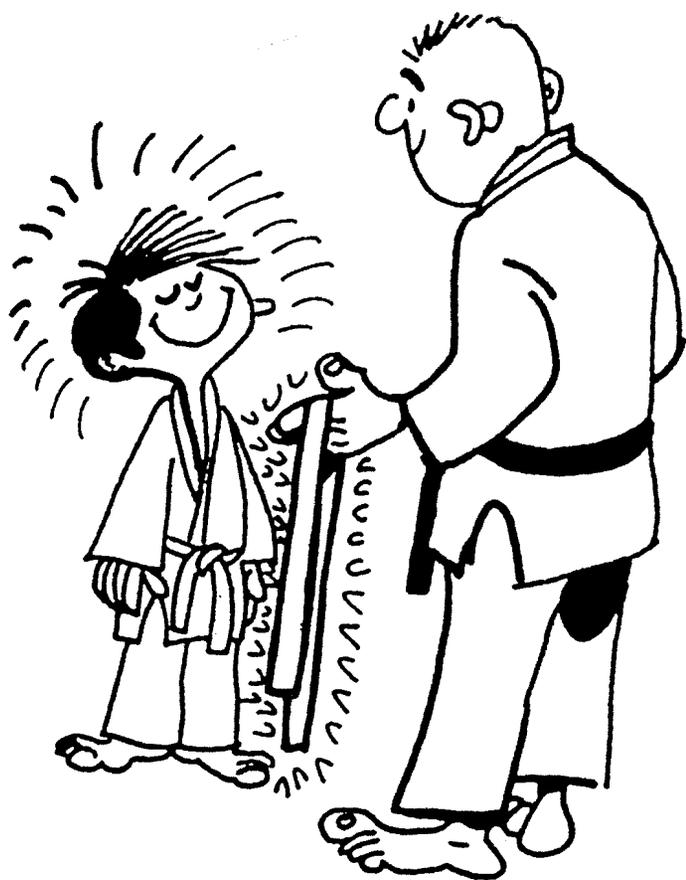


West Palm Beach Judo Academy

Advance JUDO for Junior Students



Blue belt
To
Purple Belt

Prepared by Noboru Saito - 7 dan
WPB Judo Academy

Here, now you are worthy of the Blue belt. Next rank is the purple belt. You need to be at least 13 years old. The purple belt is equivalent to in senior rank of Ikkyu (1st Brown belt). This means you are getting very closed to become a BLACK BLET. The techniques you will learn here is not easy but you reach this far, lets learn them and prepare you to be a new black belt. By the way, you must be 14 years old to be a Shodan.

How about us?
I still have a lot of learning, demonstrations and testing to do, but only for lower ranks.
OH BOY!!!!

