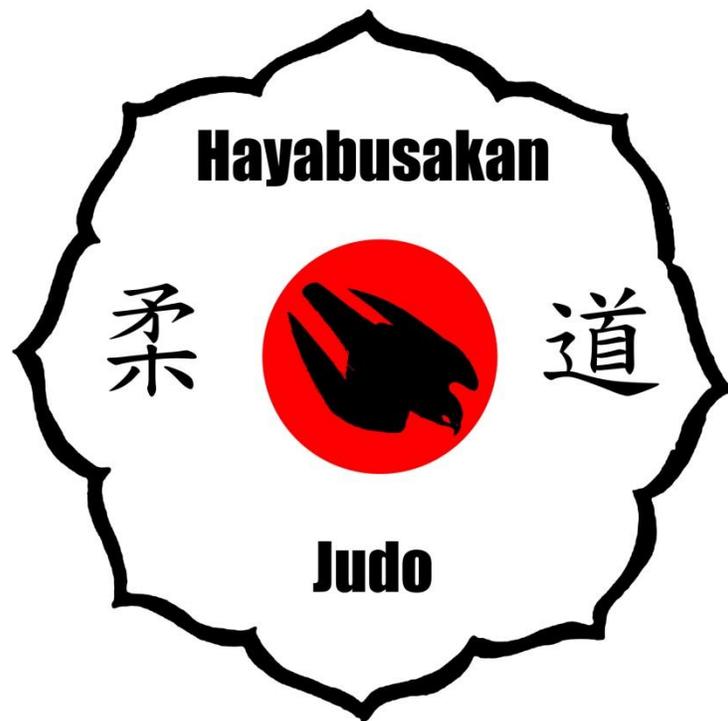


Member Handbook



Note: The contents of this Handbook are subject to change without notice. Please refer to the club website for the most up-to-date version.

Hayabusakan Judo Kai Member Handbook

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Introduction

October 6, 2015

Dear Member:

Welcome to Hayabusakan Judo. Our mission here is to build judoka who are technically strong and who are also upstanding and respectable citizens in the community. We promote a curriculum that supports the development of fitness, technique and disciplined respect. Students are also encouraged to participate in tournaments to test the application of their skills learned during practice under high amounts of pressure. Tournaments are not mandatory; however, they are a strong source of indication for senseis to assess progress and grading. Furthermore, this competitive aspect of our training model builds strong character in young people that can be drawn upon later in life when making crucial decisions in high-pressure and time-constrained situations.

This Member Handbook includes chapters on Etiquette when in the dojo, Expectations of members, and a Code of Conduct. For your convenience, a brief history excerpted from a very popular judo informational site has been included to provide a little background on our sport.

Please find within these pages most of the information that should answer the majority of your questions regarding judo and the Hayabusakan Judo structure. If there are questions that are not addressed within these pages, please feel free to ask one of the senseis. Lastly, for insurance reasons, Hayabusakan Judo requires that all members are registered with Judo Ontario.

Sincerely yours,



Justin Chan
Head Sensei

Dojo Etiquette

Arriving at the Dojo

1. All students are encouraged to come 5-10 minutes earlier to change into their judo gis and to be ready to come onto the mat at the allocated time so as not to delay bow-in. Classes will start promptly at the specific time allotted.
2. If the student arrives late, the student must ensure that one of the senseis is greeted by the student before joining the class.

Bowing In/Out

3. When first stepping onto the mat, step on with the left foot first, then the right. Place both feet together and bow towards the Shomen (the wall that has Sensei Jigoro Kano's picture).
4. When leaving the mat, first bow to the Shomen and then step off the mat, right foot first.
5. The highest belt sits closest to the Shomen. The student at the top of the line will call the bowing process as follows when directed to:
 - A. To OPEN (bowing in) a class:
 - a. Shomen ni – rei!
 - b. Sensei ni – rei!
 - B. To CLOSE (bowing out) a class:
 - a. Sensei ni – rei!
 - b. Shomen ni – rei!
 - c. Sensei gata ni – domo arigato gozai mashita
6. The student must always bow in with his/her partner when training.
7. The student must always bow out when he/she are done training.

General Safety

8. Sensei's basic commands: (these must be obeyed at all times)
 - a. Kiotsuke – attention
 - b. Hajime – start
 - c. Mate – stop (stop whatever you are doing and listen to the sensei for instructions)
 - d. Sauremate – end of exercise

9. There is no horsing around on the mat at all.

10. If something is hurting, then tap the mat loudly TWICE or tap training partner firmly TWICE.

11. It is encouraged that crying on the mat should only occur in cases of excruciating pain that is indicative of a serious injury. Constantly crying even for the smallest of bruises makes it hard for senseis to gauge the severity of an injury – think of the story about the boy who cried wolf. It is equally encouraged that judoka do not cry when they lose at tournaments. Due to that nature of our sport, tolerance for a certain amount of pain becomes a necessity at later stages.

Personal Safety and Hygiene

12. No metal or jewellery should be worn while practising.

13. Finger nails and toe nails should be kept short to avoid being ripped in the judo gi.

14. When caught in a throw, take a breakfall. Turning out of throws is dangerous and should be practised in a properly controlled environment set up by a sensei.

15. Your judo gi should be washed and should not smell. Equally, blood stains need to be scrubbed out to avoid staining.

16. Hands should be clean upon arrival at practice as they will be touching other people's judo gis.

Addressing Senseis

17. All Black Belts on the mat shall be addressed as "Sensei".

Leaving the Mat

18. Judokas are not allowed to leave the mat unless they ask one of the senseis to do so first – to go to the washroom or for a drink, or even to go talk to a parent.

Traditional Etiquette

19. Traditionally, when bowing in to practise with another judoka, one would say "onagai shimasu" (please help me) ["sensei, onagai shimasu" (sensei, please help me)]. This is based on the fact that judo can only be practised with another person.
20. Thanking someone after training with them – "domo arigato gozai mashita".

Three Core Areas: Humility, Waza and Shiai

Humility

The judoka must know and understand that there will always be someone out there who is better than him/her and this should be motivation to train harder and become better. The judoka should always be open to any suggestions that a yudansha (Black Belt) has to offer and should not openly dispute it. Some techniques fit some people better than they do others and it is up to the judoka to pick and choose what suits his/her body best.

This aspect of humility also means that egos should be left off the mat. The judoka should be willing to learn from the lessons rather than to attempt to pick them apart – lessons are structured to first provide basics that will later be filled in with detail that will plug any holes that may be very obvious at the outset. Humility allows for a better intake of information from lessons.

One of Sensei Jigoro Kano's principles of judo is *jitakyoei*, or "mutual welfare and benefit". The judoka must respect the fact that training in judo benefits both the person applying the technique and the person on whom the technique is applied. This can be seen in the simple example of throwing practice. The person being thrown (uke) must help the person throwing by not resisting, and in doing this, he/she learns/feels what the shape of the throw should be. The person throwing (tori) benefits from being able to practise the throw.

Waza

Waza is "technique" in Japanese. The focus of our club is on waza rather than power. Waza is what creates everything from the beautiful shape of the throw to the effortless control of a hold-down, arm-lock or choke. This is taken from another one of Sensei Jigoro Kano's principles of judo: *seiryokuzenyou* ("maximum efficient use of physical and mental energy").

Proper technique will require little to no effort to complete a throw, hold-down, arm-lock, or choke. Repeated practice of this proper technique will create muscle memory which will in turn reduce the need to exert mental energy to think about how to properly apply a technique. And it is like this that a smaller judoka can overcome a much larger and physically stronger opponent.

Shiai

Shiai refers to tournaments. Shiais are a great way of testing whether the skills that the judoka has learned in the class sessions can be applied. Randori (or free practice) is not nearly as good of an indicator only because the amount of psychological stress that is involved is much greater in a shiai setting. In a judo match at a tournament, the judoka is out there on his own to fend for himself/herself.

The shiai setting is also a great place to train young minds on how to deal with large amounts of stress and anxiety. Seasoned judoka who are regular tournament fighters learn to deal with high-pressure situations and this can be applied in everyday life where sometimes pressure can skew a person's decision-making powers. Fighting tournaments will help those who have learned to deal with such pressure pull their minds back on track to make fully educated decisions in the most pressing of situations.

The high-pressure in tournaments comes from the very nature of a judo match – to try to throw your opponent to the ground with power, direction, and control; to try to hold them down for 25 seconds; or to try to submit them in an arm-lock or choke where there is a risk of a broken arm or being put to sleep in a choke. The end-result is a mind of steel once the judoka has learned to cope with this type of environment.

This type of pressure also helps judoka avoid letting conflicts getting physical off the mat, on the streets or at school. Having a calm and clear mind in the face of an aggressor is key to walking away without any physical altercation – not that this will always be the case and should there be any physical altercation that ensues, the judoka has a clear mind to do only enough to defend himself/herself rather than to let emotions decide the appropriate amount of power used/exerted to deal with the aggressor.

Basic Judo Theory

A History of Judo

Courtesy of Keo Cavalcanti from judoinfo.com

(<http://judoinfo.com/new/alphabetical-list/judo-history/126-the-history-of-kodokan-judo>)

Dr. Jigoro Kano, founder of modern Judo, was born in the town of Mikage in the Hyogo Prefecture, on October 28, 1860. Shihan Kano never viewed the martial arts as a means to display physical prowess or superiority. As a pacifist, he studied them to find a way to live in peace with other human beings. In his youth Kano studied Jujutsu under a number of different masters....

Kano's search for a unifying principle for the techniques he learned led him to the first principle of Judo--Seiryoku Zenyo (maximum efficiency in mental and physical energy). To him, only techniques that kept practitioners from spending much physical and mental energy should be incorporated into the system. One should use the energy of one's opponent to defeat his or her aggression. He called the resulting body of knowledge Judo. To propagate his art Kano founded the Kodokan (the "school to learn the way") at the Eishoji Temple in 1882.

