

*West Palm Beach Judo Academy*

# INTERMEDIATE JUDO for Junior Students



Orange belt  
To  
Green Belt

Prepared by Noboru Saito - 7 dan

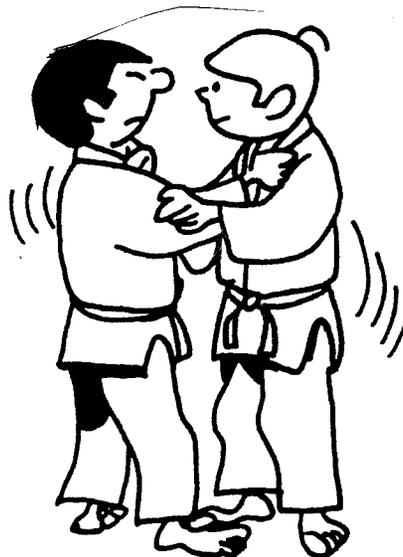
***For USJF***

Congratulations! Now you are really beyond the beginning stages of judo. It is important that you diligently practice in order to gain more skills. Your instructor will expect a more mature attitude from you and will constantly be checking on your behavior and moral character.

In order to progress quicker, you must have some contest experience. If you compete in shiai or kata, you can accumulate some contest points and shorten your time for the next examination.

You need to attend at least 32 classes for Orange/Green belt. If you are Orange/Green belt, you will need to attend 40 classes in order to be consider for the Green belt.

From this level you must pay a lot of attention and let develop your self-control and discipline. Do remember the JUDO is practiced with your friend and not with a person you wish to harm.



Judo is;  
FUN,  
SPORT,  
SELF-DEFENSE,  
and most of the  
development of  
physical flexibility,  
agility,  
coordination, and  
strength.

And also to be  
with friends!!

# UCHI KOMI (fitting in practice)

He is confusing speed with proper throwing skills. Make sure to come in all the way to complete a technique.

Now you must learn good Uchikomi. Uchikomi is the most important practice in judo. This is a repetition practice to learn Kuzushi, proper distance, placement of your body against uke, and speed of the entry and accuracy of throwing techniques.



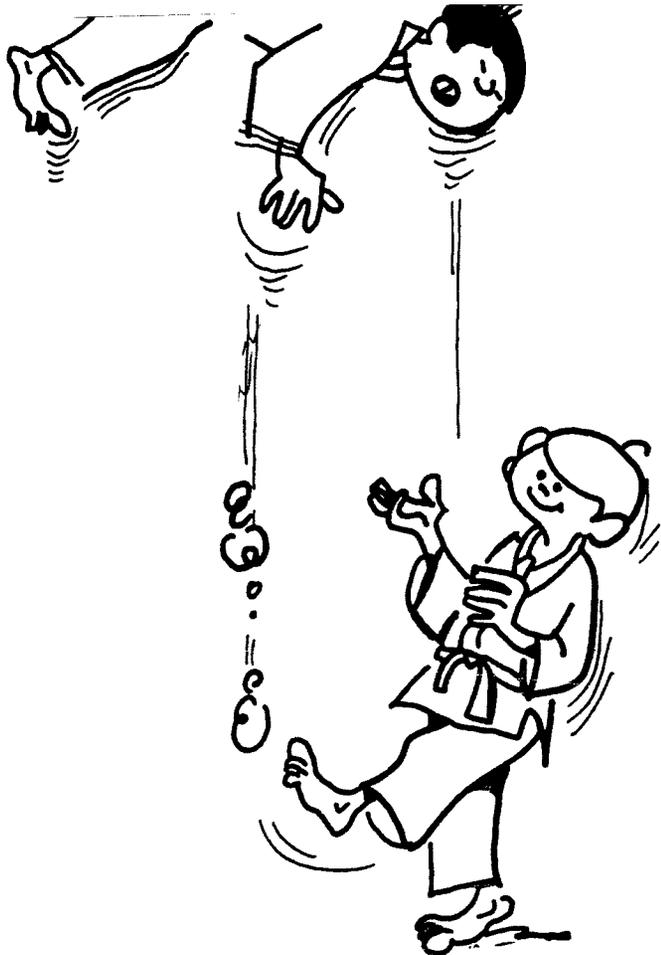
# YAKU SOKU GEIKO

(given and take throwing practice)

Now you will practice Yaku soku geiko. You will move around like free practice and exchange throws with your partner. However your partner will not defense your entry nor counter your technique. When you enter properly, he will be flipped. Now you must give your partner a chance to throw you.

