

For the beginners

The belt:-

- Is called an Obi in Japanese.
- It helps to keep the Judogi closed.
- It indicates the grade of the student by color

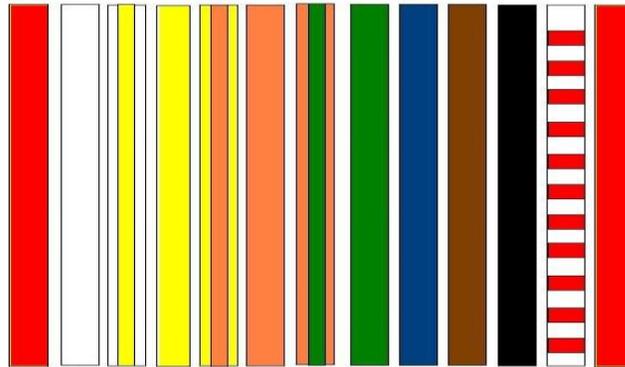


Grade by color

Seniors



children



Minimum age 4-6, 7, 8, 9, 10, 11, 12, 13, 14, 16

Did you know that _____ manes?

Mu-dan-sha

Students below black belt rank

Yu-dan-sha

Person who earned the black belt

Ko-dan-sha

High ranking judoka -- 5th dan and above

Kyu

Student rank

Dan

Black belt rank

Kyoshi

Instructor

Sensei

Teacher,

Shinpan

Referee

Soke

Founder of a martial art or ryu" (i.e. Kano-shihan)

Shihan

Title for a model teacher or "teacher who sets the standard" (i.e. Kano-shihan)

Tying your Belt



Coming for Judo, well check if:-

- You have clean hands and feet?
- Your finger and toe nails are short?
- Your judo Gi and belt are clean?
- Did you bring your ZORI (slippers) with you?
- Did you bring water with you?
- Did you take all jewelry off?
- Did you switch your mobile off?



Thanks for all the above and remember try to be on time.

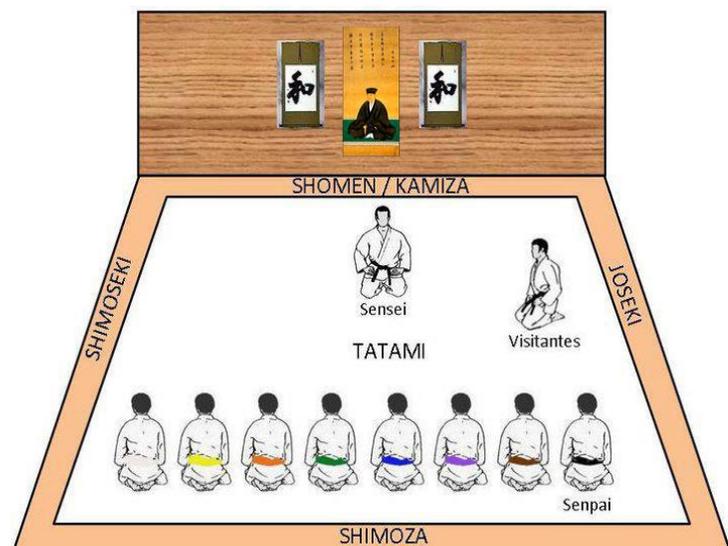
At the DOJO (training hall)

Always bow when you?

- Enter or leaving the DOJO
- Enter or leaving the TATAME
- Approaching a senior grade
- Starting or finishing a RANDORI