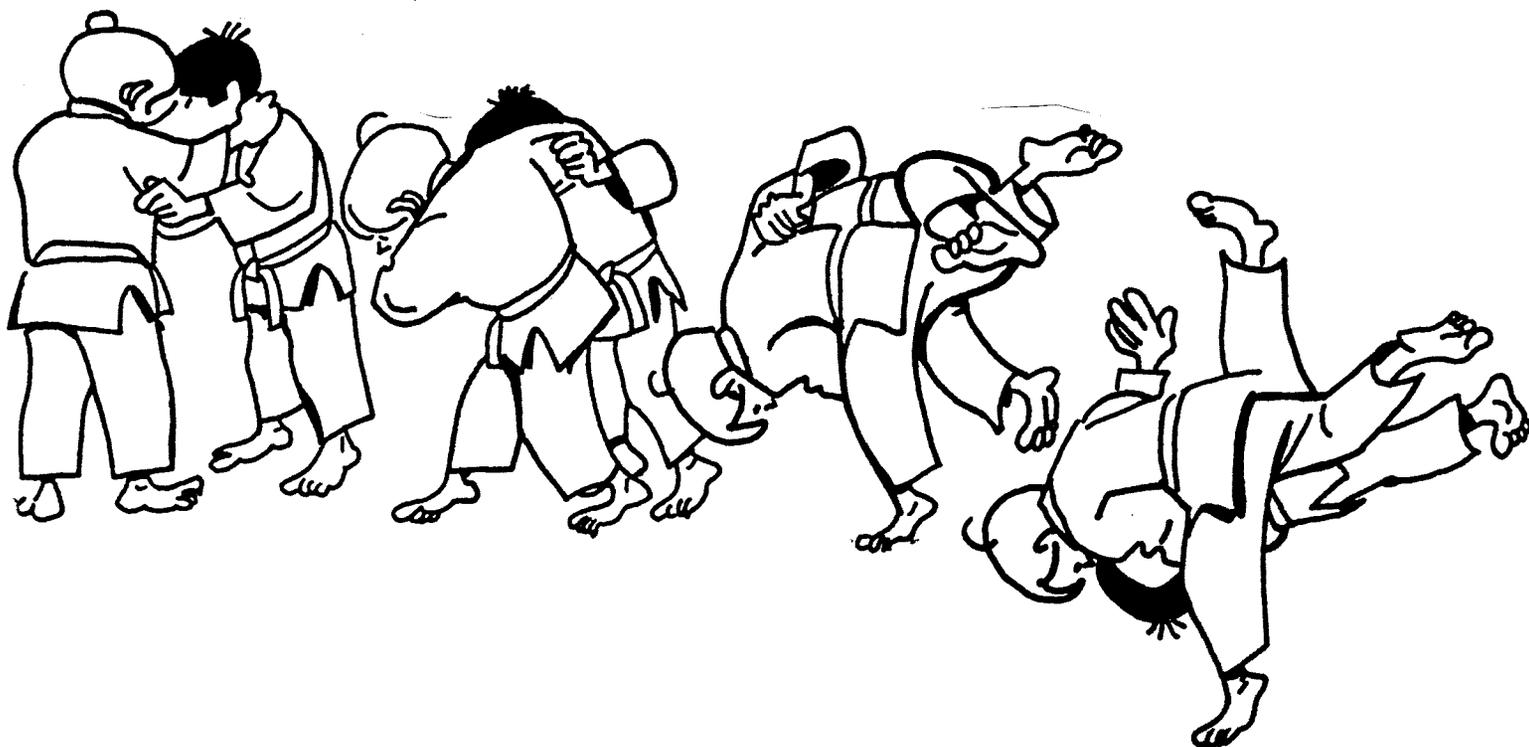


You will continue practice Uchimata, Harai tsurikomi ashi, Tsubame gaeshi. You will also learn new nage wazas such as Ushiro goshi, Kata guruma, Soto maki komi, counter techniques like Ostogaeshi, Ouchi gaeshi- Blue/Purple; Uki otoshi, Uki waza, Ashi Guruma, Hikikomi gaeshi, Utsuri goshi-Purple belt.

If your almost 15 years old, you will learn Kansetsu waza (arm lock). I expect you to know 3 sets of nage no kata and first set of Ju no kata (female only) when you become purple belt.

UCHI MATA (inner thigh)

I step my right foot to top of triangle position at the same time I make my uke off balance to his right front corner with my hands and arms. I bring my left foot around behind me. At the same time, I bend my right knee then I sweep his left inner thigh from within with the back of my right thigh to throw uke.



Kosoto Gari (minor outer reap)

First break Uke's balance to his right back corner, then I reape his right foot from behind with my left foot and throw him backward. I need to place my right foot at a right angle to uke's right foot. Ideally the sole of my left foot skims the mat as I reap and the big toe is raised, but it is permissible to twist my foot and reap with the sole.