I should not be afraid of falling. I hope god! If my mom finds out about this!!!

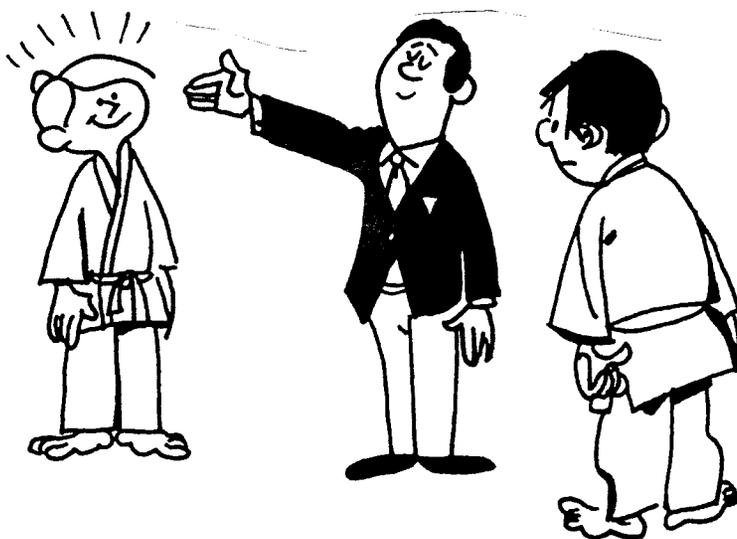
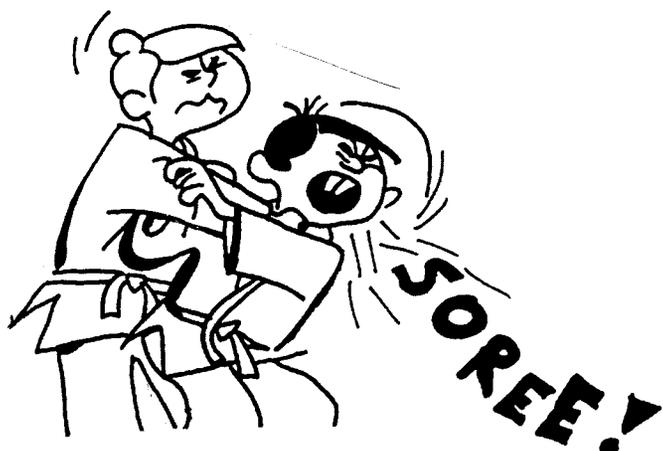
Naturally when he attacks, I must let him flip me without resisting.



# RANDORI and SHIAI (free practice & competition)

We will also practice Randori. This practice is for us to learn the attacking and defending without thinking who is winner and who is loser. It is important that we need to relax so that we can feel each other and learn efficient way of using each other's energy.

You are the best. Very good!  
Bravo! Very fine. Do it again  
Clap Clap Clap Clap Clap Clap



You will be able to participate in "Shiai"... and it is possible that the referee will grant you the victory, but you will never know.

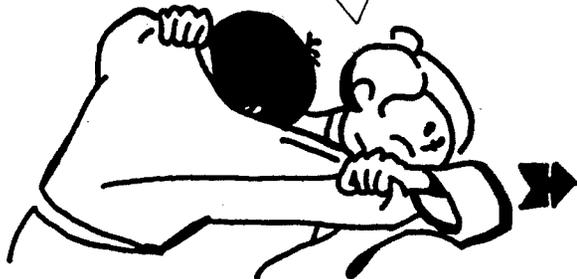
# HARAI GOSHI (sweeping hip throw)

As I step my right foot near the top of triangle, I make my uke off balance to his right front corner by pulling with my left arm and pulling-lifting (fishing) with my right arm.

Then I bring my left foot right behind my right foot and turn to my left to place my hips against uke's low abdomen. I sweep his right leg from his thigh to his ankle with my right leg.



The off balance is obtained by pulling with my left hand towards the direction of my shoulder.



Do not place my hips too deep against uke's front or bending my right leg when I sweep. I end up sweeping just the air.



