-guruma

Kaeshi (Counters)

Ne-Waza (Ground Techniques)

•

Shime-waza (strangulations)

ONLY for judoka 13 and over

Kansetsu-waza (joint locks)

ONLY for judoka 17 and over

Vocabulary

•

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Three Transition Defenses • Three Transition Offences
- Three turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



O-soto-guruma
Major Outer Wheel



O-guruma
Major Whirl



Nage-Waza (Throwing Techniques)

- Kata-guruma
- Sukui-nage

Renraku (Combinations)

Kaeshi (Counters)

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations)

ONLY for judoka 13 and over

- Sankaku-jime

Kansetsu-waza (joint locks)

ONLY for judoka 17 and over

Vocabulary

-

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Three Transition Defenses • Three Transition Offences
- Three turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



Sukui-nage
Scoop Throw



Kata-guruma
Shoulder Whirl



Sankaku-jime
Triangle Strangle

**Nage-Waza (Throwing Techniques)**

- Sumi-gaeshi
- Tomoe-nage

Renraku (Combinations)**Kaeshi (Counters)****Ne-Waza (Ground Techniques)**

-
- Koshi-jime

Shime-waza (strangulations)

ONLY for judoka 13 and over

Kansetsu-waza (joint locks)

ONLY for judoka 17 and over

Vocabulary

-

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Three Transition Defenses • Four Transition Offences
- Three turnovers • Two sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



Tomoe-nage
Circle Throw



Sumi-gaeshi
Corner Reversal

Shime-Waza - Strangulations

Koshi-jime
Hip Strangle

**Nage-Waza (Throwing Techniques)**

- Ushiro-goshi
- Soto-makikomi

Renraku (Combinations)

- Tai otoshi to Soto-makikomi

Kaeshi (Counters)

- Ushiro-goshi with Ko uchi gari

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations)

ONLY for judoka 13 and over

- Ryote-jime

Kansetsu-waza (joint locks)

ONLY for judoka 17 and over

Vocabulary

-

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Three Transition Defenses • Four Transition Offences
- Three turnovers • Three sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



Ushiro-goshi
Rear Hip Throw



Soto-makikomi
Outside Body Wrap



Ryote-jime
Two Handed
Strangle

Junior 19th Degree



Purple with two -½ inch black stripes on both ends of the belt, three inches from the ends

3 mo. as Jr. 18th

Nage-Waza (Throwing Techniques)

- Harai-tsuru-kome-ashi
- O-soto-makikomi

Renraku (Combinations)

- O soto gari to
- O soto Makikomi

Kaeshi (Counters)

- Hari Goshi with
- Hai tsuri kome ashi

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations)

ONLY for judoka 13 and over

Kansetsu-waza (joint locks)

ONLY for judoka 17 and over

- Hara gatame

Vocabulary

-

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Three Transition Defenses • Four Transition Offences
- Three turnovers • Three sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



Harai-tsuru-komi-ashi
Lifting Pulling Foot
Sweep



O-soto-makikomi
Major Outer Wrap
Around

Kansetsu-Waza - Joint Locks



Hara-gatame
Stomach Arm Lock



Nage-Waza (Throwing Techniques)

- Harai-makikomi
- Hane-makikomi

Renraku (Combinations)

- Hari Goshi to Harai-makikomi

Kaeshi (Counters)

- Harai Goshi Gaeshi

Ne-Waza (Ground Techniques)

-

Shime-waza (strangulations)

- ONLY for judoka 13 and over
- Tsukkomi-jime

Kansetsu-waza (joint locks)

- ONLY for judoka 17 and over

Vocabulary

-

Other skills (Transitions, ground work attack patterns, escapes, etc)

- Three Transition Defenses • Four Transition Offences
- Three turnovers • Three sweep from open guard
- Two offensive attaches from Turtle position
- Transition from stomach to turtle to open guard
- Fitness goals - See chart in section #22



Harai-makikomi
Sweeping Wrap Around



Hane-makikomi
Springing Body Wrap



Tsukkomi-jime
Lift Pull Strangle

SECTION 6 – GRADING DATES

The grading will be conducted every 4 months in:

- September - For those who train during the summer
- January - Mid year
- May - After State Championships

SECTION 7 – REFEREE DEVELOPMENT

It is the Goal of Mountain View Judo to have judoka participate in the Refereeing aspect of our sport. It is our stance that without referees there would be no competitions for our athletes to compete in and as such it is our duty to encourage our member to learn the rules and to participate in our referee program.

