

# 2014-2015 Parents and Judoka Handbook

<http://www.kelownajudo.com>



Join the Facebook page

Kelowna Judo Club



# Event Calendar

## 2014

- August 26 – 28 – Girls Only Judo Camp, Oyama BC  
September 19 & 20 – Fall Training Camp, Prince George, BC – *more information coming soon*  
October 4 – Island Regional Training, Nanaimo, BC (10:30 am)  
**\*October 17 & 18 – Abbotsford Judo Club – BC Judo Championships, Abbotsford, BC**  
November 1 & 2 – Quebec Open, Montreal, QC  
November 3 to 6 – Judo Canada Training Camp, TBA  
November 8 & 9 – Ontario Open, Toronto, ON  
November 15 - Island Regional Training, Nanaimo, BC (10:30 am)  
**\*November 22 – Steveston Junior Tournament, Richmond BC**  
**\*December 27 to 30 – Winter Training Camp, Abbotsford, BC**

## 2015

- January 10 & 11 – Elite 8 National Championships U18 & Senior, Montreal QC  
January 17 - Island Regional Training, Nanaimo, BC (10:30 am)  
January 24 & 25 – Saskatchewan Open, Regina, BC  
February 7- Island Regional Training, Nanaimo, BC (10:30 am)  
February 7 & 8 – Vancouver International & Youth Provincial Championships, Langley, BC  
February 22 to 28 – Canada Winter Games, Prince George BC  
**\*March 7 & 8 – Pacific International, Richmond BC**  
March 9 to 11 – Judo Canada Training Camp, Richmond, BC  
**\*March 14 & 15 Edmonton International, Edmonton, AB**  
March 28 & 29 – Spring Training Camp, Steveston, BC  
April 11 – Island Regional Training, Nanaimo, BC (10:30 am)  
**\*April 17 & 18 – BC Open, Vernon, BC**  
April 24 to 26 – Pan Am Judo Championship, Edmonton, AB  
**\*May – Canadian Championships Training, Montreal, QC**  
August 8 to 11 – Western Canada Summer Games, Wood Buffalo AB

**\*Judo BC Important Tournaments & Training**

# Instructors (Sensei)



In picture (left to right): Stu Leatherdale, Kathy Hubble, Dave Guthrie, Bailey Leatherdale, Nikki Terada

Kathy Hubble-Head Coach	Sandan (3 <sup>rd</sup> Degree black belt)
Stu Leatherdale	Shodan (1 <sup>st</sup> degree black belt)
David Guthrie	Shodan (1st degree black belt)
Lisa Nakajima	Sandan (3rd Degree black belt)
Dan Cannan	Nidan (2 <sup>nd</sup> degree black belt)
Scott Betker	Shodan (1st degree black belt)
Scott Payer	Shodan (1st degree black belt)
Tanner Mair	Shodan (1st degree black belt)
John Davina	Yondan (4 <sup>th</sup> degree black belt)
Ken Pratt	Nidan (2nd degree black belt)
Bailey Leatherdale	Ikkyu 1 <sup>st</sup> grade (brown belt)
Nikki Terada	Nikyu 2 <sup>nd</sup> grade (blue belt)

# Kelowna Judo Club Schedule and Fees

## Tuesday & Thursday Evenings

\* New Class times:

Little Champions (Tiny Tots) - Age 4 to 7/8  
 - 6:15 to 7:00 - Small Dojo

Junior Class - Age 8/9 to 13 - 6:15 to 7:15 - Large Dojo

Senior - 13 and up 7:15 to 8:30

### Bonus Times:

\*\*Wednesday Nights at Pacific Top Team Jujitsu Club – 6-7:30 (12 and up competitive only)

\*\*Sunday mornings 10:15 to 12:00 (12 and up competitive only)

### **Fees for the year are as follows:**

1st term (September to December)

Little Champions - \$150

Junior / Senior - \$250

2nd term (January to May)

Little Champions - \$200

Junior/Senior - \$325

\*\*\$25.00 whole year discount for Little Champions

\*\*\$50.00 whole year discount for Junior/Senior

Judo BC Yearly Registration Fee Rates	
Ages Under 14	\$55 per year
Ages 14+	\$75 per year
Black Belts	\$80 per year

**\*\*All payments by cash or cheque made payable to: Kelowna Judo Club - Thank you!\*\***

## BASIC RULES

Contests will be fought until an Ippon is obtained, or time expires. Time limits vary from 2 1/2 to over 5 minutes. Ippon is automatic win, 2 waza-ari is an automatic win, but no number of yuko will add up to the next highest score.

(1.) When one of the competitors succeeds in throwing his or her opponent with sufficient force or speed, he/she shall be awarded points of:

Ippon ..... Full Point

Waza-ari ..... Half Point

Yuko ..... 1/4 Point

(2.) When a contestant succeeds in holding his/her opponent on the ground with his/her back to the mat and with no entanglement for a specific length of time, points will be awarded as follows:

20 seconds ..... Ippon

15 but less than 20 ..... Waza-ari

10 but less than 15 ..... Yuko

(3.) When as a result of a struggle or arm lock, one of the contestants surrenders by hitting the mat, his/her own body or his/her opponents body twice with his/her hand or foot a full point shall be awarded.

