

Judo Link Club Rank Promotion Guide

6th Kyu - Orange Belt Requirement

Updated: July 2017

Terminology:

Ashi-waza – foot technique

Shime-waza – strangle technique

Osae-komi-waza – immobilization technique

Sutemi-waza – Sacrifice techniques. They are part of the Nage-waza (throwing techniques); generally involving you falling on your back to throw uke (your partner).

Tori – you, the person who is performing a technique

Uke – your partner or opponent

Waza – technique

Ukemi – Break fall

Contest-related

Hajime – Begin

Mate – Stop

Sono mama – Stop action, command to freeze

Soremade – Time up, end of contest

Shido – A penalty

Osae-komi – a pin is effective

Toketa – a pin is broken (opponent escaped)

Ippon – Instant win by the following methods:

1. Throw - Opponent must land with three of the four factors: speed, force, impact (largely on his back) and control.
2. Pin – hold for 20 seconds (historically it was 30, later reduced to 25)
3. Submission – With strangle or joint lock or opponent simply gives up
4. Disqualification – if opponent commits a foul that disqualifies him or her; or receives four penalties, an ippon will be given to you.

Waza-Ari (often abbreviated into wazari) – Half point, two wazaris make an ippon. For example, if you throw your opponent for a wazari, and later pinned your opponent for 15 seconds, that is another wazari and you will win by ippon.

Waza-Ari Awasete Ippon – when two wazaris are scored, the referee will announce their combination makes an ippon.

Yuko – Point for effective technique, mostly awarded for opponent landing largely on the side or pinned for 10 seconds but less than 15 seconds. No amount of yukos will equal a wazari.

Koka – Historic smallest point (abolished under current rule), it was given for opponent landing on his buttocks or pinned for less than seconds.

Physical Exercises:

- Forward shrimp with a partner on top (kami-shiho-gatame position)
- Ability to hold a handstand leaning against something for 15 seconds
- Hip switch from four-point position
- Twenty thrusting push-ups

Standing Techniques / Tachi-waza: must perform uchi-komi and nage-komi



Kibisu-gaeshi / Heel trip



O-goshi / Major hip throw



Morote seio-nage / Two-hand back carry throw



Ko-uchi-gari / Minor inner foot sweep

Standing / Tachi-waza

Combinations:

Any hip technique to O-uchi-gari

Any hip technique to Ko-uchi-gari

Ko-uchi-gari to a forward technique
(morote seio-nage, tai-otoshi, etc.)

Standing arm lock:

Waki-gatame

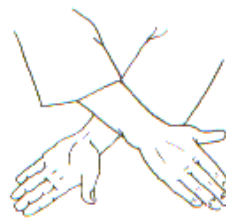
Defense in standing:

Hug from behind (under arms)
solution 1: Drop, lean back, push grips
down and walk around opponent

Ground Techniques / Ne-Waza:



Kami-shiho-gatame / Top four-corner hold



Juji-jime / Cross strangle (name-, gyaku-, kata-variations)

Transition on the ground:

Turn-over: (when opponent is in the “turtle” position)

Frontal two hands on belt grip, hikkomi-gaeshi (or sumi-gaeshi) type of turn over

Defense:

From turtle position: Trap and roll

Escape from kesa-gatame: 1. Leg-chase and trap; 2. Hip-bump and roll

Bottom position:

Open legs, one arm holding behind one leg, swing reversal

Leg pass:

Double under-hook behind the legs, lift and compress pass