SECTION 8 – COACHING DEVELOPMENT

It is the Goal of Mountain View Judo to develop judoka to improve their coaching and teaching skills. It is our stance that without good coaches, we will not be able to produce good Judoka both as competitors and as good people. All members are expected to help other member of our club to learn good proper judo and to assist in running classes when asked and to assist at tournament when asked.

SECTION 9 – JUNIOR CLASS

Classes will be 1 hour and 15 minutes long and will include ages 5 to approx 12.

The Mat will be divided into two. General class breakdown is as follows:

Time	Section of class	What to do.	Notes
18:00 – 18:05	Class introduction	Bow in and go over any club news and talk about what we will be doing during the class	
18:05 – 18:15	Warm ups	Cardio (jogging) judo movements and dynamic stretching And Ukimi drills	
18:15 – 18:30	Newaza and drills	Review last class and add one new tech as needed	
18:30 – 18:40	Newaza Randori	4 two minute matches	
18:40 18:42	Break	Water break	
18:42-18:52	Nage Waza	Review last class and add one new tech as needed	
18:52 – 19:02	Nagewaza Randori	4 two minute matches	
19:02 – 19:10	Game		
19:10-19:15	Bow out class and go over any needed information		

SECTION 10 – SENIOR CLASS

Classes will be 1 hour and 30 minutes long and will include ages 13 and up.

The Mat will be divided into two. General class breakdown is as follows:

Time	Section of class	What to do.	Notes
19:30 – 19:35	Class introduction	Bow in and go over any club news and talk about what we will be doing during the class	
19:35 – 19:45	Warm ups	Cardio (jogging) judo movements and dynamic stretching	
19:45 – 19:50	Ukimi drills	Free flowing throwing ukimi drills	
19:50 – 20:00	Newaza and drills	Review last class and add one new tech as needed	
20:00 – 20:15	Newaza Randori	4 X 3 minute matches	
20:15 – 20:17	Water break	Water Break	
20:17 – 20:30	Nagewaza and drills	Review last class and add one new tech as needed	
20:30 – 20:50	Nagewaza Randori	4 X 3 minute matches	
21:00 – 21:20	Cardio and strength drills		
21:20 – 21:30	Warm down	Static stretching and Bow out class and go over any needed information	

SECTION 11 – PARENT GROUP

Parent Group Leader

Name - xxxx xxxxxx

Social Group

Leader Name -

xxxx xxxxxx

Fund Raising Group

Leader

Name - xxxx xxxxxx

Membership Group

Leader

Name - xxxx xxxxxx

Tournament Support

Group Leader

Name - xxxx xxxxxx

Social Group

Member

Name - xxxx xxxxxx

Name - xxxx xxxxxx

Fund Raising

Members

Name - xxxx xxxxxx

Name - xxxx xxxxxx

Membership Drive

Members

Name - xxxx xxxxxx

Name - xxxx xxxxxx

Tournament Support

Members

Name - xxxx xxxxxx

Name - xxxx xxxxxx

MVJ Parent Group Members Roles

Parent Group Leader- To interface with MVJ Club Head Instructor and to organize the other Groups Leaders.

Social Group Leader - To interface with Parent Group Leader; to organize Social Group Members and to help organize club social events and steer you group to come up with ideas to improve the social aspects of our club.

Social Group Members - To organize social gathering such as Christmas Parties, Summer Parties, and to provide ideas to improve the social aspects of our club.

Fund Raising Group Leader - To interface with Parent Group Leader; to organize fund raising Members; to help organize fundraising events to support club activities and to steer you group to come up with ideas to raise funds in support of club activities.

Fund Raising Group Members - To organize fundraising activates to support club activities; to provide ideas to increase funds for our members to participate in Judo related activities.

