

# Marion



# Judo

## Handbook

The Mission of Marion PAL Club Judo is to promote and execute a program for children that will instill discipline, physical education, self-respect, self-defense, mental focus and a competitive spirit.

**Motto: Do Your Best and Have Fun!**

## **What is Judo?**

Judo is a system of self-defense, a physical and mental discipline, and an Olympic Sport. Professor Jigoro Kano founded Judo in Japan in 1882. Dr. Kano envisioned it as a way of becoming physically and mentally fit through disciplined training. It is designed so that it can be practiced by all ages, both male and female. Judo is safe and does not involve any kicking or striking techniques. It is an excellent activity to increase physical fitness, self-esteem and self-defense.

## **The Way of Judo**

Judo translated means "The Gentle Way." This means that sometimes victory can be obtained by giving way, rather than by pitting force against force. It is technique and speed, not size and strength, which often give the advantage in Judo to a smaller person. In Judo, one learns how to overcome weaknesses and limitations. These lessons can be applied in all aspects of life including school, work, and personal relationships.

## **Did you know?**

- Judo is the most widely practiced martial art on the planet.
- Judo is the second most practiced sport worldwide, second to Soccer.
- Judo is one of the first Olympic events to sell out of tickets because of its worldwide popularity.
- U.S. Senator Ben Nighthorse Campbell was captain of the 1964 US Olympic Judo Team.
- Former WWF Wrestler "Bad News Brown" is Allen Coage, 1976 Olympic Bronze Medalist.
- Actress Hillary Wolf (Home Alone I and II) was a Judo Olympian for the USA
- Actor James Cagney was a black belt in Judo.
- President Theodore Roosevelt became a brown belt in Judo during his administration and built a small dojo in the White House.
- Kayla Harrison was the first American to win a Gold Medal in the Olympics (2012). She repeated her Gold Medal win in Rio in 2016

## **Format for classes:**

- Bow in
- Warm up
- Rolls and Breakfalls
- Uchi Komi
- Skill instruction
- Skill Practice
- Randori
- Bow out

### **General Judo Terms** used during most classes:

- Judo = Gentle Way: “ju” means “gentleness,” “do” means “way”
- Judogi or Gi (gee) = Judo Uniform
- Matte (MAH tay) = Stop
- Hajime (HAH jih ay) = Begin
- Kiyotsuke (Kee yutz KAY) = Attention
- Rei (Ray) = Bow
- Uchi Komi (OOH chee KOH mee) = Throwing practice
- Randori (Rahn DOOR ee) = Free practice
- Shiai (SHE eye) = Tournament competition

The impressive throws and pins (or hold-downs) of Judo are what inspire many children to want to study Judo. Before those skills can be taught, Basic Skills must be mastered to ensure that throws and pins can be done safely. Until a Student can demonstrate the Basic Skills, the student will not be taught the throws. This can become boring and tiresome for some students, but it is necessary for safety. **Students need to be encouraged to have persistence and patience.** Some children master the basics in a few weeks while others need a few or more months. Instructors will work with each child at the child’s pace and skill level to master the Basic Skills.

### **Basic Skills:**

- Judo etiquette
- Proper wearing of Judogi and tying of belt
- Learning to roll (frontward and backward) and “break fall” (The correct falling technique that allows one to land from a throw without pain or injury. Break falls must be demonstrated well before throws can be taught.)
- Basic grappling

### **RESPECT**

- Students are required to pay attention and follow all instructions at **ALL TIMES**. Judo is a safe sport, but because it is a contact sport, injuries can occur if Students do not follow instructions. Instructions are given not only for learning the sport, but more importantly, for the safety of all Students.
- Students are expected to give their best effort at all times. There is no “I CAN’T” at Marion PAL Club Judo, there is only “I don’t know yet, but I will try my best.” Many skills take time and repetition to master, and through persistence, those skills will be mastered.
- Students are expected to show their Parents and everyone else common courtesy while off the mat. Students who are observed being discourteous while off the mat will be reminded to show courtesy.
- Students who fail to observe these rules of respect after reminders will be asked to sit at the edge of the mat for the duration of the class. Repeated episodes of disrespect will result in a call to the parent.
- No gum chewing, drinking, or eating is allowed on the mat.

**Judo Etiquette – Bowing is how etiquette in Judo is observed. Bowing shows gratitude and respect. Bowing is done:**

- Towards the mat when stepping on and off the mat.
- To the Instructors at the beginning of class and at the end of class.
- To an opponent before and after randori or shiai (SHE eye – tournament competition).
- To the official when receiving an award.