# *SODE TSURIKOMI GOSHI* (sleeve pull-lift hip)

I grab the bottom of uke's sleeves with my hands. Then I step my right foot in front of uke's right foot. At the same time, I pull his right sleeve to ward his right front and pull-lift his left sleeve up and forward with my right hand.

I pivot on my right foot to the left and bring my left foot in front of his left foot and place my hips below his belt. Then I bring my right hand downward to place his left armpit under my right shoulder



I extend my legs upward, at the same time bend my body forward like a bowing while turning my body to the left.

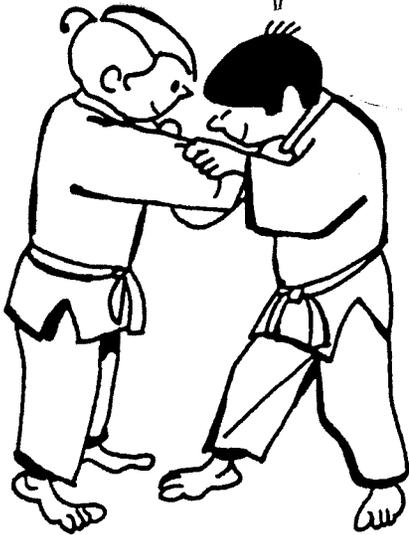


# MOROTE SEOI NAGE (two arms shoulder throw)

I break uke's balance to his front, simultaneously stepping my right foot in front of uke's right foot.

Pivoting both feet in between his legs. I twist my right elbow under uke's right armpit.

Bending my knees in order to gain leverage. I pull uke tight to my back. Bow down and straightening my legs at the same time to make the throw.



# SASAE TSURIKOMI ASHI (supporting foot Lift-Pull Throw)

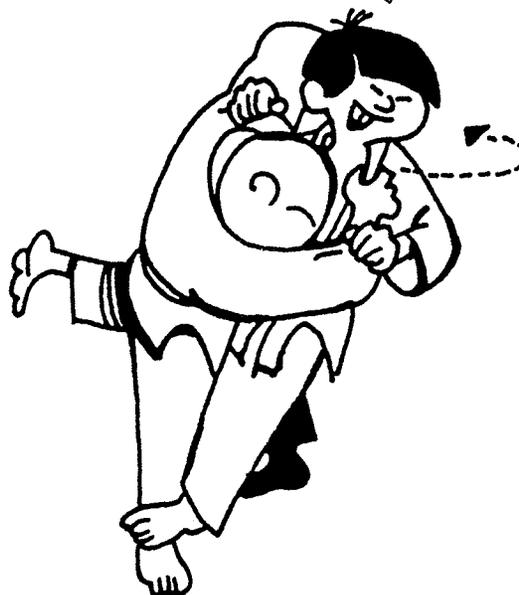
As I step my right foot in front of uke's left foot, I make my *uke* off balance to his right front by pulling with my left arm and pulling-lifting with my right arm.

While I am keeping uke off-balanced toward his right front, I place my sole of my left foot around the arch in front of uke's right ankle. I maintain my body straight from my left shoulder to left foot while turning my body to left will throw my uke.



Don't bend your body.

Keep my body straight from your head to my foot.



TSURI  
(fishing action)

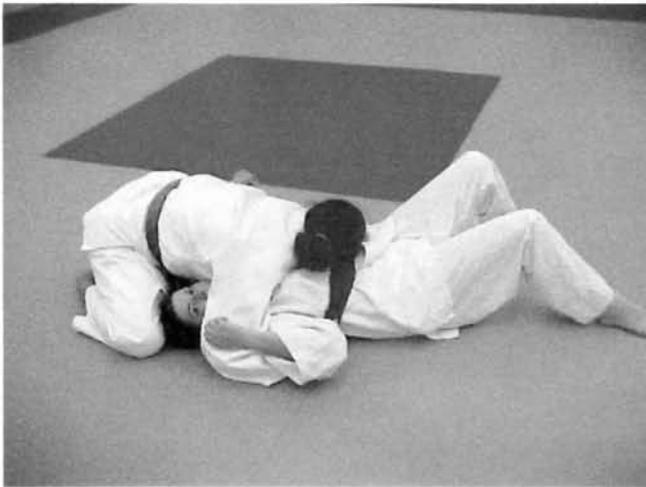


# KUZURE KAMI SHIHO GATAME

## (Modify upper 4 corner hold)

Staying behind your uke. You cover uke with your body and control uke from between side of uke's head and his shoulder with 4 points of support. Place uke's right wrist under your right armpit and grab her collar with your right hand and your left hand under her shoulders and grab her belt. Pulling it towards you. Place your head to the right or to the left. You may rest your chin on her stomach but without pushing.