Membership Group Leader - To interface with Parent Group Leader; to organize Membership Members, and to organize Membership drive activities. To steer your group to come up with ways to increase membership and to retain current members.

Membership Group Members - To organize and participate in Membership Drive activities; to provide ideas to increase membership and retain current members.

Tournament Support Group Leader - To interface with Parent Group Leader; to organize Tournament Support Members; to arrange training of the members and steer you group to come up with ideas improve how we run our judo tournaments.

Tournament Support Members - To support MVJ club tournaments; to participate in training in support of our club tournaments and to provide ideas to improve how we put on our Judo tournament.

SECTION 12 – FUNDRAINING COMMITTEE (Parent Group)

The Parent Group's sub Fundraising Committee group will be the main resource:

Things that we will focus raising funds for are:

- Raising funds for our competition team to represent our club at local and away events.
 - Raise funds to assist our club's Coaches and Referees in support of our traveling team.
 - Raise fund for club improvements
 - Raise funds for social events
 - Raise funds in support of our training camps and other activities.
 - Raise funds to provide assistance to any members who may need support to continue practicing judo at our club.
-
- Fund raising events could be:
 - Throw-a-thons
 - Bake sales
 - Running canteens at our tournaments and training camps
 - Other types of sales
 - ETC...

SECTION 13 – CLUB ADVERTIZING AND MEMBERSHIP COMMITTEE (Parent Group)

The Parent Group's sub Advertizing and Membership Committee group will be the main resource:

They will organize such things as membership drives like putting on Judo demonstrations

And finding way to get our name out into the public and into the schools, etc.

SECTION 14 – CLUB SOCIAL COMMITTEE (Parent Group)

The Parent Group's sub Social Committee group will be the main resource:

To organize social gathering such as Christmas Parties, Summer Parties, and to provide ideas to improve the social aspects of our club.

This group will look at way to improve the social aspect

Club team building events will consist of:

- Club social gathering
 - A Christmas Party in December
 - A Summer event in July
 - A Year end event in May

SECTION 15 – CLUB TOURNAMENT SUPPORT COMMITTEE (Parent Group)

We need people to be proficient in the following areas:

- Running tournament score board software
- Running tournament flow chart (hard copies) and software versions
- Tournament setup team.
- People with Tournament Director skills
- Announcers
- Mat control people (to control flow of kids to the playing area)
- Canteen people

SECTION 16 – CLUB REGISTRATION & FEE STRUCTURE

Club Quarterly Registration Cycles are:

July 1st - Sept 30th
Oct 1st - Dec 31st
Jan 1st - March 31st
April 1st - June 30th

Club Fees Are:

Individual membership-----\$150 per 3 months

Family memberships ----- \$210 per 3 months

There is also a yearly fee for USAJ and USAF. These national organizations provide us with the authority to promote and also provide insurance for our Judoka.

SECTION 17 – CLUB MEETINGS

Club meeting will be held once every three months:

- **First meeting in September to set Activities, Goals, and Schedule for the year**
- **Second meeting in December to re-evaluate provide updates of Activities, Goals and Schedule. And modify as needed.**
- **Third meeting in March to re-evaluate provide updates of Activities, Goals and Schedule. And modify as needed.**
- **Forth meeting in June to discuss success of our Activities, Goals, and Schedule and to set ground work for next years Activities, Goals and Schedule.**
- **Activities we will manly focus on are:**
 - **Club registration**
 - **Club advertizing**
 - **How to increase membership**
 - **How to retain members**
 - **Social events**
 - **Community involvement**
 - **Fundraising**
 - **Tournaments to attend**
 - **Training camps**
 - **Hosting tournaments**
 - **Coaching**
 - **Refereeing**
 - **Dojo Improvements**
 - **Mountain View Judo Club Manual review / improvement**
 - **ETC...**

SECTION 18 – TEAM BUILDING EVENTS

Club team building events will consist of:

- **Club social gathering**
 - **A Christmas Party in December**
 - **A Summer event in July**
 - **A Year end event in May**

- **Fund raising and other events**
 - **Competition team throw-a-thon**
 - **Other event as organized by the social committee**
 - **ETC...**

SECTION 19 – CLUB SUMMER CAMP

It will be our goal to host one four day long camps during the summer months.