Always walk from the sides of the TATAMI

When not doing Randori or training



The Judo GI

Uwa-gi --- Jacket

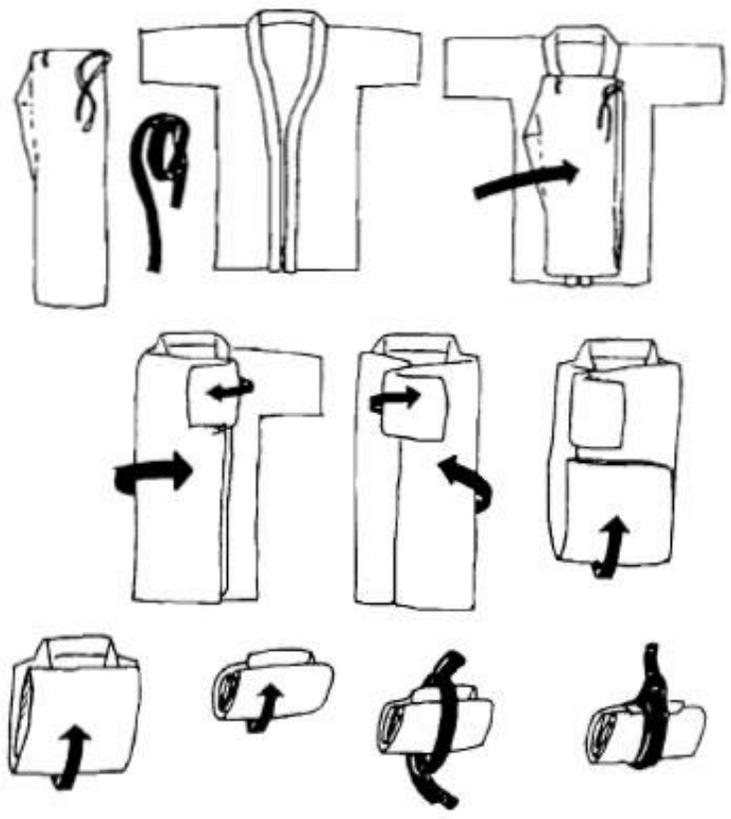
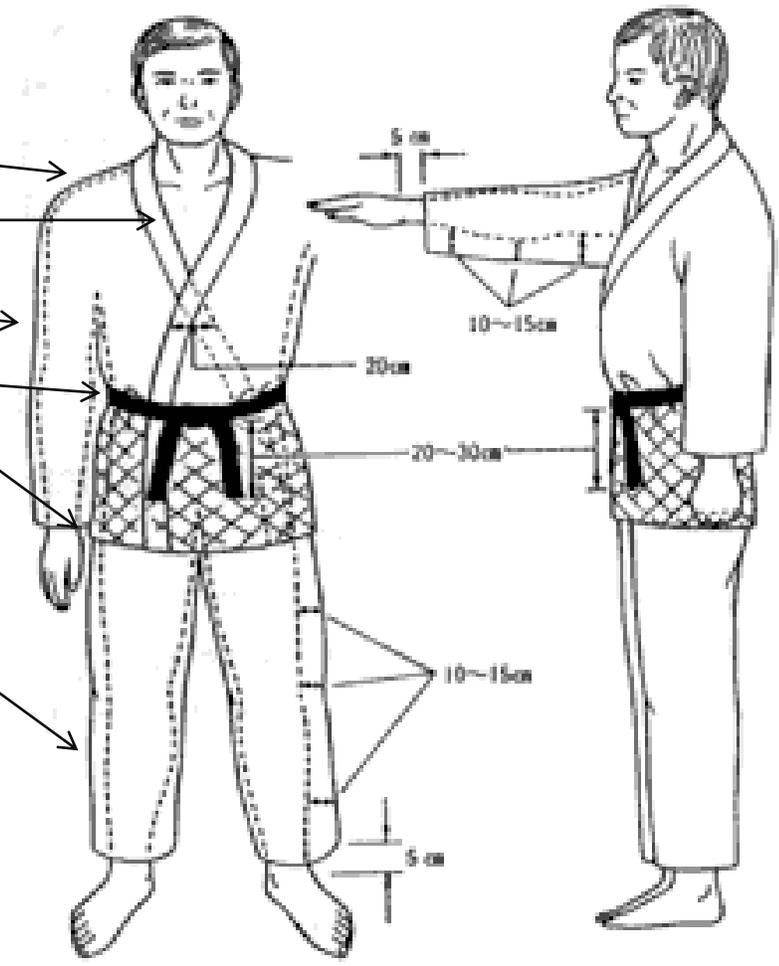
Eri --- Lapel