You can have your knees bent or you can have your legs spread wide apart depending on uke's actions.



Instead of placing his right wrist under your armpit, you can grab her right side belt with your right hand.



# TATE SHIHO GATAME (vertical 4 corner hold)

In order to perform a Tate shiho gatame, you hold from top of your partner's body.

Picture 1 shows using Katagatame hold for the upper body control and coil your each foot against uke's each foot.



Tate shiho gatame - picture 1



Tate shiho gatame - picture 3



Tate shiho gatame - picture 2

You can control your uke by grabbing her belt with right hand and scooping her left arm by your left and like in picture 2. Again, you control uke from top as shown in picture 3 and tack your feet against uke's body.

# KATAHA JIME (single wing choke)

Your right knee up and touching uke's back. Your left knee on the mat and keep you left toes on the mat. Bring your left arm under her left armpit and grab the middle her left lapel with your left hand.

Pull her lapel downward to eliminate the slack behind her neck.

Bring your right arm on top of her shoulder and grasp her left upper collar with your right hand while placing your right thumb/wrist against uke's neck.

Then move your left hand to hold her left arm just above her left elbow and lift it upward with your left arm. Then slide your left arm behind her head and under my right wrist while turning to my right slightly and choke with your right wrist.



## DEENSE AGAINST KATAHA JIME

1. Grab your left arm with your right arm to bring your left arm down.

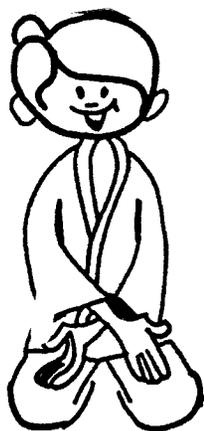


# KATA JUJI JIME (sliding collar choke)

It is done by method of grabbing collar with the hand crossed like this, my left palm up and my right palm facing downward.

Once I stride uke, grab his right collar with my right hand and pull it up. Then I slide my left hand inside of uke's right collar and grab it. the thumb side of my wrist is contacting uke's neck.

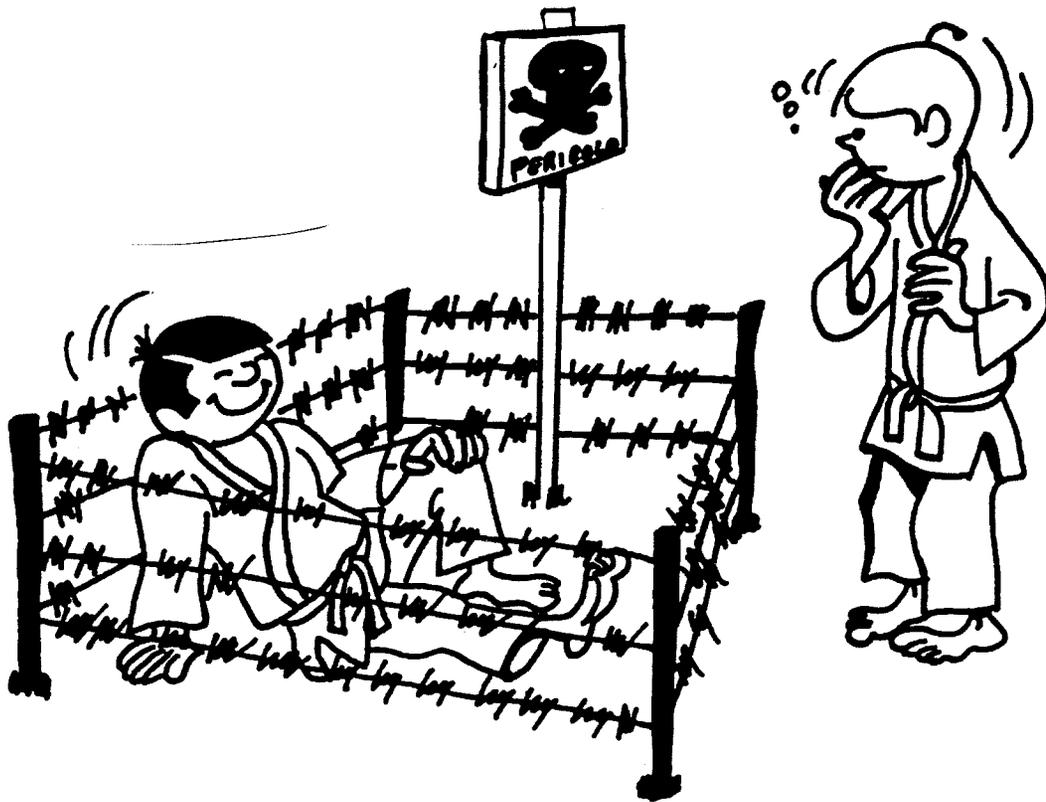
I grab his left collar with my right hand, thumb inside of his collar. I cover his body with mine at the same time start choking with my left hand while pulling and pushing with my right hand around his larynx area.