Kano built his system around three major sets of techniques: throwing (nage waza), groundwork (katame waza) and striking (atemi waza). The throwing techniques, drawn from the Kito ryu, were further divided into standing (tachi waza) and sacrifice (sutemi waza) techniques. Standing techniques included hand (te waza), hip (koshi waza) and foot (ashi waza) throws. Sacrifice techniques include full sacrifice (ma sutemi waza) and side sacrifice (yoko sutemi waza) throws.

Kano's groundwork and striking techniques were drawn more heavily from the martially oriented Tenshin-Shinyo ryu. Groundwork is organized into holds (osaekomi waza), strangulations (shime waza) and joint locks (kansetsu waza). While Kano taught groundholds earlier to his students, the secrets of shime and kansetsu waza were saved for those who had attained a higher ranking in the art. High ranking students were also expected to know the art of resuscitation (kappo), so as to conduct their training in a safe and responsible manner.

Judo's striking techniques included upper (ude ate) and lower limb blows (ashi ate). Among the striking techniques were those utilizing fists, elbows, hand-edges, fingers, knees and feet as striking points. Because of its lethal nature, Atemi waza was also taught exclusively to high ranking Judokas at the Kodokan.

To complete the transition from jutsu (martial art) to Do (way of life), Kano added a strict code of ethics and a humanitarian philosophy to his newly created system. Kodokan instructors and students were expected from the beginning to be outstanding examples of good character and honest conduct. Any hand-to-hand combat outside of the dojo, public demonstrations for profit, or any behavior that might bring shame to the school could lead to suspension or expulsion from the Kodokan.

Kano's ultimate concern for the well-being of the whole individual and of the community is reflected in his teaching methods and in Judo's second guiding principle. Kano utilized four teaching methods in his dojo: randori (free practice of all Judo technique), kata (pre-arranged forms, considered the more technical rituals of the art), ko (his systematic lecturing), and mondo (periods of question and answer).

The debates between Shihan Kano and his disciples led him to the second principle of Judo, Jita Kyoei (the principle of mutual benefit and prosperity). Kano believed that the diligent practice of Judo would lead to the realization that one could not progress at the expense of others, that in mutual prosperity lied the key to any real progress in human life. He was so taken with the principle that he regarded its diffusion, through the practice of Judo, as his greatest mission in life....

Between 1912 and 1952, when the International Judo Federation was founded, several Japanese experts immigrated to other continents, spreading Judo teachings. Sensei Gunji Koizumi, 7th Dan, went to Great Britain in 1918, founding the London Budokwai. Mikinosuke Kawaishi, 7th Dan, one of the world's foremost experts on Judo kata, went to France in 1922. Sensei Sumiyuki Kotani, 8th Dan in 1952, trained the first team of American Air Force Judokas at the Kodokan. That team became the seed of what is now the United States Judo Association.

As Judo spread throughout the Western world it slowly gained the form of a sport. Its eventual popularity in World and Regional Games and inclusion in the 1964 Olympic Games led more and more to an emphasis on the physical and competitive aspects of the art, sometimes at the expense of its intellectual, moral and spiritual underpinnings. In 1982 (on the 100th anniversary of the founding of the Kodokan) the Kodokan Judo throwing techniques, the Gokyo no Waza, were revised and expanded, then in 1997 the Kodokan added two additional throws.



Professor Jigoro Kano, 28 October 1860 – 4 May 1938
Founder of Judo

The Meaning of Judo

Judo translates literally into "the gentle way". This reflects the goal of maximum efficiency from minimum effort along with the humble and upstanding citizen that the judoka should strive to be.

Redirection of Power and Momentum

Judo techniques are based largely on the direction in which the opponent is off balance. This can be due to the opponent's poor posture, movement, or attack. If an opponent is standing still, then an action that forces an anticipated reaction must be made to set the opponent in motion.

Weight

Effective usage of the judoka's weight can help to defend/block throws and to control the opponent in ground work. Sometimes, dead weight is more effective than a rigid body that is moving fast.

Fear of Flying

Losing the fear of flying through the air allows for the judoka avoid worrying about being thrown. This allows for a less defensive approach/stance that would have been taken for fear of being countered and consequently getting injured. This in turn allows for a more committed attack.

Furthermore, to be able to follow the proper shape of many throws, the judoka must be able to shape his/her body in such a way that requires it to fly through the air with the opponent to finish straight to the mat.

Kicking and Punching

Even though there are some forms of striking in judo, these are strictly reserved for kata – learned only when recommended for black belt grading. Striking is illegal in competition, and since we teach judo as a sport, in the spirit of its sporting nature, the judoka shall refrain from any kicking or punching while on the mat.

Club Structure

Hierarchy

Our judo club is structured in a hierarchy (top to bottom):

1. Head Sensei(s) (Instructor Status) – Justin Chan
2. Assistant Sensei(s) (Instructor Status)
3. Instructor Sensei(s) (Instructor Status)
4. Judo Canada/IJF Recognized Black Belts
5. Sempais
6. All Other Students

This hierarchy is set in place for accountability purposes and to reinforce the humility that is required especially of all judoka who fall under "all other students".

The Head Senseis are responsible for the overall structuring of the judo program, lessons, and coaching at tournaments. If you have a question about the training regimen that is imposed on the students, please speak to one of the Head Senseis. Tournament and Dojo Exchange information will also be communicated by the Head/Assistant Senseis.

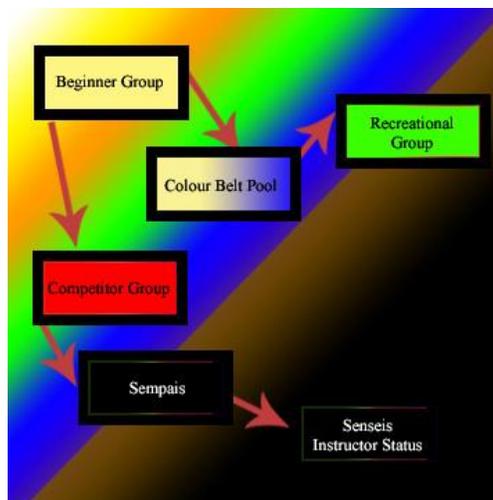
The administrative duties are overseen by Senseis Justin Chan. If you have a question about membership, fees, or judo gi sales, please speak to Sensei Justin.

Black Belts are only fully recognized if proper documentation from Judo Canada or some other fully recognized IJF organization stating rank and date achieved can be shown upon request. This is for insurance purposes.

Sempais are senior students (usually Brown Belts). They are role model students who will be used to help with the efficient and smooth running of classes. They are also there to assist the instructing sensei.

Belt Order

White
Yellow
Orange
Green
Blue
Brown
Black



The Beginner Group

This group consists of all of those joining the club for the first time and who have never done judo before.

Intermediate Colour Belt Group

This group consists of those players who have sound ukemi and who can start to learn more tachi-waza techniques. Their rolling breakfalls may not be perfect but they are acceptable.

Intermediate Recreational Group

This group consists of those players within the Colour Belt Group who have no intention to ever fight tournaments. However, they will still be encouraged to fight in intra-club and dojo exchange shiai settings. Competing at these events is usually mandatory for belt promotion beyond orange. Students who come under this group will find that they will not progress as fast those who are selected for the Competitor Group. Specifically, these students will generally find that obtaining their brown belt will be especially harder in terms of time in rank. Furthermore, with the exception for special age considerations, recreational fighters will find it even harder to obtain a black belt. Fighters in this group will always lack a competition understanding of judo and will therefore most likely not be referred to the National Grading Board for examination, unless in special circumstances (fighting points are generally required for black belt candidates under the age of 21). Black Belts from our system and structure should be able to demonstrate a fundamental understanding of all aspects of judo, including that of competition. Thus, a judoka who never fights tournaments cannot later teach/share this experience/aspect.

Advanced/Competitor Group

The competitor group is a hand-selected bunch from the Colour Belt Pool who will focus on fine-tuning basics. Just because a particular fighter competes at tournaments beyond intra-club and dojo exchange (i.e. Judo Ontario sanctioned or other internationally recognised tournaments) does not automatically make a fighter eligible to be included in the instruction of this group. It is a privilege that must be earned through demonstration of humility (most important to demonstrate coachability), sound basics, and unwaveringly consistent attendance.

Sempais

Sempais will be chosen from the Competitor Group based on each fighter's ability to teach and interaction with younger and/or less experienced judoka. These are selected by the senseis. This status is generally not officially announced and is casually bestowed. Sempais are generally on the road to being referred to the National Grading Board for examination. As soon as sempais receive their black belt, they will be automatically addressed as "Sensei".

Senseis with Instructor Status

Sempais (who have passed the National Grading for black belt) who have demonstrated that they are not only able to teach but able to recognise flaws in techniques will be given instructor status and will be allowed to help coach other competitors at tournaments. Their status is just under the Assistant Head Sensei. This status is not announced and is just understood.

Visiting Students

All of these judoka must sign a waiver of liability before stepping onto the mat. These types of students are instrumental to further exposure of Hayabusakan Judo members to other fighters and serves as good practice for trying to apply techniques.

Visiting Senseis

Visiting Senseis are vital towards spreading knowledge of judo. What works for one sensei will not necessarily work for the next, as the same goes for judoka to judoka. Visiting senseis may have a technique that a particular student in our club may find very useful.

Program Structure – Humility, Technique, Shiai

Generally

The philosophy that guides much of our teaching structure and pedagogical approach is based on the idea that students must learn humility as the first step in a judo career before progressing to be able to grasp the techniques in judo, which will ultimately be tested in competition (shiai).

Humility and Technique

The humility that we need to see in a student refers to the attitude that the student brings into the dojo. Is it one that is open to help or more open to giving excuses? The student must learn to understand that each practice is a stepping stone towards perfection of technique and because of this, there is no end to any of the training – only constant improvement. There are no parts of the syllabus that can be completed and forgotten about.

Even at the most basic stage of learning judo, breakfalls are improved upon throughout a judoka's rise to black belt; and even after that, there is still more to improve – albeit more in terms of form for demonstration rather than safety at that point.