The camps will be arranged as follows:

Date	Morning Training Schedule 7 am to 10 am	Day Training Schedule 2 pm to 4 pm	Night Training Schedule 7pm to 9pm	Notes: As required
Thursday	Morning Registration (9-10 am) sign up / pick up schedule	Training Newaza Training Half technical Half randori	Training Nage waza Training Half technical Half randori	I.E. Newaze (guard passing) Nagewaza (ippon seio nage combinations)
Friday	Morning training Fitness testing for judo	Training Newaza Training and Nage waza Training	Training One hour of video training and social event	Social event Tachi waza Video training
Saturday	Morning training Team breakfast fitness training Judo specific	Training Newaza Training	Training Nage waza Training	
Sunday	Morning training Team breakfast fitness training Judo specific	Training Newaza Training and Nage waza Training	NIL	

SECTION 20 – CLUB WINTER CAMP

It will be our goal to host one four day long camps during the Christmas time frame.

The camps will be arranged as follows:

Date	Morning Training Schedule 7 am to 10 am	Day Training Schedule 2 pm to 4 pm	Night Training Schedule 7pm to 9pm	Notes: As required
Thursday	Morning Registration (9-10 am) sign up / pick up schedule	Training Newaza Training Half technical Half randori	Training Nage waza Training Half technical Half randori	I.E. Newaze (guard passing) Nagewaza (ippon seoi nage combinations)
Friday	Morning training Fitness testing for judo	Training Newaza Training and Nage waza Training	Training One hour of video training and social event	Social event Tachi waza Video training
Saturday	Morning training Team breakfast fitness training Judo specific	Training Newaza Training	Training Nage waza Training	
Sunday	Morning training Team breakfast fitness training Judo specific	Training Newaza Training and Nage waza Training	NIL	

SECTION 21 – MONTHLY TRAINING CAMP

It is our goal to host one of these every month during the Tournament season.

Date	Morning Training Schedule 7 am to 10 am	Day Training Schedule 2 pm to 4 pm	Night Training Schedule 7pm to 9pm	Notes: As required
Saturday	Morning Registration (9-10 am) sign up / pick up schedule	Training Newaza Training Half technical Half randori	Training Nage waza Training Half technical Half randori	I.E. Newaze (guard passing) Nagewaza (ippon seoi nage combinations)
Sunday	Morning training Team breakfast Fitness testing for judo	Training Newaza Training and Nage waza Training	Training One hour of video training and social event	Social event Tachi waza Video training

SECTION 22 – JUDOKA FITNESS GOALS

Judoka Fitness Goals									
Age	Belt	Push ups	Sit ups	Squats	Ski jumps	Shuttle runs	Burpees	Time to complete all	Continious jogging
Under 9	Yellow III	5	5	5	10	5	3	45 sec	2 min
9 to 12	Yellow III	10	10	10	15	5	3	1 minutes	3 min
13 to 16	Yellow III	15	15	15	20	5	3	1 minutes 15 sec	3 min
Over 17	Yellow	20	20	20	25	5	3	1 minutes 30 sec	3 min
Under 9	Orange III	10	10	10	15	8	6	1 minutes 30 sec	3 Min
9 to 12	Orange III	15	15	15	20	8	6	1 minutes 30 sec	3 Min
13 to 16	Orange III	20	20	20	25	8	6	2 minutes	3 Min
Over 17	Orange	25	25	25	30	8	6	2 minutes 15 sec	3 Min
Under 9	Green III	15	15	15	20	10	9	1 minutes 45 sec	4 min
9 to 12	Green III	20	20	20	25	10	9	2 minutes 15 sec	4 min
13 to 16	Green III	25	25	25	30	10	9	2 minutes 30 sec	4 min
Over 17	Green	30	30	30	35	10	9	2 minutes 45 sec	4 min
Under 12	Blue III	25	25	25	30	15	12	2 minutes 45 sec	5 min
13 to 16	Blue III	30	30	30	35	15	12	3 minutes	5 min
Over 17	Brown	35	35	35	40	15	12	3 minutes 45 sec	5 min
13 to 16	Purple	35	35	35	40	20	15	3 minutes 45 sec	5 min
Over 17	Brown II	40	40	40	50	20	15	4 minutes	5 min

SECTION 23 – CLUB COMMUNITY VOLUNTEERING PROGRAM

It is our goal to give back to the community. As such we should strive to volunteer some time to the community. Will need ideas but some things we could do are.