Sode --- Sleeve

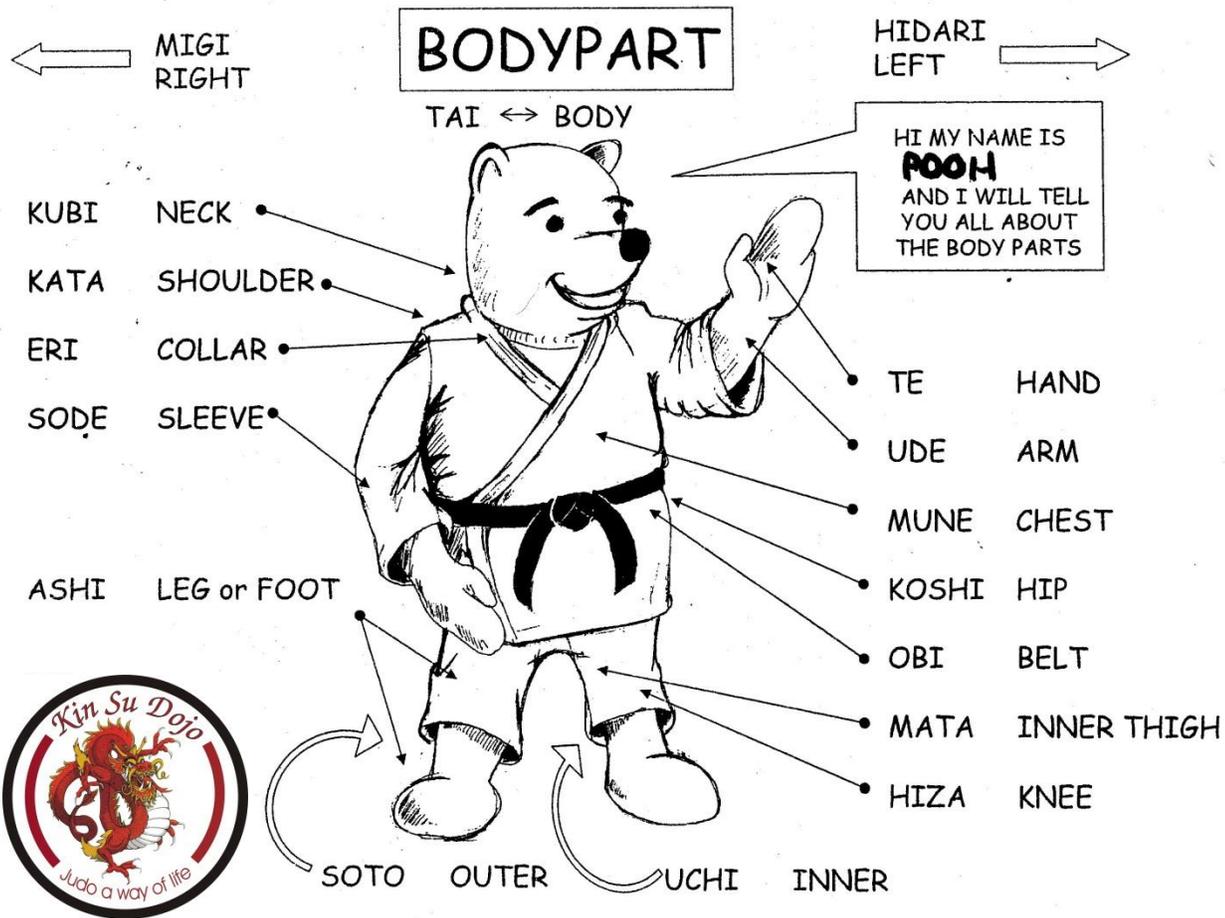
Obi --- Belt

Shita --- Jacket bottom trim

Zubon --- Pants



How to Fold your GI



Important words to know

<u>Kiai</u>	To gather spirit with a shout
<u>Kodokan</u>	Judo institute in Tokyo where Judo was founded
<u>Tori</u>	Person performing a technique
<u>Uke</u>	Person receiving the technique
<u>Geiko</u>	Training
<u>Waza</u>	Techniques
<u>Tachi Waza</u>	Standing Techniques
<u>Kumikata</u>	Gripping
<u>Kuzushi</u>	Braking of balance
<u>Tsukuri</u>	Entry, Attack
<u>Judo</u>	Gentle or flexible way
<u>Jujutsu</u>	Gentle art
<u>Budo</u>	Martial ways
<u>Bujutsu</u>	Martial arts
<u>Bushido</u>	Way of the warrior
<u>Goshin Jutsu</u>	Art of self defense