TSUBAME GAESHI **(swallow counter)**



1. Uke attacks you with a right deashi harai.



2. I shift my weight to my left leg and with draw my right foot by bending my knee.



3. When uke misses your foot, I apply a left deashi harai.



4. Throw him on the mat.

HARAI TSURIKOMI ASHI **(lift-pull foot sweep)**

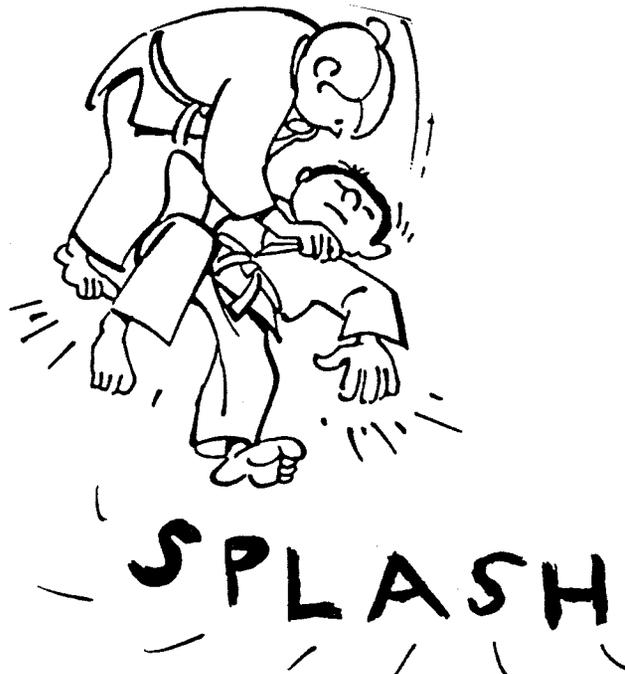
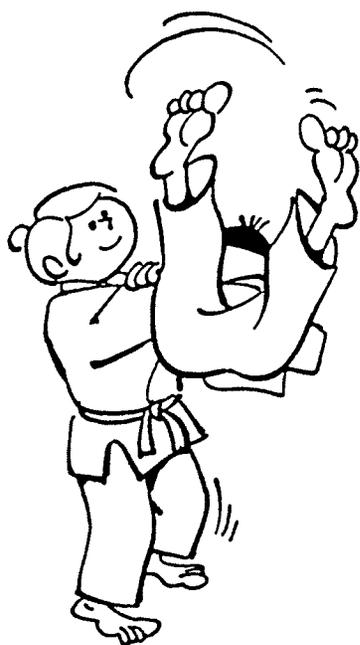
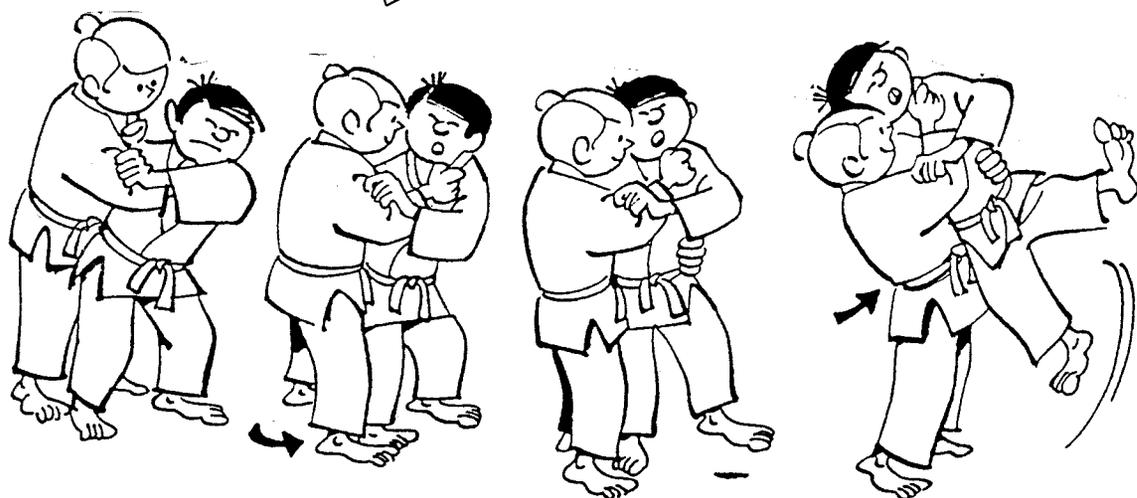
I step forward from left foot and right foot to make my Uke step back. I must place my right foot close to his left foot, my toes pointing inward.

As uke step his right foot back again, I break his balance to his right front corner by lifting and pulling (tsurikomi). I stretch my left leg out, and with the sole of my foot sweep his right outer ankle or shin away from you. Simultaneously twist my upper body to my right and pull hard toward my left armpit with my left hand and push upward and toward my left with my right hand to throw him.



Ushiro Goshi (back hip throw)

Ushiro goshi is used to counter a hip throw. Uke tries a hip throw. I lower my hips and put both arms around his waist. While holding him close to me, straighten my legs and bend my body backward. Swing him up off the mat. As he begins to come down, move your legs back. Bend forward and pull him down to the mat so that he cannot land on his feet.



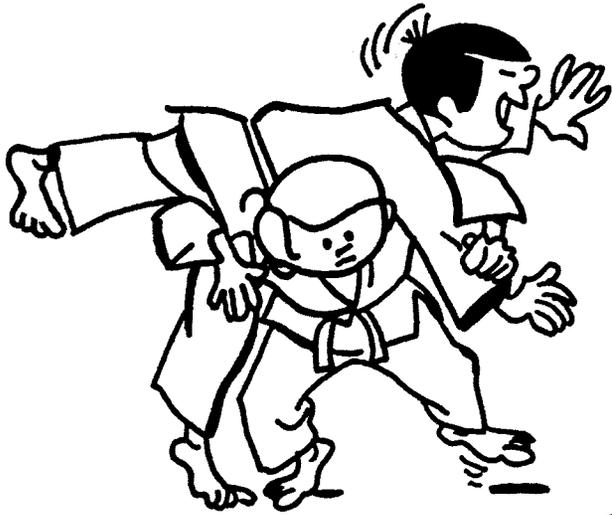
Kata Gurume (shoulder throw)

From the right natural posture, I move my left back and pull my uke forward with both hands. As he comes further forward with his right foot, change my left hand grip to his right middle inner sleeve and break his balance to his right front corner. Bend my knees and step in under him with the right foot. As I do so, put my right arm around his right thigh and load him onto my right shoulder. I pull my left hand down toward my chest and straighten up. As uke's weight is evenly distributed on my shoulder, I throw him down to my left front.