- Park cleanup
- Highway cleanup
- Etc...

SECTION 24 – CLUB WEB SITE

The club website is Mountain View Judo and is currently being donated by maintained by David Cheverie.

The address is mountainviewjudo.com it is run through a company called Web Starts

Below is the information to get to and login to our website server to make addition and updates.

Server Website: <http://webstarts.com/index.html>

Login with my email address, which is davidcheverie@yahoo.com

Password is: judons

Our website address is: www.mountainviewjudo.com

We also have a Face Book Page Called Mountain View Judo and it is being administered by Andria Siegfried

SECTION 25– Club Awards

1. The Mountain View Judo Club Shiai Obi Award. It will be present after each tournament we attend:

The winner of the award will be based on:

1. Results and level of competition played
2. Team spirit
3. Proper judo etiquette, I.E. being a good winner, loser, proper bowing, behavior on and off the mat, etc..

SECTION 26– APPENDIX(S)

Dynamic Stretching for Grappling

Dynamic stretching and mobility exercises should form part of the warm up program in a training session. The dynamic exercises you incorporate into your warm up program should be appropriate to the movements you would experience in your grappling lesson. In all the exercises breathe easily whilst performing them.

Current research work detailed in Medicine & Science in Sport and Exercise 33(3), pp354-358 and Journal of Strength and Conditioning Research, vol 15 (1): 98-101 suggests that the use of dynamic stretches - slow controlled movements through the full range of motion - are the most appropriate exercises for the warm up. By contrast, static stretches are more appropriate for the cool down.

Dynamic movements are the best way to prepare your body for dynamic workouts and competition. Contrary to old beliefs, the best time to work on static flexibility is at the end of your workout, and not in the beginning.

Advantages of Dynamic Stretching

Dynamic stretching is a form of stretching that uses movement and momentum to cause a muscular stretch. Don't confuse dynamic stretching with ballistic stretching; a key difference between the two being that dynamic stretching lacks the bouncy movements that are characteristic of ballistic stretching. As opposed to static stretching, in dynamic stretching the end position is also not held. Despite its popularity, recent studies have shown that dynamic stretching is more advantageous than static.