## DEFENCE AGAINST KATA JUJI JIME

Place your hands on tori's elbows and push them upward and toward each others.

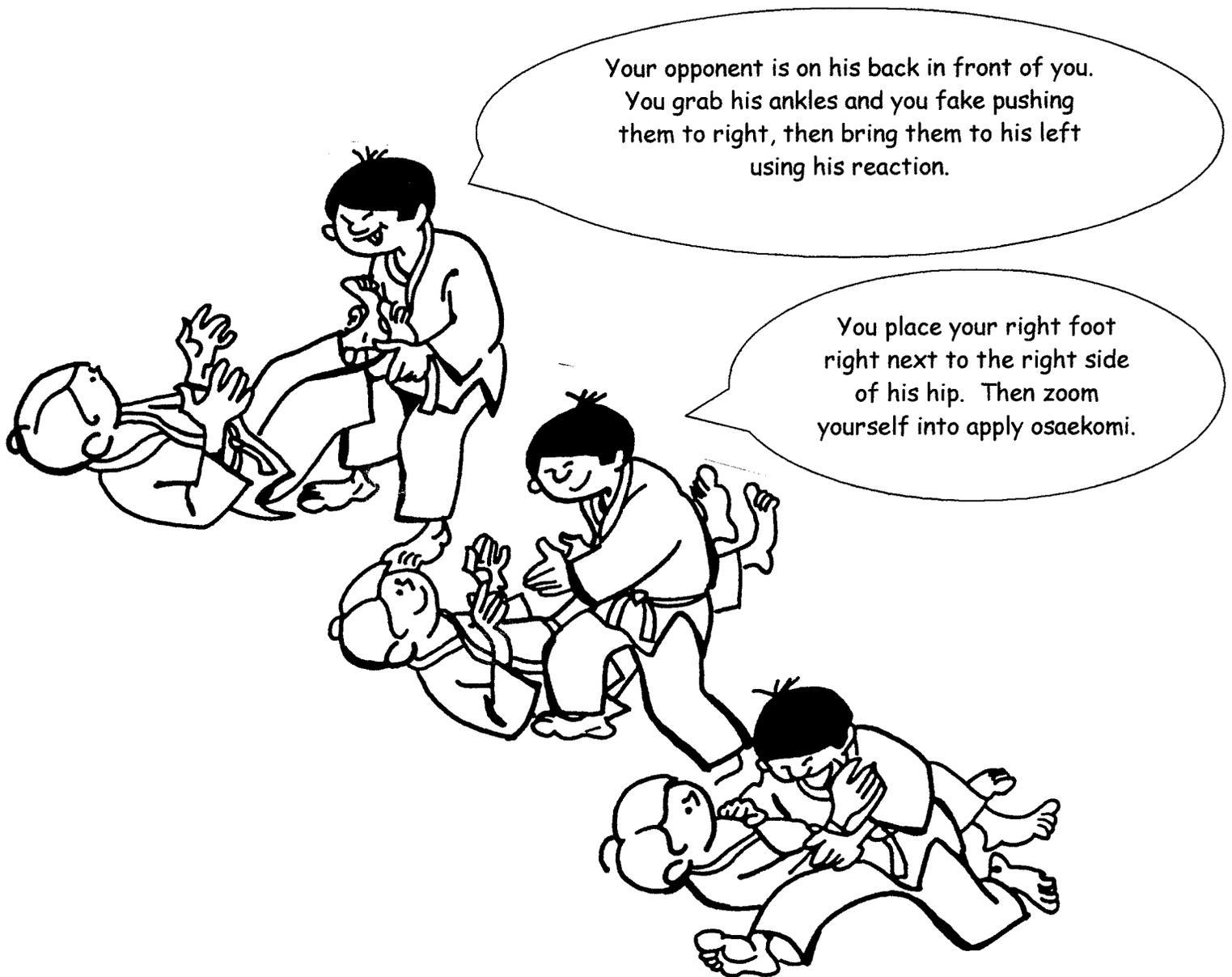
# The Entry



There are the techniques to penetrate against uke's defense. You will learn the basics of the entry from opponent's legs. These techniques will give you advantage.

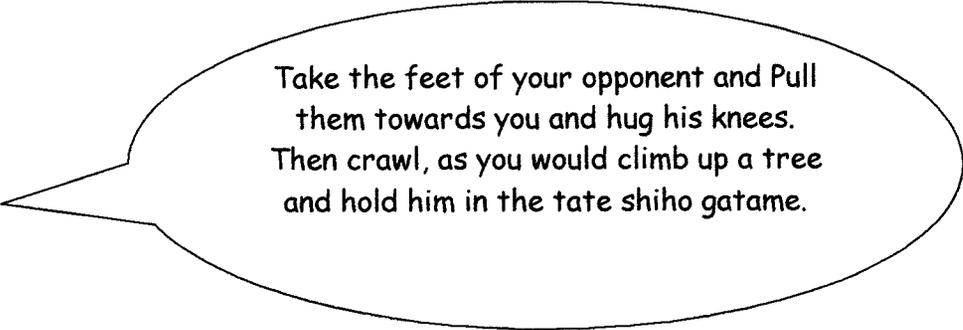
# ENTRY FROM UKE'S LEG

## Entry Number 1

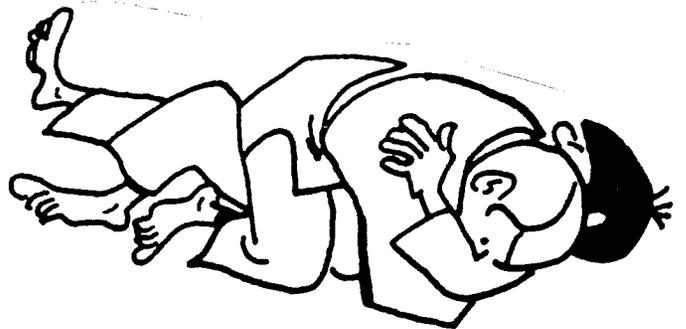


You can do the same way against your opponent's legs are folded. Instead you grab his pants at the knee area.

## Entry Number 2



Take the feet of your opponent and Pull them towards you and hug his knees. Then crawl, as you would climb up a tree and hold him in the tate shiho gatame.