The link between humility and technique is one that can be easily accepted or learnt the hard way. In the latter, impatience will be the consequence of lack of humility. Learning how to throw someone to the ground against their will, with technique rather than brute force and momentum, is a difficult thing and requires long hours of repetition and muscle memory development to be able to "feel" someone who is off balance and to be able to use this to throw their opponent.

Technique and Shiai

Technique is in constant improvement. The human body changes – it grows and gets stronger and then it ages and weakens. Depending on which stage the judoka's body is at, certain techniques will need to take on its own adaptation to fit that particular body-type. Throws that work for one judoka will not necessarily be appropriate for another. Throws that require a lot of movement in the hip or a big sweeping action may seem effortless to be executed by young players. However, this may not be the case at all when the same player is middle-aged – when

the most efficient techniques of footsweeps and hand techniques will likely make up the larger part of the judoka's arsenal of available throws.

All of this practice would be quite meaningless if it could not be tested. The true test of technique is to see how the judoka will react under pressure. It is surprising to see how many people will crumble under the pressure of a match – simply put, the judoka is entering into a fight where the other player wants to throw the judoka to the mat to win. The mere fact that it is actually a fight where chokes and arm-locks are also allowed raises blood pressure and can cause quite a bit of anxiety. The training that Hayabusakan Judo offers is that which will teach the judoka how to deal with this stress and pressure. Learning how to deal with this amount of stress and pressure will later translate into life when major decisions must be made in pressure situations where a clear mind must be in control to make the right call.

The "Fun" in Judo

Having read the above description of the program structure, many will be wondering where the fun in judo is. The simplest answer that we can give is that the fun comes in basking in the appreciation of achievement after a hard practice. Training hard on the mat and smashing even club mates into the tatami (who know how to take the fall to protect themselves) builds an odd comradery that can be similarly observed in rugby players. The fun actually comes off the mat in the form of results that can be seen physically, psychologically, and socially. Judokas who train properly are always in shape. Judokas who train under the Hayabusakan Judo system will find themselves calm and collected in even the tensest of situations. Finally, judokas who come through the ranks of the Hayabusakan Judo program will likely become role model citizens who will set examples for younger generations through their humility and compassion, all of which will have been learnt and developed at Hayabusakan Judo. For us, judo is more than an extra-curricular activity. It is a way of life.

Expectations

Generally

It is expected that members of Hayabusakan Judo are familiar with the contents of this Handbook, especially with respect to the Code of Conduct and Dojo Etiquette parts.

Trial Period Memberships

Trial Memberships last only for one week, unless given explicit written consent for exception by the Head Sensei or the Assistant Head Sensei. All judoka on the mat must either be a member or sign a liability waiver before practising/partaking in any class. No judo gi is required during this trial. However, a judo gi is mandatory after this first week of trial lessons.

The Initiation Fee

The Initiation Fee pays for Judo Ontario registration, a standard single-weave judo gi that will last for the first part of the judoka's judo career, the printing of a copy of this Handbook, and other administrative costs.

Membership Fees

Membership fees fall due on the first of every month. They are expected to be paid promptly. We are lenient and understanding when it comes to special circumstances; however, consistently late payments will not be tolerated as there must be enough cash to pay for the senseis' time.

Members paying using the monthly withdrawal plan through PayPal *may* receive a discount as this alleviates much of the administrative process that is involved in processing cheques and cash. Similar discounts may be available to those paying the Initiation Fee through PayPal.

Full details of membership fees and cancellation policies are outlined in the membership Agreement and the terms therein govern the policies regarding any membership issues.

Code of Conduct

The Code of Conduct in the following chapter must be adhered to at all times. It sets out how a student should act on and off (as a representative of our club and judokas in general) of the mat.

Code of Conduct

Part I – In the Dojo

1. Respect from Students

(a) Respecting Senseis

- (i) Mudansha (colour belts) shall address all Yudansha (Black Belts) as "Sensei" when speaking to them.
- (ii) All Senseis' orders are to be obeyed for safety purposes.
- (iii) All Senseis' instructions should be followed as closely as is practicable.

(b) Respecting Other Students

- (i) All judoka should be courteous to other judoka on the mat.
- (ii) Judoka should refrain from putting down others in any overly competitive manner and this standard is set at the presiding sensei's discretion.
- (iii) Any problems with respecting other students should be brought to the attention of the sensei. However, consistent tattle tales will not be tolerated.

(c) Respecting Parents, Observers, and Others

- (i) Judoka will respect all parents and observers at all times when in the dojo.
- (ii) Foul language or anti-social behaviour directed at any parent, observer, or other member of public while attending judo class will be met with an appropriate disciplinary action decided with the discretion of a sensei with instructor status.

2. Behaviour

(a) No Horsing Around

- (i) There is a strict policy of no idle running around the mat when class is in progress. This creates an unsafe environment where those running around may run into people practising fast throwing techniques.
- (ii) There is no horsing around of any kind, including any type of playful poking or shoving of other students and anything that the presiding sensei deems to be inappropriate.
- (iii) Judoka will be given one warning before disciplinary action will be taken.

- (iv) It is within the sensei's discretion to judge the gravity of any such offence that may incur automatic disciplinary action without warning, as in (iii).
- (v) Any dispute with respect to the enforcement of this Part of the Code of Conduct shall be taken up with one of the Head Senseis. It is inappropriate to confront the enforcing sensei directly, unless the enforcing sensei is a Head Sensei.
- (vi) In the event of such a dispute as in subsection (a)(v), the Head Sensei has full discretion to end the matter in whatever manner is best for the teaching of discipline and respect to the judoka in question within the judo club. The Head Sensei's decision in this situation is final, binding and cannot be appealed.

(b) No Talking While the Sensei/Sempai is Teaching

- (i) There is no talking while the Sensei or Sempai is giving instructions.
- (ii) Violation of this will result in a warning.
- (iii) Depending on the degree of continued interruptions, the sensei or sempai may either (1) ask the judoka sit facing the wall for a period of time at the discretion of the sensei or sempai for up to thirty minutes for the most severe and flagrant disrespectful interruptions or (2) make the judoka practise ukemi (breakfalls) for up to the rest of the class.
- (iv) Choice of punishment and length of punishment in subsection (b)(iii) is at the discretion of the sensei or sempai in charge.
- (v) If the presiding sensei is a Head Sensei or Assistant Head, then any other form of punishment that he/she may deem suitable may be handed down completely at his/her discretion.
- (vi) This disciplinary action is part of the judo training and part of Hayabusakan Judo's way of teaching respect to its less obedient members.
- (vii) Parents who dispute this manner or punishment may consult one of the Head Senseis to discuss this further. However, it must be kept in mind that this approach to disciplinary action is non-negotiable.

3. Parents and Observers

(a) Respect For Senseis

- (i) Parents and observers shall respect the senseis by not undermining the sensei's direction or teachings.
- (ii) Questioning or requesting for clarification on certain techniques taught does not in itself constitute disrespect. However, consistent doubting of the sensei's techniques may be construed as undermining the sensei's direction.
- (iii) In such a case where consistent doubt is casted over the sensei's direction and techniques, concerns should be forwarded to one of the Head Senseis.
- (iv) In the case where it is appropriate to alert one of the Head Senseis for this reason, it becomes inappropriate to continue questioning and requesting for clarification from the sensei in question.

(b) Respect For Other Parents and Observers

- (i) All parents and observers shall be courteous and polite to each other while in the judo club.
- (ii) Parents disrupting the peace in the observer area shall be asked to leave the premises after one fair warning.

(c) Coaching Your Child

- (i) Parents and observers should refrain from coaching from the observer area. The session randori times are an opportunity for judoka to test their skills in an environment where they are on their own, as a close simulation of the shiai setting.
- (ii) Senseis will politely ask that any such parents refrain from such coaching as a warning. However, continued and flagrant coaching may result in the parent being asked to leave.
- (iii) The standard of allowable gestures of encouragement and the line at which unacceptable coaching is drawn and the decision to ask a parent to leave are completely at the presiding sensei's discretion.

4. Discipline and Punishment

(a) In-class Discipline

- (i) This is at the discretion of any sensei or sempai who is giving instructions.
- (ii) Instructing sempais may make students under their direction may give:

- (1) up to 20 judo push-ups at a time, up to a total of 100 judo push-ups per class; or
 - (2) Up to 100 breakfalls per class; or
 - (3) Up to 30 minutes of sitting in seiza (formal kneeling position), facing the class or the wall; or
 - (4) Any other physical punishment relevant to the content of the instruction which is being given that is not more severe than punishments set out in (1) to (3).
- (iii) Dispute as to the appropriateness of any such discipline should be addressed to a Head Sensei. It is the Head Sensei's discretion to decide how to end the matter in the fairest way, keeping in mind the strong component of discipline and respect that Hayabusakan Judo exudes.
- (b) Dismissal From Class
- (i) Only a sensei with instructor status can dismiss a judoka from a class, asking or telling that judoka to leave the mat.
 - (ii) This is a heavy decision to make; however, it is left to the discretion of the sensei with instructor status to make an informed decision, taking into account:
 - (1) The judoka's behaviour, including obedience,
 - (2) The judoka's safety in light of he/she not listening or respecting the instructing sensei's orders,
 - (3) Other judoka's safety in light of any temper tantrum that the judoka may have thrown or may be in danger of throwing, and
 - (4) *Inter alia* past warnings and punishments.
- (c) Suspension From Class
- (i) This is a decision to be taken only by a Head Sensei or an Assistant Head Sensei.
 - (ii) Suspension may be for any period of time deemed appropriate by the sensei handing down the suspension.
 - (iii) It is left to the discretion of the Head Sensei or Assistant Head Sensei to make an informed decision, taking into account:

- (1) The judoka's behaviour, including obedience,
 - (2) The judoka's safety in light of he/she not listening or respecting the instructing sensei's orders,
 - (3) Other judoka's safety in light of any temper tantrum that the judoka may have thrown or may be in danger of throwing, and
 - (4) *Inter alia* past warnings and punishments.
- (iv) Formal appeal of an Assistant Head Sensei's decision to suspend may be made to the Head Sensei, and this must be made in writing.
- (v) Successful appeal is not guaranteed and the Head Sensei's decision is final, binding and cannot be appealed.
- (d) Expulsion From Hayabusakan Judo
- (i) Generally
 - (1) Only a Head Sensei can expel a student from the club.
 - (2) Expulsion is the gravest of punishments and is usually ordered where, *inter alia*:
 - a. A judoka has lost all, or has no, respect whatsoever for any of the Head Senseis or Assistant Head Senseis;
 - b. A judoka has displayed a consistent belligerent attitude towards senseis and/or other students;
 - c. The judoka's parents are in some irreparable dispute with any of the Head Senseis or Assistant Head Senseis.
 - (ii) Discreet Expulsion
 - (1) Discreet expulsion is done in private and the parent will be politely asked to leave, with the remaining balance of any annual contractual membership fee payments forgiven.
 - (2) In the case of those paying for membership in advance, the advanced payment (not including any applicable tax) shall be divided by the number of months paid for and this shall be multiplied by the number of months left on the membership contract to decide how much money shall be given back to the member.