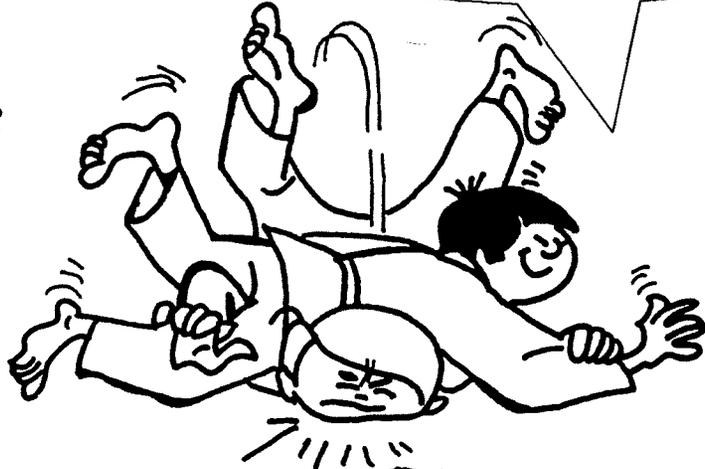


Position of my left hand grip.

Do not bend your body forward, other wise

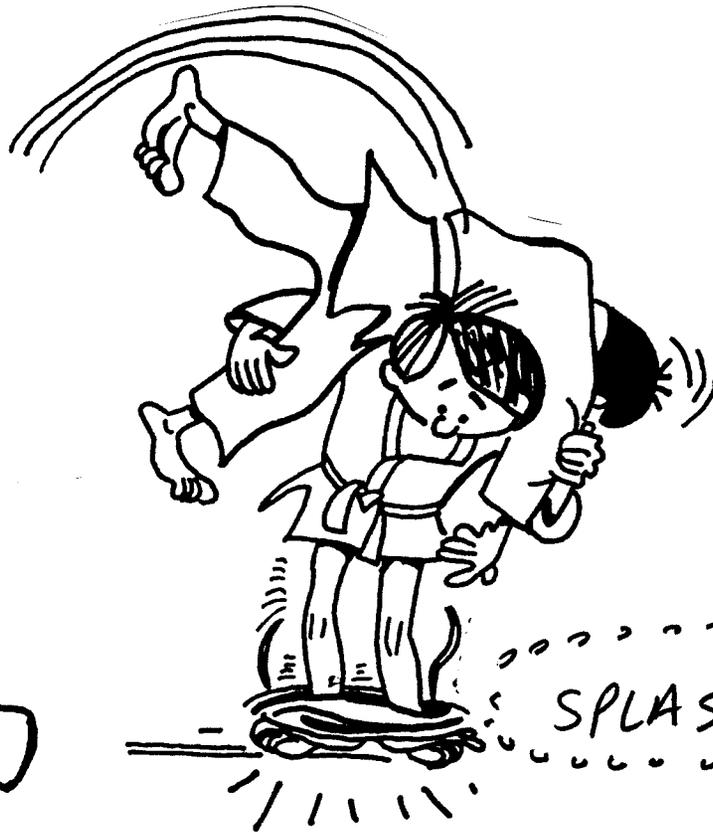


Instead of picking me up on your shoulder, I am landing top of you. How beautiful!!



BEHEMMMHHH!!!

Ha! Ha! Ha! If he had read more carefully the lesson No.1, he would not find himself in this embarrassing situation!



SPLASH!



Soto Makikomi (outer wraparound throw)

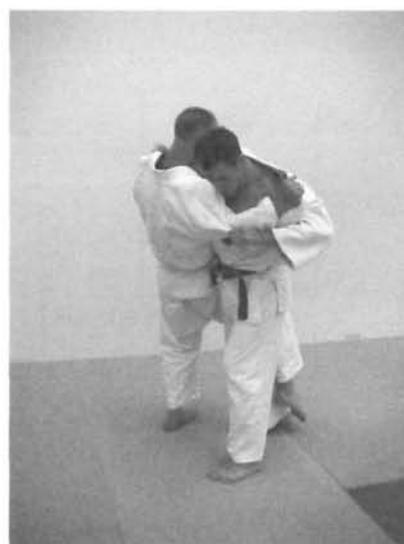
From the right natural posture, I break uke's balance to his right front corner. Uke try to keep his balance, he steps forward with his right foot, then his left. When he is about to shift his weight to his right foot, turn to your left and bring my left foot back around me. Put my right foot to outside of his right foot and let go my right grip. Pull him to my right side with my left hand. I continue twisting to the left, wrapping his body around, and throw myself forward and downward.