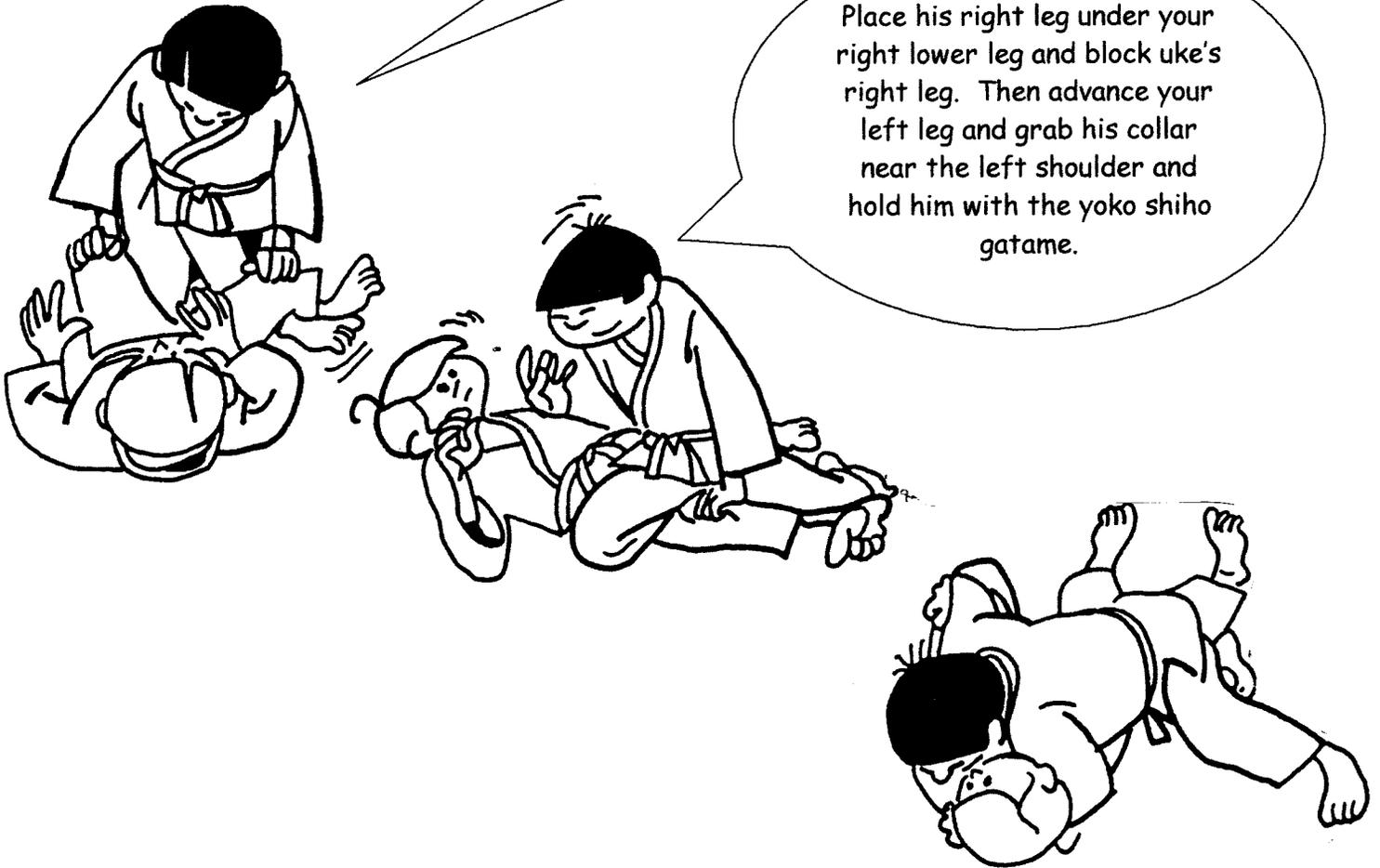


You can bring his legs to your side. In this case, you will enter in to the yoko shiho gatame.

### Entry Number 3

You are in front of uke who is on his back. Grab his pants at the knees. You make his leg straight by your right ko uchi gari.

Place his right leg under your right lower leg and block uke's right leg. Then advance your left leg and grab his collar near the left shoulder and hold him with the yoko shiho gatame.



Read. Listen and ask Questions, then  
Fill in the blanks.

1. What is Tokui Waza? \_\_\_\_\_
2. What is Shime waza? \_\_\_\_\_
3. How long the shiai time for men at Olympics? \_\_\_\_\_ minutes.
4. How long the shiai time for women at Olympics? \_\_\_\_\_ minutes.
5. What is kumikata? \_\_\_\_\_
6. What is normal kumikata? \_\_\_\_\_
7. How long must osaekomi be held for koka? \_\_\_\_\_
8. How long must osaekomi be held for yuko? \_\_\_\_\_
9. How long must osaekomi be held for wazaari? \_\_\_\_\_
10. A contestant received a shido then same contestant received a second shido. What is now he is penalty call? \_\_\_\_\_

# TERMINOLOGY

Find the meaning for these words

ebi \_\_\_\_\_

kami shiho gatame \_\_\_\_\_

kesa gatame \_\_\_\_\_

kataha jime \_\_\_\_\_

kata gatame \_\_\_\_\_

kata juji jime \_\_\_\_\_

kuzure \_\_\_\_\_

harai goshi \_\_\_\_\_

hiki te \_\_\_\_\_

sankaku \_\_\_\_\_

sasae tsurikomi ashi \_\_\_\_\_

seoi nage \_\_\_\_\_

sode \_\_\_\_\_

tate shiho gatame \_\_\_\_\_

te \_\_\_\_\_

turi te \_\_\_\_\_

yoko shiho gatame \_\_\_\_\_