- (3) A Discreet Expulsion Agreement shall be signed in this case before any annual membership fee obligations are waived, as per (1), or returned, as per (2).
 - (4) The details of this expulsion are considered confidential and the only parties privy to such expulsion are any relevant coaching staff with instructor status at Hayabusakan Judo, the judoka, and the parents of the judoka (if the judoka is under the age of 18).
 - (5) The details of the discreet expulsion shall not be discussed with anyone outside of the parties listed in (2).
- (iii) Formal Expulsion
- (1) Formal expulsion will result in a letter being written to Judo Ontario regarding the reasons for expulsion in the form of a formal complaint and shall serve as a notice to other clubs under the Judo Ontario umbrella, regarding the judoka's behaviour and attitude.
 - (2) Furthermore, in the case of formal expulsion, the judoka forgoes any membership fee paid in advance or must pay the balance of the membership contract with Hayabusakan Judo within one week of notice in writing of formal expulsion, as set out in Hayabusakan Judo Membership Contract.

Part II – At Tournaments

5. Arriving at the Tournament

(a) Notify Sensei in charge

- (i) When the judoka arrives for registration, the registration form must be signed by a sensei from Hayabusakan Judo if it has not already been done so from pre-registration.
- (ii) This is to also help let the sensei ascertain how many fighters are competing that day.

6. Weighing-In

- (a) After weighing-in, the judoka must tell the sensei what his weight was so that it can be recorded for fighter profile purposes.

- (b) Some judoka may be trying to qualify for certain weight divisions to go to Junior or Senior Nationals. In such cases, where the judoka fails to make weight, he/she is encouraged to run off the weight before weigh-in closes.
- (c) Should the judoka not make weight and the weigh-in closes, precluding them from competing in the tournament that day, the judoka may be liable to discipline as per section 12.

7. Warming-up

- (a) Thornhill Judo Kai fighters are not to practise breakfalls at tournament warm-ups.
- (b) Judoka are encouraged to limit their warm-up to stretching and light jogging only, unless otherwise directed by a sensei.
- (c) There is no horsing around during the warm-up at the tournament (i.e. no pile-ups on each other or any other type of foul play that may result in injury before the tournament even begins!).
- (d) Breach of any part of this section may result in discipline as per section 12.

8. Pre-Match Procedure

- (a) When a judoka's name is called, the judoka should inform one of the senseis on which mat he/she has been called to.
- (b) When called on double deck or deck to fight, the judoka should get another member of Hayabusakan Judo or a parent to notify one of the senseis if a sensei is not already aware of it.

9. Winning and Losing

- (a) Generally
 - (i) Judoka should be respectful to all participants, referees, volunteers, and spectators at tournaments regardless of winning or losing.
- (b) Respecting Referees
 - (i) Judoka must respect the referee's decision, even if it is a strong sentiment that there has been a refereeing error.
 - (ii) Respect for the referee comes from bowing out properly at the end of the match when a winner is declared.
 - (iii) There is no talking back to referees. Any such behaviour will not be tolerated and this will be severely met with discipline as per section 12.

- (iv) Some clubs instruct their students to stay on the mat in protest after a disputed decision. It is Hayabusakan Judo's policy to never do this as it is extremely disrespectful to the referees.

(c) Respecting Opponents

- (i) It is part of judo to learn and understand that being caught by a well-executed technique is a beautiful thing rather than a bad thing.
- (ii) In all situations, at the end of the match, judoka should shake hands with opponents.
- (iii) In any situation where an opponent is injured and the medic has come on to take the opponent off, the judoka should be courteous and ensure that there are no hard feelings between him/her and the opponent after the match has been awarded.

10. Post-Match Chats

(a) Right after the Match

- (i) If the judoka won then he/she should give his/her name to the score sheet person at the table.
- (ii) The judoka should give the sash back so that the next fighters may use it, as these are limited at tournaments (unless the judoka has brought his or her own white and blue sashes).
- (iii) The judoka should then speak to the sensei coaching their match, unless he/she is off coaching another match.

(b) After the Tournament

- (i) Post-tournament talks take place after the judoka has no more fights.
- (ii) It can be done either at the tournament site or back at the dojo at the next practice.

11. Leaving the Tournament

- (a) It is important that the judoka notify a sensei before leaving the tournament site to go home so that the sensei knows exactly how many fighters are still left lingering around the tournament site.

- (b) This is also important because the sensei needs to know whether the judoka has placed and this also ensures that the judoka does not leave without getting a medal/trophy which he/she has won.

12. Discipline and Punishment

(a) In-Class Punishments

- (i) These can range from physical discipline (i.e. push-ups and sit-ups) to formal discipline (i.e. sitting in seiza for a long period), depending on the infraction and the gravity of it.
- (ii) In most cases of missing weight, push-ups or other physical punishment will be handed down.

Part III – Off Mat

13. Representing Hayabusakan Judo

- (a) A member of Hayabusakan Judo refers to any paying member of Hayabusakan Judo, any sensei of Hayabusakan Judo, or any other member who is registered with Judo Ontario under Hayabusakan Judo.
- (b) All members of Hayabusakan Judo are to represent Hayabusakan Judo respectfully in such a manner that is to help the community and show compassion towards others.

14. Fighting

- (a) There is a strict policy of no fighting off the mat.
- (b) At school
 - (i) Such a complaint about fighting at school can be made by a parent, another judoka, any teacher or authoritative figure at the school/college/university, police, or any other witness of the fight.
 - (ii) Punishment for fighting is at the sole discretion of the Head Senseis and can range from any of the punishments outlined in section 16.
 - (iii) In the case of police involvement, a minimum punishment of one month suspension will serve as the starting point for the Head Sensei's discretion, unless there is some extraordinary case to be heard on the part of the judoka.

- (iv) In light of the policy that fighting off the mat should never occur, this extraordinary case must be one so unique that it would be unfair not to consider it before beginning with a minimum one month suspension.
- (c) On the street with police involvement
 - (i) In case where a criminal charge has been laid under the Criminal Code, an automatic one-month suspension, as per section 16, is strictly enforced without any exception.
 - (ii) In the event of conviction, further suspension or expulsion, as per section 16, may follow, at the sole discretion of the Head Senseis. In making this decision, the Head Senseis will consider some, but not necessarily all of, the following, *inter alia*:
 - (1) Character of the judoka;
 - (2) Nature of the criminal activity;
 - (3) Threat to other judoka in the dojo;
 - (4) How well the judoka represents Hayabusakan Judo in the community; and
 - (5) Any mitigating circumstances.
- (d) Provocation
 - (i) In the event of provocation, this is seen as an admission of certain guilt but this admission must represent recognition of fault for fighting.
 - (ii) In such a case, a more lenient punishment may be handed down, but this is solely at the discretion of the Head Sensei.
 - (iii) Subsequent provocation cases lose more and more merit. Judoka should be able to learn to live humbly without letting emotions and reactions rule their actions. This also promotes accountability in the judoka's actions.
- (e) Self-Defence
 - (i) The best self-defence is to not engage in any fighting.
 - (ii) Self-defence is only self-defence if fighting is the last option.
 - (iii) Self-defence is not self-defence if the judoka should have known that he/she could have easily shrugged off whatever attack.

- (iv) Categorisation of any incident as self-defence is solely at the discretion of the Head Senseis and this is not negotiable or disputable.
- (v) In the case of successfully arguing a self-defence case to the Head Senseis, the judoka may receive up to a full pardon for fighting.
- (vi) Repeated usage of the self-defence rule reduces the merit of the self-defence argument in each subsequent case.

15. Anti-Social Behaviour

(a) Definition

- (i) Anti-social behaviour refers to any type of harassment or terrorizing of any neighbourhoods, malls or other public places.
- (ii) All such complaints will be considered by the Head Senseis who will also make a final and binding decision that cannot be appealed on what disciplinary action, if any.
- (iii) Any such behaviour is liable to any discipline and punishment outlined in section 16.

(b) Complaints From Community

- (i) Only serious and truly harmful ones will be considered. Petty complainants and those that have a strong malicious component will be considered cautiously so as to avoid unfair treatment and scrutiny of the judoka in question.
- (ii) Consistent complaints from the community, even if many of them petty, may result in some form of discipline outlined in section 16. This is solely at the discretion of the Head Senseis.

(c) Complaints From Other Judoka

- (i) Petty complainants and those that have a strong malicious component will be considered cautiously so as to avoid unfair treatment and scrutiny of the judoka in question.
- (ii) Consistent complaints from judoka, even if many of them petty, may result in some form of discipline outlined in section 16. This is solely at the discretion of the Head Senseis.

- (iii) Consistent complaints from the same judoka about petty issues may result in that judoka's complaints being taken less seriously; and continued petty complaints may also result in in-class discipline, as per section 16(a).

(d) Complaints From Tournament Directors and Judo Ontario

- (i) These complaints are more serious in nature and will usually likely draw some form of punishment, as these types of complaints are not often made and these parties only make such complaints when there is some grave infraction or misbehaviour.