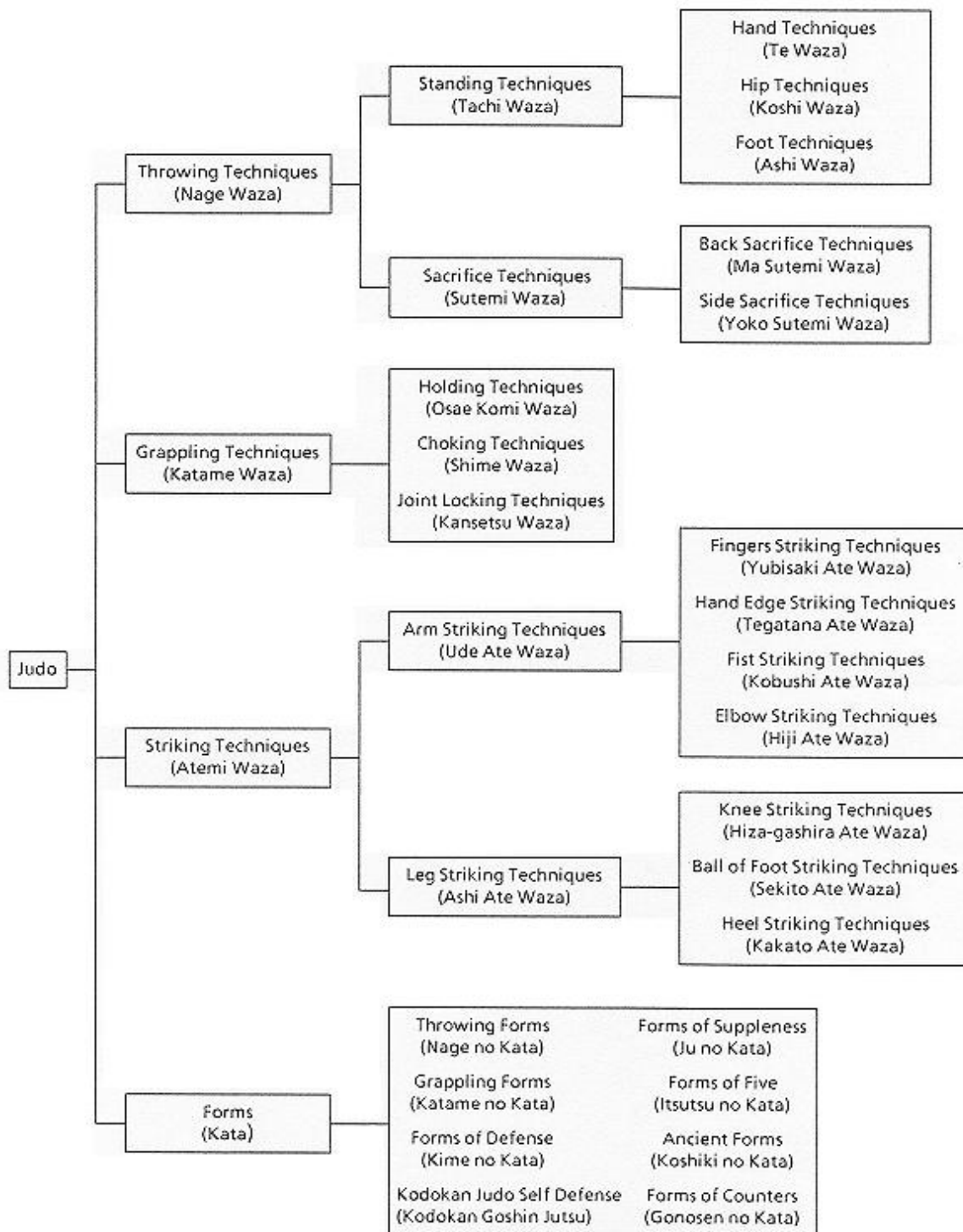
Have a look at the below website for a better explanation and examples of dynamic stretching. Remember that it is for the coach to design the dynamic stretching routine to fit the sport. The below only gives general ideas and is not sports specific for grappling.

Look at this page for information on all types of stretching.

<http://www.sport-fitness-advisor.com/flexibilitytraining.html>

<http://www.sport-fitness-advisor.com/dynamicstretching.html>

Heirarchy of Judo Techniques



General Judo Terminology

Judo - the gentle way	Dojo - workout hall
Hon - basic	Tatami - mats
Judogi - uniform	Kuzure - modified or broken position
Shiai - tournament	Professor Jigoro Kano - founder of Judo
Nage - throw	Sensei - teacher
Kitzkae - pay attention	O - major
Ko - minor	Uke - one who's being thrown
Rei - bow	Mae - forward
Tori - one who is throwing	Zarei - kneeling bow
Jime - strangle	Judoka - student of Judo
Ritsurei - standing bow	Juji - cross
Kata - pre-arranged set of techniques	Randori - free practice
Uchi - inner	Soto - outer
Ukemi - breakfalls	Uchi-komi - step-ins
Ura - back	Nage-waza - throwing techniques
Osae-waza - holding techniques	Sumi - corner
Shime-waza - choking techniques	Kansetsu-waza - joint-lock techniques
Sutemi - sacrifice	Kei - yell from stomach
Shinhan - professor	Shinpan - referee
Tsuri - lift and pull	Shiai-jo - contest area
Otoshi - drop	Tobi-komi - turn and pull
Kake - attack	Joseki - head or official table
Guruma - wheel	Kake - hook
Gari - reap	Hari - sweep
Tomoe - circular	Okuri - sliding