**Judogi (Judo Uniform)**

- Judogi must be clean with no visible dirt and be without odor. It is best to wash the Judogi in cold water and dry on low or hang to dry.
- If using a sports bag to transport Judogi or if storing in a drawer, Judogi must be folded in such a way to prevent excess wrinkles.
- Shorts are recommended under the pants as they often become loose during randori and have gaps.
- NO JEWELRY of any kind may be worn.
- Socks are only allowed during cold weather at the discretion of the instructor.
- Do not to expose Judogi to cigarette smoke.
- If hair is long enough to hit the collar, it must be secured with hair ties that have NO metal. Bobby pins and barrettes are prohibited.

Boys

- No shirt is worn under the Judogi for competition.
- During cold weather, boys may wear a t-shirt under the Judogi during practice.

Girls

- Must always wear a plain t-shirt (no scoop or V-neck) or leotard under Judogi.
- The shirt or leotard must be **white** for competition.

**Personal Hygiene**

- Finger and toenails must be cut short. This not only prevents injury to practice partners or opponents, it also prevents jagged edges of nails from getting caught in the weave of the Judogi and tearing.
- Bodies, especially feet, must be clean and without odor. Footwear must be worn while off the mat.
- Open cuts or sores must be covered with a clean, dry bandage. If the bandage cannot stay secured during practice or if it becomes soiled by bodily fluid, the child will not be allowed to participate until resolved.

**School and Home Behavior**

- Follow school and home rules.
- Maintain acceptable grades.
- Be a good citizen at home and at school.
- Practice partner Judo techniques only at the Dojo. Judo should never be practiced without an instructor, off the mat, or with a person who does not study Judo.

## **Judo Expectations for Parents:**

Have your child to practice **on time**.

- If your child will not be able to attend practice for whatever reason, **notify the Instructor in advance** at [bbender@indy.rr.com](mailto:bbender@indy.rr.com) or 669-2595.
- Understand that mastery of Judo only occurs with regular practice. Missing practice will delay the learning of skills. If your child participates in other sports that will temporarily interfere with Judo practice, notify the Instructor about the sport and when the child will be expected to return to regular practice. Attendance at Judo practice is expected as often as possible.
- Be your child's most enthusiastic cheerleader. Encourage and praise your child for his/her efforts. Judo is a tough sport and all efforts need to be commended.
- ASK QUESTIONS!
- Keep social noise in the spectator area to a minimum. The Students need to be able to hear the Instructors and vice versa. Excessive Spectator noise is disruptive to class.
- Do not help coach your child during class. If your help is needed, an instructor will let you know.
- Please stay and watch!! Your child will appreciate your enthusiasm.

## **Requirements for Rank (Belt) Promotion:**

- Instructor recommendation.
- Time-in-Grade.
- Points (earned through class attendance and participation and tournaments).
- Knowledge of General Information, Japanese Vocabulary, and Technical Requirements. Test expectations vary according to the child's age and cognitive ability.
- Parent recommendation.

## **Judo Competition (Shiai – SHE eye):**

- **Scores:**
  - Ippon (ih PAWN) Automatic win
    - Executing a throw with control and with all three necessary elements: landing the opponent largely on the back with force and speed.
    - Maintaining a pin for 20 seconds.
    - Opponent cannot continue and gives up.
    - Opponent is disqualified due to receiving 3 penalties or for a gross misconduct
  - Waza-ari (wuh ZÄHR ee) Advantage
    - Executing a throw with control, but the technique is partially lacking in elements necessary for ippon.
    - Maintaining a pin for 10 seconds.
- **Penalties:**
  - Shido (SHE doe) – minor penalty. A third Shido will result in disqualification (hansoku-make) and the opponent receiving the win.

- In Shiai, the competition ends when one competitor scores an Ippon or when regulation time ends. If an Ippon is not awarded at the end of regulation, the winner is decided by the person who has the highest accumulative Waza-ari:
- If neither competitor has been awarded a Waza-ari, or the score is tied at the end of regulation time, the clock will be reset for Golden Score.

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**Helpful Websites:**

- Marion PAL Club Judo: <http://marionjudo.datapitstop.com/> (includes links to all other important Judo websites)
- United States Judo Association (USJA): <http://www.usja-judo.org/>
- USJA Rank Examination for all Junior Ranks: <http://www.usja-judo.org/downloads/>

**Helpful Publications:**

- ***The United States Judo Association Junior Handbook*** (Can be ordered from the USJA website. Go to <http://www.usja-judo.org/>, click on Membership Info then click on Handbooks.)
- ***Kodokan Judo*** by Jigoro Kano



**Mission Statement**

The mission of the United States Judo Association Incorporated is to promote and support the sport of Judo, along with other martial arts, to provide an organization for all participants who will work together to make Judo a force in character development and educational growth for all Americans.

**Marion PAL Club Judo is a member of the USJA.**

**All Marion PAL Club Judo Instructors are bound by USJA rules and regulations.**