16. Discipline and Punishment

(a) In-class Discipline

- (i) This is at the discretion of any sensei or sempai who is giving instructions.
- (ii) Instructing sempais may make students under their direction may give:
 - (1) up to 20 judo push-ups at a time, up to a total of 100 judo push-ups per class; or
 - (2) Up to 100 breakfalls per class; or
 - (3) Up to 30 minutes of sitting in seiza (formal kneeling position), facing the class or the wall; or
 - (4) Any other physical punishment relevant to the content of the instruction which is being given that is not more severe than punishments set out in (1) to (3).
- (iii) Dispute as to the appropriateness of any such discipline should be addressed to a Head Sensei. It is the Head Sensei's discretion to decide how to end the matter in the fairest way, keeping in mind the strong component of discipline and respect that Hayabusakan Judo exudes.

(b) Dismissal From Class

- (i) Only a sensei with instructor status can dismiss a judoka from a class, asking or telling that judoka to leave the mat.
- (ii) This is a heavy decision to make; however, it is left to the discretion of the sensei with instructor status to make an informed decision, taking into account:
 - (1) The judoka's behaviour, including obedience,

- (2) The judoka's safety in light of he/she not listening or respecting the instructing sensei's orders,
- (3) Other judoka's safety in light of any temper tantrum that the judoka may have thrown or may be in danger of throwing, and
- (4) *Inter alia* past warnings and punishments.

(c) Suspension From Class

- (i) This is a decision to be taken only by a Head Sensei or an Assistant Head Sensei.
- (ii) Suspension may be for any period of time deemed appropriate by the sensei handing down the suspension.
- (iii) It is left to the discretion of the Head Sensei or Assistant Head Sensei to make an informed decision, taking into account:
 - (1) The judoka's behaviour, including obedience,
 - (2) The judoka's safety in light of he/she not listening or respecting the instructing sensei's orders,
 - (3) Other judoka's safety in light of any temper tantrum that the judoka may have thrown or may be in danger of throwing, and
 - (4) *Inter alia* past warnings and punishments.
- (iv) Formal appeal of an Assistant Head Sensei's decision to suspend may be made to a Head Sensei, and this must be made in writing.
- (v) Successful appeal is not guaranteed and the Head Sensei's decision is final, binding and cannot be appealed.

(d) Expulsion From Hayabusakan Judo

- (i) Generally
 - (1) Only a Head Sensei can expel a student from the club.
 - (2) Expulsion is the gravest of punishments and is usually ordered where, *inter alia*:
 - a. A judoka has lost all, or has no, respect whatsoever for any of the Head Senseis or Assistant Head Senseis;
 - b. A judoka has displayed a consistent belligerent attitude towards senseis and/or other students;

- c. The judoka's parents are in some irreparable dispute with any of the Head Senseis or Assistant Head Senseis.

(ii) Discreet Expulsion

- (1) Discreet expulsion is done in private and the parent will be politely asked to leave, with the remaining balance of any annual contractual membership fee payments forgiven.
- (2) In the case of those paying for membership in advance, the advanced payment (not including any applicable tax) shall be divided by the number of months paid for and this shall be multiplied by the number of months left on the membership contract to decide how much money shall be given back to the member.
- (3) A Discreet Expulsion Agreement shall be signed in this case before any annual membership fee obligations are waived, as per (1), or returned, as per (2).
- (4) The details of this expulsion are considered confidential and the only parties privy to such expulsion are any relevant coaching staff with instructor status at Hayabusakan Judo, the judoka, and the parents of the judoka (if the judoka is under the age of 18).
- (5) The details of the discreet expulsion shall not be discussed with anyone outside of the parties listed in (2).

(iii) Formal Expulsion

- (1) Formal expulsion will result in a letter being written to Judo Ontario regarding the reasons for expulsion in the form of a formal complaint and shall serve as a notice to other clubs under the Judo Ontario umbrella, regarding the judoka's behaviour and attitude.
- (2) Furthermore, in the case of formal expulsion, the judoka forgoes any membership fee paid in advance or must pay the balance of the membership contract with Hayabusakan Judo within one week of notice in writing of formal expulsion, as set out in Hayabusakan Judo Membership Contract.

Part IV – School

17. Priorities

- (a) It is Hayabusakan Judo policy that education comes first.
- (b) It is the parent's responsibility to notify senseis of falling grades for any action to be taken.

18. Help

(a) Monitoring Homework

- (i) Senseis may require that the judoka keep a homework log which is to be signed by a teacher before he/she can participate in class.
- (ii) Senseis may ask to see homework that has been completed before the judoka may join the class.
- (iii) Any other measures that the sensei feels is appropriate to help motivate the judoka in the right direction to caring about education may be appropriate.

(b) Tutoring

- (i) Senseis may require that the judoka willingly accept tutoring before the judoka may continue studying judo at Hayabusakan Judo.
- (ii) In some cases, the sensei may be able to direct the judoka towards a suitable tutor who would not only help tutor but also act as an extra motivator and confidence builder for the judoka.

(c) Parents

- (i) Any of the actions taken by the sensei in this section may be negotiated, discussed, or vetoed by any parent of the judoka, if the judoka is under the age of 18.
- (ii) In the event of a veto, the Head Senseis may decide that it would be in the judoka's best interest to discontinue studying judo and to focus on academics, as per section 20(c)(2).

19. Head Senseis' Discretion

- (a) The Head Senseis may decide that it is in the best interest of the judoka to enforce any discipline set out in section 20 in hopes of motivating the judoka to try harder in academics.

20. Discipline

(a) Dismissal From Class

- (i) Only a sensei with instructor status can dismiss a judoka from a class, asking or telling that judoka to leave the mat.
- (ii) This is a heavy decision to make; however, it is left to the discretion of the sensei with instructor status to make an informed decision, taking into account:
 - (1) The judoka's behaviour, including obedience,
 - (2) The judoka's safety in light of he/she not listening or respecting the instructing sensei's orders,
 - (3) Other judoka's safety in light of any temper tantrum that the judoka may have thrown or may be in danger of throwing, and
 - (4) *Inter alia* past warnings and punishments.

(b) Suspension From Class

- (i) This is a decision to be taken only by a Head Sensei or an Assistant Head Sensei.
- (ii) Suspension may be for any period of time deemed appropriate by the sensei handing down the suspension.
- (iii) It is left to the discretion of the Head Sensei or Assistant Head Sensei to make an informed decision, taking into account:
 - (1) The judoka's behaviour, including obedience,
 - (2) The judoka's safety in light of he/she not listening or respecting the instructing sensei's orders,
 - (3) Other judoka's safety in light of any temper tantrum that the judoka may have thrown or may be in danger of throwing, and
 - (4) *Inter alia* past warnings and punishments.
- (iv) Formal appeal of an Assistant Head Sensei's decision to suspend may be made to a Head Sensei, and this must be made in writing.
- (v) Successful appeal is not guaranteed and the Head Sensei's decision is final, binding and cannot be appealed.

(c) Expulsion From Hayabusakan Judo

(i) Generally

- (1) Only a Head Sensei can expel a student from the club.
- (2) Expulsion is the gravest of punishments and is usually ordered where, *inter alia*:
 - a. A judoka has lost all, or has no, respect whatsoever for any of the Head Senseis or Assistant Head Senseis;
 - b. A judoka has displayed a consistent belligerent attitude towards senseis and/or other students;
 - c. The judoka's parents are in some irreparable dispute with any of the Head Senseis or Assistant Head Senseis.
- (3) There is no Formal Expulsion under Part IV.

(ii) Discreet Expulsion

- (1) Discreet expulsion is done in private and the parent will be politely asked to leave, with the remaining balance of any annual contractual membership fee payments forgiven.
- (2) In the case of those paying for membership in advance, the advanced payment (not including any applicable tax) shall be divided by the number of months paid for and this shall be multiplied by the number of months left on the membership contract to decide how much money shall be given back to the member.
- (3) A Discreet Expulsion Agreement shall be signed in this case before any annual membership fee obligations are waived, as per (1), or returned, as per (2).
- (4) The details of this expulsion are considered confidential and the only parties privy to such expulsion are any relevant coaching staff with instructor status at Hayabusakan Judo, the judoka, and the parents of the judoka (if the judoka is under the age of 18).
- (5) The details of the discreet expulsion shall not be discussed with anyone outside of the parties listed in (2).

Part V – Administrative and Miscellaneous Matters

21. Administrative matters with respect to membership fees and Judo Ontario registration should be directed towards Gary Lorenzetti, owner of Hayabusakan Judo.
22. Head Senseis and Assistant Head Senseis can answer all judo issues and concerns with respect to:
 - (a) General judo questions,
 - (b) Thornhill Judo Kai structure,
 - (c) Teaching methods,
 - (d) Grading issues,
 - (e) Training methods,
 - (f) Disciplining methods, and
 - (g) Tournaments.
23. This Code of Conduct can be amended at any time without notice. Any such amendment may occur when a new version of the Member Handbook is printed.
 - (a) Any amendments made are enforceable at the time that the new Handbook is given to any student.
 - (b) Discrepancies between old and new sections of the Code will be resolved in favour of the newer version of the Code.

Grading

Time in Rank

(These are only estimates and the speed at which each student progresses will differ)

Promotion	Minimum Age	Age Group (minimum time frame) ¹			
		6 to 8	8 to 10	10 to 14	14+
White to Yellow	6	10-12 months	7-9 months	6 months	4-6 months
Yellow to Orange	8	1 year	1 year	8 months	6-8 months
Orange to Green	10	n/a	1 year	6-8 months	6-8 months
Green to Blue	12	n/a	n/a	1 year	1 year
Blue to Brown	14	n/a	n/a	1-2 years	1-2 years
Brown to Black	16	n/a	n/a	n/a	1-2 years

IMPORTANT: Students, or their parents, should NEVER inquire about or suggest promotion. It is at the senseis' complete discretion to grade – to ultimately be decided by the Head Sensei.