Terms used in competition

Ippon - full point	Hansoku make - penalty for grave infringement
Waza-ari - half point	Shido - penalty for minor infringement
Yuko - quarter point	Waza-ari awasatte Ippon - win by addition of two waza-ari
Fusensho - win by default	Sogo-gachi - compound win
Yusei-gachi - win by decision	Yoshi - continue after sonomama
Aka - red sash	Shiro - white sash
Hiki-wake - draw/tie	Hantei - request for decision
Hajime - start	Matte - stop
Jikan - time is up	Maitta - I submit / tapping
Osae-komi - holddown is on	Soremade - that is all
Toketa - holddown is broken	Sonomama - do not move

Body Parts

Migi - right
Senaka - back
Kao - face
Eri - collar
Kami - upper body
Seo - shoulder
Ude - arm
Te - hand
Oyayabi - thumb
Kobusi - fist
Koshi (Do) - waist
Momo - thigh
Hara - stomach
Hiza - knee
Ashi - foot
Ashiura - back of foot
Kyu - Yellow to brown belt rank
Obi - belt

Hidari - left
Atouma - head
Ago - chin
Tai - body
Kubi - neck
Mune - chest
Zempaku - forearm
Yubi - finger
Sode - sleeve
Hiji - elbow
Yoko - side
Tekubi - wrist
Koshi - hip
Kakato - heel
Ashi-kube - ankle
Tsumasaki - toes and ball of foot
Dan - black belt ranks

Counting

1 - Ichi	100 - Hyaku
2 - Ni	1000 - Sen
3 - San	10,000 - man
4 - Shi, Yon	100,000 - juman
5 - Go	1,000,000 - hyakuman
6 - Roku	10,000,000 - senman
7 - Shichi, Nana	100,000,000 - oku
8 - Hachi	
9 - Ku	
10 - Ju	
11 - Juichi (10 plus one)	
12 - Juni (10 plus 2)	
...	
19 - Jukyu (10 plus 9)	
20 - Nijukyu (2 10's)	
...	
29 - Nijuku (2 10's plus a 9)	
...	
30 - Sanju (3 10's)	
...	
35 - Sanjugo (3 10's plus a 5)	
...	
99 - Kyujkyu (9 10's plus a 9)	

Additional Judo Terminology

Ai-yotsu	Same grip used by both persons, either right or left	Fusen Gachi	Win by default
Ashi	Foot, leg	Goshin Jutsu	Art of self defense
Ashi Waza	Foot techniques	Hajime	Begin
Atemi Waza	Striking techniques	Hando no Kuzushi	Unbalancing by reaction
Ayumi Ashi	Ordinary pattern of walking	Hansoku-make	Most serious penalty, disqualification
Batsugun	Instant promotion	Hantei	Referee call for judge's decision
Budo	Martial ways	Happo no Kuzushi	Kuzushi in 8 directions
Bujutsu	Martial arts	Hara	Stomach
Bushido	Way of the warrior	Hidari	Left
Chui	Penalty (no longer used)	Hiji	Elbow
Dan	Black belt rank	Hiki-wake	No decision--tie or draw
Debana	Instant of opportunity to break balance as opponent initiates a motion	Hikite	Pulling hand -- usually the hand gripping a sleeve
Dojo	School or training hall for studying the way	Hiza	Knee
Eri	Collar, lapel	Ippon	Victory in one move, one point
Fudoshin	Immovable spirit	Jigotai	Defensive posture
Fusegi	Escapes	Jikan	Referee call to stop the clock