Osoto Gaeshi

(major outer reaping throw counter)

(1) My opponent moves in for right osoto gari. Before he has a chance to get you off balance to your right rear, apply your own right osoto gari



Ouchi Gaeshi (major inner reaping throw counter)

Your opponent attacks with a right ouchigari. When he has hooked my left leg with his right, sweep the leg out and throw him to his right rear.



Another possibility after raising my left leg is to throw him to his left front corner.



Uki Otoshi (floating drop)



1. I step forward with my left foot so that my uke steps back with his right foot.



2. I take a large step back with my left foot. As he comes forward with his right foot, break his balance to his right front corner.



3. Just as his weight is coming onto his right foot, drop to my left knee, left toes raised.



4. Pull hard using the combined power of both arms to throw him to his right front corner.

Uki Waza (floating throw)

Step back with my right foot and when my opponent comes forward with his left, break his balance to his left front corner. To recover his balance, he will bring his right foot forward. Just at that moment, slide your left foot outside his right foot. Drop back to my left. While falling, pull my left hand in an arc toward your body and push your right hand in an arc to the left. Uke falls forward to his right front corner.



Ashi Guruma (leg wheel)

Step back with my right foot and when my opponent comes forward with his left, break his balance to his left front corner with my hands (left hand pull toward his right front corner and push him to his left with my right). Bring my left foot around behind me and pivot to the left. Stick my right leg across uke's legs and press against his right knee cap, my ankle extending slightly past it. Draw him close to me with left hand and maintain pushing uke to his left and twist to the left. Uke will rotate over my leg.



Uchimata Sukashi (inner thigh reaping throw slip)

As my opponent moves in for a right uchi mata, I draw left foot to the right while pushing with my left hand to his left, make him miss catching my left leg and use his momentum to throw him forward.



1



2



3



4

Utsuri Goshi (hip shift)

Utsuri goshi is a counter throw. Uke tries a right hane goshi. As he moves in, I lower my hips, grab his rear belt with my left hand and lift him with my arms and waist. Swing him to my left and twist my hips to the right. Continue swinging him up to your left and put my left hip under him, letting my left foot come slightly forward. Shift your right-hand grip to his left sleeve and pull down hard with your right hand as you continue twisting your hips to the right.

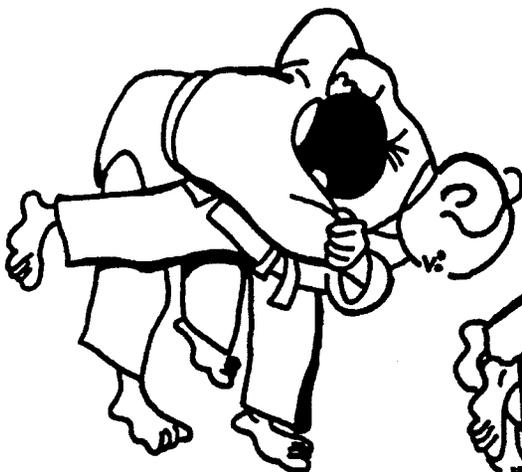


Oguruma (large wheel)

I break uke's balance to his right front corner, place my right leg across his upper legs to lower abdomen area, and lift him by swinging my right leg up and back. At the same time, pull down with both hand. Uke should turn over my leg.



YOU MUST NOTICE THE RESEMBLANCE BETWEEN: O Guruma - Harai Goshi - Ashi Guruma. YOU MUST PAY ATTENTION AND NOT CONFUSE THEM.



O-GURUMA

My leg is in contact with the front of his upper leg and sweep up.



HARAI-GOSHI

My leg contacts uke's lower leg and sweep up.



ASHI-GURUMA

My leg blocks uke's right knee cap and use my hand and arms to throw him forward.

Sode Guruma Jime (sleeve wheel choke)

This technique is also applied from the front. Put your right forearm against your opponent's throat and your left forearm against the back of his neck. Grasp your right lower sleeve with your left hand and thrust your right hand into the right side of his neck. Apply pressure by making circular movements with both arms.



Picture 1



Picture 2