However, at the Brown Belt level, when the requisite 120 points are obtained for Shodan grading (1st Degree Black Belt), the student may notify a sensei so that consideration for nage-no-kata and grading preparation may begin. There is NO right to be promoted to be recommended for Dan-grading (and degree of black belt promotion). It is a privilege that is earned.

Generally, the road to becoming a Black Belt is around 4-5 years long. Some competitors have been able to complete it in less (3 years); however these competitors were able to demonstrate understanding and proficiency in technique which is also bolstered by tournament success. It is also very rare for any judoka to obtain their black belt before their sixteenth birthday. Even obtaining it at the ripe age of sixteen is a feat – the National Grading Board (who is the only body with the power to grant black belts in Canada) will look to find evidence of tournament success before passing such a young candidate – lack of such may lead to a shiai randori (full-speed tournament-like sparring) demonstration and/or failure, and consequent embarrassment to the sensei referring the candidate judoka.

¹ These time frames are just minimum time frames and come second to the minimum age (i.e. a ten-year old Blue Belt will have to wait until he/she is 14 to be able to be considered for promotion, unless there is a special circumstance where the judoka is of an extraordinary level that deserves a Brown Belt rank which is extremely rare).
JChan/
Oct. 6/15

Young judoka selected for the Competitor Group may find themselves on par to be able to obtain a black belt shortly after their sixteenth birthday. Getting a black belt before the age of eighteen is a special thing and is an achievement that represents mastery of basic principles of judo along with a successful tournament track record beyond just regional competitions. However, once students obtain their black belts, they will find themselves launched into a whole new sea of other black belts. The journey of learning judo really only begins when one becomes a black belt. "Judo for life" then takes on a whole new meaning from that point on....

It should be noted that the belt remains, and always will remain just the piece of equipment that holds your judo together. The colour of it is nothing more than a mere representation of how far along the judoka has come. It is by no means a measuring stick of achievement. It is just an indication of where along a judo player's development that particular judoka is. Please refer to the brief descriptions of some of the tell-tale signs of each rank below in the Grading Syllabus for some idea of what we look for in a grading candidate.

The Hayabusakan Judo Syllabus

This grading syllabus is specific to Hayabusakan Judo and the head senseis know that it differs slightly from that set out by Judo Canada and Judo Ontario. We believe that this syllabus best develops students under our teaching methodology and program. It promotes strength and technique development in some of the most fundamental and most commonly used techniques in competition throughout the whole route to black belt.

The grading syllabus that follows is only a guide for students to gauge what techniques to possibly expect to be taught. The senseis reserve the right to alter this at any time and equally to teach beyond the stated techniques. Similarly, the senseis have discretion to teach higher level techniques to lower belts if it is of the sensei's opinion that such a technique is appropriate for the set of students in the class.

This may include some strangulation and arm-locking techniques for younger judoka, even though it would be illegal for them to use it in tournaments or randori. It is club policy to educate

Hayabusakan Judo Member Handbook

students at an earlier age (around 12 years old) about the mechanics of submission techniques so that when it comes time to properly prepare to use them and defend against them in tournament, they will benefit from the experience and longer exposure.

Grading Process

There is a fee of \$25 for the belt and administrative costs of grading. This must be paid promptly after promotion. Grading takes place as a surprise and can happen at any time when the senseis feel the judoka is ready. When called, the judoka bows with each of the senseis present.

YELLOW BELT

YELLOW BELT REQUIREMENTS

Among being able to demonstrate some understanding of some of the basic techniques outlined below, the main thing we look for in this step is that the judoka can be thrown without being hurt, taking a proper breakfall to avoid injury. The head must be tucked in and should not touch the mat. There should be a loud resounding slap on the mat.

<u>Throwing Techniques</u>					
Osoto-otoshi	Major Outer Drop	Tai-otoshi	Body Drop	Uki-goshi	Floating Hip Throw
Osoto-gari	Major Outer Reaping	Ouchi-gari	Major Inner Reaping	Sasae-tsurikomi-ashi	Drawing Lifting Blocking Foot Sweep
O-goshi	Major Hip Throw	Kouchi-gari	Minor Inner Reaping	Tsubame-gaeshi	Swallow Counter
Ippon seoi-nage	One Arm Shoulder Throw	Kosoto-gari	Minor Outer Reaping	Okuri-ashi-barai	Sliding Foot Sweep
Deashi-barai	Advanced Foot Sweep	Morote-seoi-nage	Two Arm Shoulder Throw	Hiza-guruma	Knee Wheel

<u>Submissions apply only to students 13 or older</u>					
<u>Holding Techniques</u>		<u>Joint-locking Techniques</u>		<u>Strangulation Techniques</u>	
(Hon) Kesa-gatame	Scarf Hold	Juji-gatame	Straight-arm Cross Armlock	Hadaka-jime	Naked Choke
Yoko-shiho-gatame	Side Control of the Four Corners Hold	Ude-garami	Arm Entanglement	Nami-juji-jime	Normal Cross Choke
Kami-shiho-gatame	Top Control of the Four Corners Hold	defend Juji-gatame		Gyaku-juji-jime	Reverse Cross Choke
Tate-shiho-gatame	Straight Control of the Four Corners Hold			Kata-juji-jime	Single Cross Choke
Kata-gatame	Shoulder Hold				
Ushiro-kesa-gatame	Back Scarf Hold				

Other Techniques: "Judo Hug" Turn-over

ORANGE BELT

ORANGE BELT REQUIREMENTS

The judoka must start to understand and demonstrate the proper footwork for the basic throws that were taught in the yellow and white belt stages. This is most prominent in students who start to bend their knees more when throwing, using more hip to create the shape of the throw. Kuzushi must also be present throughout the throw, even if not completely continuous.

<u>Throwing Techniques</u>			
Tsuri-goshi	Lifting Hip Throw	Tani-otoshi	Valley Drop
Koshi-guruma (arm to shoulder blade)	Hip Wheel	Sode-tsurikomi-goshi	Sleeve Lifting Blocking Hip Throw
Tsuri-komi-goshi	Lifting Blocking Hip Throw	Osoto-gaeshi	Major Outer Counter
Kosoto-gake	Minor Outer Hook	Uchi-mata	Inner Thigh Throw
Kouchi-gake	Minor Inner Hook	Ashi-guruma	Foot Wheel
Harai-goshi	Sweeping Hip Throw		

<u>Submissions apply only to students 13 or older</u>					
<u>Holding Techniques</u>		<u>Joint-locking Techniques</u>		<u>Strangulation Techniques</u>	
Mune-gatame	Chest Hold	Ude-gatame	Straight Armlock	Kata-ha-jime	Single Wing Choke
Makura-kesa-gatame	Pillow Scarf Hold	Waki-gatame	Armpit Armlock	Okuri-eri-jime	Sliding Lapel Choke
				Sode-gurumajime	Sleeve Wheel Choke

Other Techniques: "Sticker" Throw

GREEN BELT

GREEN BELT REQUIREMENTS

The judoka must demonstrate that there is continuity in their kuzushi from start to finish, with good emphasis on footwork. The shape of the throws must now become more and more obvious and throwing should be visibly more and more effortless without foregoing power at the end of the throw.

<u>Throwing Techniques</u>			
Kata-garuma	Shoulder Wheel	Hane-goshi	Spring Hip Throw
Uki-otoshi	Floating Drop	Ushiro-goshi	Back Hip Throw
Sukui-nage	Scooping Throw	Harai-tsurikomi-ashi	Sweeping Lifting Blocking Foot Sweep
Tomoe-nage	Circle Throw	Morote-gari	Double Reaping
Uki-waza	Floating Technique	Sumi-gaeshi	Corner Reversal
Osoto-guruma	Major Outer Wheel	Ouchi-gaeshi	Major Inner Counter

<u>Submissions apply only to students 13 or older</u>				
<u>Holding Techniques</u>	<u>Joint-locking Techniques</u>		<u>Strangulation Techniques</u>	
(All from previous)	Hiza-gatame	Knee Arm-lock	Ryote-jime	Two-hand Choke
			Tsukkomi-jime	Plunging Choke
			Sankaku-jime	Triangle Choke

Other Techniques: Opposite-gripping Tai-otoshi

BLUE BELT

BLUE BELT REQUIREMENTS

Judoka at this stage must start to demonstrate a very sound base in the most typical throws. Blue belts should already start to have their own favourite throws that have preferred combinations in and out. The judoka at this stage must be able to demonstrate a feel for stringing attacks together, even if this is not seamlessly done.

<u>Throwing Techniques</u>			
Hikkomi-gaeshi	Pulling Counter	Yoko-guruma	Side Wheel
Kuchiki-taoshi	One Hand Drop	Uchi-mata-sukashi	Inner Thigh Slip
Kibisu-gaeshi	Ankle/Heel Counter	Harai-makikomi	Sweeping Rolling Throw
Sumi-otoshi	Corner Drop	Osoto-makikomi	Major Outer Rolling Throw
O-guruma	Major Wheel	Uchi-makikomi	Inner Rolling Throw
Yoko-gake	Side Hook	Soto-makikomi	Outer Rolling Throw
Yoko-otoshi	Side Drop	Uchi-mata-makikomi	Inner Thigh Rolling Throw

Submissions apply only to students 13 or older				
<u>Holding Techniques</u>	<u>Joint-locking Techniques</u>		<u>Strangulation Techniques</u>	
(All from previous)	Hara-gatame	Stomach Armlock	Koshi-jime	Hip Choke
	Te-gatame	Hand Armlock		

Other Techniques: N/A

BROWN BELT**BROWN BELT REQUIREMENTS**

Brown belts should be able to throw very crisply, demonstrating sound shape and unwavering footwork. Combinations are engrained in muscle memory and are automatic based on feel rather than on sight. The judoka at this stage must be able to throw finishing with power, starting from an effortless and very small exertion of kuzushi - the graduation of power and the acceleration towards the finish of the throw is very obvious and results in a controlled finish with balance, power, and direction.