Jita Kyoei	Principle of mutual prosperity	Katame no kata	Forms of grappling
Joseki	Place of honor, upper seat	Katsu	Resuscitation
Judo	Gentle or flexible way	Keikoku	Penalty (no longer used)
Judo Ichidai	A Judo life--Spending one's life in the diligent pursuit of Judo	Kenka Yotsu	Opposite grips used by each person , one right/one left
Judogi	Judo practice uniform	Kiai	To gather spirit with a shout
Judoka	One who studies Judo	Kime no Kata	Forms of decision
Ju no Kata	Forms of gentleness	Kinshi Waza	Techniques prohibited in competition
Ju no Ri	Principle of flexibility or yielding	Ki o tsuke	Attention
Jujutsu	Gentle art	Kodansha	High ranking judoka -- 5th dan and above
Kaeshi Waza	Counter techniques	Kodokan	Judo institute in Tokyo where Judo was founded
Kake	Completion or execution of technique	Kogeki Seyo	Order for judoka to attack
Kansetsu Waza	Joint locking techniques	Koka	Score less than a yuko
Kappo	Resuscitation techniques	Koshi, Shiri	Hip
Kata	Forms	Koshi Waza	Hip techniques
Kata	Shoulder	Kubi	Neck

Kumikata	Gripping methods	Nage no Kata	Forms of throwing
Kuzure	Modified hold	Nagekomi	Repetitive throwing practice
Kuzushi	Unbalancing the opponent	Nage Waza	Throwing techniques
Kyoshi	Instructor	Ne Waza	Techniques on the ground
Kyu	Student rank	Obi	Judo belt
Maai	Space or engagement distance	Okuden, Ougi	Secret teachings
Mae	Forward, front	Osaekomi	Pin, referee call to begin timing
Mae Sabaki	Frontal escape	Osaekomi Waza	Pinning techniques
Mae Ukemi	Falling forward	Osaekomi Toketa	Escape , stop timing of hold
Masutemi Waza	Back sacrifice throws	Randori	Free practice
Mate	Stop (wait)	Randori no Kata	Forms of free practice techniques
Migi	Right	Randori Waza	Techniques for free practice
Mudansha	Students below black belt rank	Rei	Bow
Mune	Chest	Reiho	Forms of respect, manners, etiquette
Nage	Throw	Renraku Waza	Combination techniques
Ritsurei	Standing bow	Shizentai	Natural posture

Seika Tanden	A point in the abdomen that is the center of gravity	Shomen	Dojo front
Seiryoku Zenyo	Principle of maximum efficiency	Sode	Sleeve
Seiza	Formal kneeling posture	Soke	Founder of a martial art or ryu
Sen	Attack initiative	Sono Mama	Stop action; command to freeze
Sensei	Teacher, instructor	Sore Made	Finished, time is up
Shiai	Contest	Sute Geiko	Randori throwing practice against a higher level judoka
Shiaiyo	Competition area	Sutemi Waza	Sacrifice techniques
Shido	Penalty, equal to koka score	Tachi Waza	Standing techniques
Shihan	Title for a model teacher or "teacher who sets the standard" (i.e. Kano-shihan)	Tai Sabaki	Body control, turning
Shime Waza	Choking techniques	Tatami	Mat
Shinpan	Referee	Te	Hand, arm
Shintai	Moving forwards, sideways & backwards	Te Waza	Hand techniques
Shisei	Posture	Tekubi	Wrist
Tokui Waza	Favorite or best technique	Waza ari Awasete Ippon	Two waza-ari together for ippon
Tori	Person performing a technique	Yakusoku Geiko (or renshu)	Pre-arranged free practice

Tsugi Ashi	Walking by bringing one foot up to another	Yoko	Side
Tsukuri	Entry into a technique, positioning	Yoko Kaiten Ukemi	Sideways rolling break fall
Tsurite	Lifting hand	Yoko Sutemi Waza	Side sacrifice throws
Uchikomi	Repeated practice without completion	Yoko Ukemi	Falling sideways
Ude	Arm	Yoshi	Resume action, continue
Uke	Person receiving the technique	Yubi	Finger
Ukemi	Breakfall techniques	Yudansha	Person who earned the black belt
Ushiro	Backward, rear	Yudanshakai	Black belt association
Ushiro Sabaki	Back movement control	Yuko	Score less than a waza-ari
Ushiro Ukemi	Falling backward	Yusei Gachi	Win by judge's decision
Waki	Armpit	Zanshin	Awareness
Waza	Technique	Zarei	Kneeling salutation
Waza Ari	Near ippon or half point	Zenpo Kaiten Ukemi	Forward rolling break fall
		Zubon	Pants