

Judo Link Club Rank Promotion Guide

6th Kyu - Orange Belt Requirement

Updated: Jan 2019, Revision 3

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



Okuri-eri-jime / Sliding collar strangle

Combinations: Juji-jime to juji-gatame from both top and bottom positions

Transition on the ground:

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

Frontal two hands on belt grip, hikkomi-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

Sit-up, frontal makikomi (winding) roll reversal

Feet on hips pushing reversal when uke tries to pass standing up and its defense when it is done to you when you try to pass.

Leg pass:

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