Throwing Techniques					
Yoko-wakare	Side Separation	Obi-otoshi	Belt Drop	Hane-goshi-gaeshi	Spring Hip Counter
Utsuri-goshi	Switching Hip Throw	Yama-arashi	Mountain Storm	Harai-goshi-gaeshi	Sweeping Hip Counter
Ura-nage	Back Throw	Daki-wakare	High Separation	Kouchi-gaeshi	Minor Inner Counter
Tawara-gaeshi	Ricebag Reversal	Hane-makikomi	Spring Rolling Throw	kani-basami	Scissors Throw
Daki-age	High Lift	Uchi-mata-gaeshi	Inner Thigh Counter	kawazu-gake	Leg Entanglement

Submissions apply only to students 13 or older				
Holding Techniques	Joint-locking Techniques		Strangulation Techniques	
(All from previous)	Kannuki-gatame	Latch Armlock	Kagato-jime	Shin Choke
	Gyaku Juji Gatame	Reverse Straight Arm Cross Arm-lock	Morote-jime	Two Hand Choke
	Ashi Gatame	Leg Hold	Kata-te-jime	Single Hand Choke
			Jigoku-jime	Hell Strangle

Other Techniques: N/A

BLACK BELT**BLACK BELT RECOMMENDATION**

To be recommended for Shodan (First Degree Black Belt) to the Provincial Grading Board, the judoka must acquire 120 points under the Judo Ontario system. It is a Judo Ontario policy that at least a third of these come from technical activity, and this must include tournament points (fighting in tournaments, not volunteering) for judoka under the age of 21. More leniency is given to older candidates who may not suit the competitor profile. Recommendation is solely at the discretion of the Head Senseis. The same applies for any subsequent recommendation for Nidan, Sandan, etc....

Introduction to Watching a Judo Match

Introduction

There are two phases to judo: a standing phase and a ground phase. You can win in either phase. All matches begin in the standing phase. Upon a throw that does not score a full point (ippon) transition to the ground phase takes place.

To win in the standing phase, you must throw your opponent completely on his/her back with power, direction into the ground and control. To win in the ground phase, you must hold your opponent in a hold-down for 25 seconds or submit him/her throw arm-lock (locking the elbow only) or choke. Submissions are only allowed for competitors 13 years of age or older.

Scoring

Score	Equivalent Penalty	Referee's Hand Gesture
Koka (old)	Shido	Arm bent at shoulder height
Yuko	Chui	Straight arm, 45 deg downward
Waza-ari	Keikoku	Straight arm, should height (90 deg)
Ippon	Hansoku-make (Disqualification)	Straight arm up (180 deg)

Scoring in the Standing Phase

When you throw your opponent to the ground, your aim is to throw him/her completely on his/her back for a full score of "ippon" to win the match. However, this will not always happen. If you manage to throw your opponent half on his/her back (i.e. half his/her back is on the mat and the other half exposed to the side), a "waza-ari", or half-point, is scored. Two waza-aris ("waza-ari wazete ippon") add up to a full point, or ippon. If you only manage to throw your opponent on his/her side (the majority of his/her back is exposed to the side) then you will only score a "yuko", or small point. No amount of yukos will add up to a waza-ari or ippon.

Scoring in the Ground Phase

On the ground, the aim is to pin for 25 seconds or submit by arm-lock or choke – which will score you an ippon and a win. However, if you hold down your opponent for more than 15

seconds, you will score a yuko. If you hold down your opponent for more than 20 seconds, you will score a waza-ari instead. Once a hold-down is recognised, the ref will call out "osae-komi" to start the hold-down clock. If a hold is broken, the ref will signal to stop the hold-down clock by saying "toketa". The ref will then award points based on length of hold-down. The ground phase is generally quite short and much of the match is actually spent and focused on the standing phase. However, it is important that competitors be able to take advantage of openings on the ground, and to equally defend.

At the end of Regulation Time

When regulation time is up, the fighter with the highest score wins. The easiest way to read this is to read the scoreboard like a number. For example, if Fighter A has one waza-ari and two yukos, and Fighter B has four yukos, Fighter A wins because the scoreboard would look like this: 0-1-2 – 0-0-4. The first number represents the ippon score, the second represents the waza-ari score, and the third represents the yuko score. Fighter B could have had a million yukos; however, as stated above, no number of yukos is ever equivalent to a waza-ari or ippon.

Tie? A golden score round is fought. The first person to score any point wins.

Penalties

Penalties may be for a number of things from non-combativity for not wanting to engage to putting your hand in the opponent's face while on the ground. These minor penalties are scored as "shido" against a fighter. The first shido is taken as warning (used to be equivalent to the old smaller score of "koka"). The second shido is scored as a yuko. The third shido is scored as a waza-ari, with the former yuko scored for the second shido taken off. The fourth shido is an ippon (waza-ari from the third shido taken off for technical scoring purposes).

For slightly more severe penalties, a "chui" may be given which equates to a yuko, or a "keikoku" which equates to a waza-ari. For the most severe penalties, "hansoku-make" is given for a straight disqualification. Further disqualification from the tournament as a whole may also follow depending on the offence.

Glossary of Techniques

Nage-waza (Throwing Techniques) Alphabetical Order

<u>Japanese Name</u>	<u>English Name</u>	<u>Level</u>
Ashi-guruma	Foot Wheel	orange-green
Daki-age	High Lift	brown
Daki-wakare	High Separation	brown (prohibited)
De-ashi-barai	Advanced Foot Sweep	white-yellow
Hane-goshi	Spring Hip Throw	green-blue
Hane-goshi-gaeshi	Spring Hip Counter	brown
Hane-makikomi	Spring Rolling Throw	brown
Harai-goshi	Sweeping Hip Throw	orange
Harai-goshi-gaeshi	Sweeping Hip Counter	brown
Harai-makikomi	Sweeping Rolling Throw	blue-brown
Harai-tsuru-komi-ashi	Sweeping Lifting Blocking Foot Sweep	green-blue
Hikkomi-gaeshi	Pulling Counter	blue
Hiza-guruma	Knee Wheel	yellow-orange
Ippon seoi-nage	One Arm Shoulder Throw	white-yellow
kani-basami	Scissors Throw	brown (prohibited)
Kata-garuma	Shoulder Wheel	green
kawazu-gake	Leg Entanglement	brown (prohibited)
Kibisu-gaeshi	Ankle/Heel Counter	blue
Koshi-guruma (arm to shoulder blade)	Hip Wheel	orange
Kosoto-gake	Minor Outer Hook	orange
Kosoto-gari	Minor Outer Reaping	yellow
Kouchi-gaeshi	Minor Inner Counter	brown
Kouchi-gake	Minor Inner Hook	orange
Kouchi-gari	Minor Inner Reaping	yellow
Kuchiki-taoshi	One Hand Drop	blue
Morote-gari	Double Reaping	green-blue
Morote-seoi-nage	Two Arm Shoulder Throw	yellow
Obi-otoshi	Belt Drop	brown
O-goshi	Major Hip Throw	white-yellow
O-guruma	Major Wheel	blue
Okuri-ashi-barai	Sliding Foot Sweep	yellow-orange
Osoto-gaeshi	Major Outer Counter	orange-green
Osoto-gari	Major Outer Reaping	white-yellow
Osoto-guruma	Major Outer Wheel	green
Osoto-makikomi	Major Outer Rolling Throw	blue-brown
Osoto-otoshi	Major Outer Drop	white-yellow

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Ouchi-gaeshi	Major Other Counter	green-blue
Ouchi-gari	Major Inner Reaping	yellow
Sasae-tsuri-komi-ashi	Drawing Lifting Blocking Foot Sweep	yellow-orange
Sode-tsuri-komi-goshi	Sleeve Lifting Blocking Hip Throw	orange-green
Soto-makikomi	Outer Rolling Throw	blue-brown
Sukui-nage	Scooping Throw	green
Sumi-gaeshi	Corner Reversal	green-blue
Sumi-otoshi	Corner Drop	blue
Tai-otoshi	Body Drop	yellow
Tani-otoshi	Valley Drop	orange-green
Tawara-gaeshi	Ricebag Reversal	brown
Tomoe-nage	Circle Throw	green
Tsubame-gaeshi	Swallow Counter	yellow-orange
Tsuri-goshi	Lifting Hip Throw	orange
Tsuri-komi-goshi	Lifting Blocking Hip Throw	orange
Uchi-makikomi	Inner Rolling Throw	blue-brown
Uchi-mata	Inner Thigh Throw	orange-green
Uchi-mata-gaeshi	Inner Thigh Counter	brown
Uchi-mata-makikomi	Inner Thigh Rolling Throw	blue-brown
Uchi-mata-sukashi	Inner Thigh Slip	blue-brown
Uki-goshi	Floating Hip Throw	yellow-orange
Uki-otoshi	Floating Drop	green
Uki-waza	Floating Technique	green
Ura-nage	Back Throw	brown
Ushiro-goshi	Back Hip Throw	green-blue
Utsuri-goshi	Switching Hip Throw	brown
Yama-arashi	Mountain Storm	brown
Yoko-gake	Side Hook	blue
Yoko-guruma	Side Wheel	blue-brown
Yoko-otoshi	Side Drop	blue
Yoko-wakare	Side Separation	brown

Nage-waza (Throwing Techniques) By Belt Level

Level	Japanese Name	English Name
white-yellow	Osoto-otoshi	Major Outer Drop
white-yellow	Osoto-gari	Major Outer Reaping
white-yellow	O-goshi	Major Hip Throw
white-yellow	Ippon seoi-nage	One Arm Shoulder Throw
white-yellow	De-ashi-barai	Advanced Foot Sweep
yellow	Tai-otoshi	Body Drop
yellow	Ouchi-gari	Major Inner Reaping
yellow	Kouchi-gari	Minor Inner Reaping
yellow	Kosoto-gari	Minor Outer Reaping
yellow	Morote-seoi-nage	Two Arm Shoulder Throw
yellow-orange	Uki-goshi	Floating Hip Throw
yellow-orange	Sasae-tsuru-komi-ashi	Drawing Lifting Blocking Foot Sweep
yellow-orange	Tsubame-gaeshi	Swallow Counter
yellow-orange	Okuri-ashi-barai	Sliding Foot Sweep
yellow-orange	Hiza-guruma	Knee Wheel
orange	Tsuru-goshi	Lifting Hip Throw
orange	Koshi-guruma (arm to shoulder blade)	Hip Wheel
orange	Tsuru-komi-goshi	Lifting Blocking Hip Throw
orange	Kosoto-gake	Minor Outer Hook
orange	Kouchi-gake	Minor Inner Hook
orange	Harai-goshi	Sweeping Hip Throw
orange-green	Tani-otoshi	Valley Drop
orange-green	Sode-tsuru-komi-goshi	Sleeve Lifting Blocking Hip Throw
orange-green	Osoto-gaeshi	Major Outer Counter
orange-green	Uchi-mata	Inner Thigh Throw
orange-green	Ashi-guruma	Foot Wheel
green	Kata-garuma	Shoulder Wheel
green	Uki-otoshi	Floating Drop
green	Sukui-nage	Scooping Throw
green	Tomoe-nage	Circle Throw
green	Uki-waza	Floating Technique
green	Osoto-guruma	Major Outer Wheel
green-blue	Hane-goshi	Spring Hip Throw
green-blue	Ushiro-goshi	Back Hip Throw
green-blue	Harai-tsuru-komi-ashi	Sweeping Lifting Blocking Foot Sweep
green-blue	Morote-gari	Double Reaping
green-blue	Sumi-gaeshi	Corner Reversal
green-blue	Ouchi-gaeshi	Major Other Counter
blue	Hikkomi-gaeshi	Pulling Counter

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blue	Kuchiki-taoshi	One Hand Drop
blue	Kibisu-gaeshi	Ankle/Heel Counter
blue	Sumi-otoshi	Corner Drop
blue	O-guruma	Major Wheel
blue	Yoko-gake	Side Hook
blue	Yoko-otoshi	Side Drop
blue-brown	Yoko-guruma	Side Wheel
blue-brown	Uchi-mata-sukashi	Inner Thigh Slip
blue-brown	Harai-makikomi	Sweeping Rolling Throw
blue-brown	Osoto-makikomi	Major Outer Rolling Throw
blue-brown	Uchi-makikomi	Inner Rolling Throw
blue-brown	Soto-makikomi	Outer Rolling Throw
blue-brown	Uchi-mata-makikomi	Inner Thigh Rolling Throw
brown	Yoko-wakare	Side Separation
brown	Utsuri-goshi	Switching Hip Throw
brown	Ura-nage	Back Throw
brown	Tawara-gaeshi	Ricebag Reversal
brown	Daki-age	High Lift
brown	Obi-otoshi	Belt Drop
brown	Yama-arashi	Mountain Storm
brown (prohibited)	Daki-wakare	High Separation
brown	Hane-makikomi	Spring Rolling Throw
brown	Uchi-mata-gaeshi	Inner Thigh Counter
brown	Hane-goshi-gaeshi	Spring Hip Counter
brown	Harai-goshi-gaeshi	Sweeping Hip Counter
brown	Kouchi-gaeshi	Minor Inner Counter
brown (prohibited)	kani-basami	Scissors Throw
brown (prohibited)	kawazu-gake	Leg Entanglement

Osaekomi-waza (Hold-down Techniques)

<u>Japanese Name</u>	<u>English Name</u>	<u>Belt Level</u>
Kesa-gatame	Scarf Hold	yellow
Yoko-shiho-gatame	Side Control of the Four Corners Hold	yellow
Kami-shiho-gatame	Top Control of the Four Corners Hold	yellow
Tate-shiho-gatame	Straight Control of the Four Corners Hold	yellow
Kata-gatame	Shoulder Hold	yellow
Ushiro-kesa-gatame	Back Scarf Hold	yellow
Mune-gatame	Chest Hold	orange
Makura-kesa-gatame	Pillow Scarf Hold	orange

Kansetsu-waza (Joint-locking Techniques - for 14+ only)

<u>Japanese Name</u>	<u>English Name</u>	<u>Belt Level</u>
Juji-gatame	Straight-arm Cross Armlock	yellow
Ude-garami	Arm Entanglement	yellow
Ude-gatame	Straight Armlock	orange
Waki-gatame	Armpit Armlock	orange
Hiza-gatame	Knee Armlock	green
Hara-gatame	Stomach Armlock	blue
Te-gatame	Hand Armlock	blue
Kannuki-gatame	Latch Armlock	brown
Gyaku Juji Gatame	Reverse Straight Arm Cross Arm-lock	brown
Ashi Gatame	Leg Hold	brown

Shimme-waza (Strangulation Techniques - for 14+ only)

<u>Japanese Name</u>	<u>English Name</u>	<u>Belt Level</u>
Hadaka-jime	Naked Choke	yellow
Nami-juji-jime	Normal Cross Choke	yellow
Gyaku-juji-jime	Reverse Cross Choke	yellow
Kata-juji-jime	Single Cross Choke	yellow
Kata-ha-jime	Single Wing Choke	orange
Okuri-eri-jime	Sliding Lapel Choke	orange
Sode-guruma-jime	Sleeve Wheel Choke	orange
Ryote-jime	Two-hand Choke	green
Tsukkomi-jime	Plunging Choke	green
Sankaku-jime	Triangle Choke	green
Koshi-jime	Hip Choke	blue
Kagato-jime	Shin Choke	brown
Morote-jime	Two Hand Choke	brown
Kata-te-jime	Single Hand Choke	brown
Jigoku-jime	Hell Strangle	brown

Japanese Terminology

Parts of the Body/Judo Gi	ashi	foot or leg
	eri	collar or lapel
	gi	uniform
	hara	stomach
	hidari	left
	hiji	elbow
	hiza	knee
	kata	shoulder
	koshi/goshi	hip
	kubi	neck
	migi	right
	momo	thigh
	mune	chest
	obi	belt
	sode	sleeve
	te	hand
	tekubi	wrist
	ude	arm
waki	armpit	
yoko	side	
yubi	finger or toe	
Descriptive Words Used in Judo	gake	hook
	gari	reaping
	guruma	wheel
	harrai/barra	sweeping
	ko	small
	makikomi	rolling action
	nage	throw
	o	big
	otoshi	drop
	soto	outer
	tsuri	lift (fishing motion)
	uchi	inner
	uki	floating
	ushiro	back

Theory	ashi-waza	foot techniques
	gaeshi-waza	counter techniques
	happo no kuzushi	eight directions of kuzushi
	hikite	pulling hand
	jigotai	defensive posture
	ju-no-kata	forms of gentleness
	kake	finish of a technique
	kata	set of forms
	kansetsu-waza	joint-locking techniques
	kenka-yotsu	fighting grip
	kime-no-kata	forms: combat attack/defence
	koshi-waza	hip techniques
	kumikata	gripping methods
	kuzushi	breaking of balance
	ma-sutemi-waza	rear sacrifice techniques
	nage-no-kata	forms of throwing
	osaekomi-waza	holding techniques
	randori	free practice
	randori-no-kata	randori demonstration
	renraku-waza	combination techniques
	shime-waza	strangulation techniques
	shizentai	natural posture
	tai-sabaki	body control
	te-waza	hand techniques
	tokui-waza	favourite throw
	tori	attacker
	tsukuri	entry into opponent's space
	tsuri-te	fishing/lifting hand
	uke	defender
	uchi-komi	repetition practice
	ukemi	breakfall
	waza	technique
yoko-sutemi-waza	side sacrifice techniques	

	Japanese	English
Belt Ranks	kyu	beginner grades
	go-kyu	yellow
	yon-kyu	orange
	san-kyu	green
	ni-kyu	blue
	ik-kyu	brown
	dan	black belt grade
	shodan	1st degree black belt
	nidan	2nd degree black belt
	sandan	3rd degree black belt
	yondan	4th degree black belt
	godan	5th degree black belt
	rokudan	6th degree black belt (red and white)
	shichidan	7th degree black belt (red and white)
	hachidan	8th degree black belt (red and white)
	kyudan	9th degree black belt (red)
	judan	10th degree black belt (red)

	Japanese	English
Counting in Japanese	ichi	one
	ni	two
	san	three
	shi	four
	go	five
	roku	six
	shichi	seven
	hachi	eight
	ku	nine
	ju	ten
	ju-ichi	eleven
	ju-ni	twelve
	ju-san	thirthen
ni-ju	twenty	
san-ju	thirty	

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Miscellaneous	dojo	training hall or school
	domo arigato gozai mashita	thank you very much
	hajime	start
	judoka	judo practitioner
	kamiza/shomen	wall with Prof Kano's picture
	kiai	shout releasing spirit
	Kodokan	Prof Kano's Judo School
	kuzure	modified method of
	mate	stop
	mudansha	colour belt
	saure-mate	end of exercise/match
	tatami	mat
	yudansha	black belt
Shiai Terminology	hansoku-make	disqualification
	hiki-wake	draw
	ippon	full point (amounts to a win)
	kogeki-seyo	judoka to be more active
	koka	score less than a yuko
	osaekomi	hold down time to begin
	shiai	contest
	shido	penalty worth a koka
	sono-mama	stop, don't move (freeze)
	toketa	hold down broken
	waza-ari	half point
	waza-ari-a-wasete ippon	"2 waza-aris = a full point"
	yoshi	resume action (sono mama)
	yuko	score less than a waza-ari
	yusei gachi	win by judges' decision

Bowing In/Out and Manners	kiotsuke	attention
	onegai shimasu	please help me
	rei	bow
	reishiki	Japanese etiquette
	ritsurei	standing bow
	seiza	kneeling sitting position
	sensei	master
	zarei	kneeling bow
	bowing in	1: shomen-ni - rei! (bow to shomen)
		2: sensei-ni - rei! (bow to senseis)
	bowing out	1: sensei-ni - rei! (bow to senseis)
		2: shomen-ni - rei! (bow to shomen)
		3: sensei-gata-ni - domo arigato gozai mashita (bow to senseis)
		4: etiquette is to wait for all senseis to get up white belts are last to rise