(4.) If at the end of the time limit, the score is tied, the "Golden Score" rule will apply. Competitors will return to the center of the mat, all points will be removed from the board. There is no time limit. The first competitor to score any point, even if awarded through penalty of the opponent, will win the match.

## PENALTIES

SHIDO - slight infringements - technical / tactical faults. No points awarded.

HANSOKU MAKE - grave infringements - endangering the competitors or against the spirit of Judo. The player is disqualified from the match. 4 shidos for blue competitor = Ippon for white competitor and white competitor wins match.

## AGE DIVISIONS

- Under 7 boys and girls (U7) 2007 and younger
- Under 9 boys and girls (U9) 2005-2006
- Under 11 boys and girls (U11) 2003-2004
- Under 13 boys and girls (U13) 2001-2002
- Under 15 men and women (U15) 1999-2000
- Under 18 men and women (U18) 1996-97-98
- Under 21 men and women (U21) 1994-95-96-97
- Senior men and women 1997 and older

## Kelowna Judo Club Etiquette Guide for Students

Proper observance of etiquette is as much a part of your training as is learning techniques.

Judo training places as great an emphasis on the cultivation of proper conduct as it does the martial art.

### **PLEASE TAKE THE FOLLOWING GUIDELINES SERIOUSLY**

**1. We bow to indicate our gratitude and mutual respect.** *It is common for people to ask about the practice of bowing in Judo. In particular, many people are concerned that bowing may have some religious significance. It does not. In Western culture, it is considered proper to shake hands when greeting someone for the first time, to say "please" when making a request and to say "thank-you" to express gratitude. In Japanese culture, bowing fulfills all these functions.*

*Bowing is appropriate on the following occasions:*

- (a) when entering and leaving the dojo*
- (b) when stepping on or off the mat*
- (c) at the beginning and end of class*
- (d) when asking or thanking a partner for practice*
- (e) after receiving special instructions from the sensei*

**2. The cleanliness of the mat and dojo are essential.** *Remove shoes upon entering and leave them neatly in the entrance way. Do not walk on the exterior surface or outside in bare feet. Make sure your feet are clean before stepping on the mat.*

**3. Be on time for class.** *If you are late, enter and go to the changeroom. Re-enter, sit on a corner of the mat until the instructor indicates you can join class. Bow to the instructor.*

**4. Remove all rings, earrings, watches, necklaces and bracelets before practice.**

**5. Personal hygiene is extremely important.** *Judo is a contact sport, students are expected to maintain good hygiene by:*

- (a) coming to class with clean hands and feet*
- (b) keeping finger and toe nails short and clean*
- (c) keeping your training uniform clean, in good shape and free of offensive odour*

*Occasionally people scrape their hands and feet during practice. The rule is that a student must stop participating long enough to cover with a bandage or tape any scrape or cut that is bleeding. The club has first aid supplies available for these occasions.*

**6. If you or someone else is hurt, tell the sensei at once.** *If you need to rest, request permission from the instructor. If you have a problem during practice, let your partner know. Do not leave the mat without the permission of your sensei.*

**7. Avoid leaning against the walls or sitting with your legs stretched out.** *Either sit in seiza or cross legged. Also, avoid sitting on the mat with your back to the sensei or any randori.*

**8. Please keep talking during class to a minimum and do not engage in roughhousing during class** *What conversation there is should be restricted to one topic — JUDO. Excessive noise and rowdiness are distractions. Distractions can lead to injury and will not be tolerated.*

**9. Do not bring food, gum or beverages with you on to the mats.**

**10. Judo is NOT a sport that should be practiced outside a dojo or a tournament.**

*A person not trained in the sport of Judo can be seriously injured and should not be considered a partner for ANY techniques.*

**11. New students should seek out partners and not wait for someone to choose them.**

*During randori it is considered impolite to leave a black belt or higher ranking student standing without a partner. Higher ranked judoka will generally not ask a lower ranked student to randori because it may seem that they want to show off. It is considered a compliment to ask a higher rank to practice and he/she will almost never refuse to invitation. It's generally a good idea for new judoka to seek out the more experienced students as often as possible. It is safer for the new student and it helps the new student learn proper technique.*

**12. Remember that you are here to learn, and not to gratify your ego.** *One of Judo's most important rules is "Mutual Benefit and Welfare". Everything we do in the Judo club follows this rule. The goal of the club is for every participant to be comfortable and to have a good time while learning about Judo.*

# Judo's Hierarchy of levels

Olympic Games & World Championships
Pan American Championships & Pan American Games
National Teams
National Championships
Provincial Teams
Provincial Championships
Regional, District and Zone Teams
Regional, District and Zone
All Judo Participants at club level

**\*The Kelowna judo club has inter-club competitions for juniors (Vernon, Penticton, Revelstoke). This is a good chance for young judoka to experience a judo match.**



## PROMOTIONS

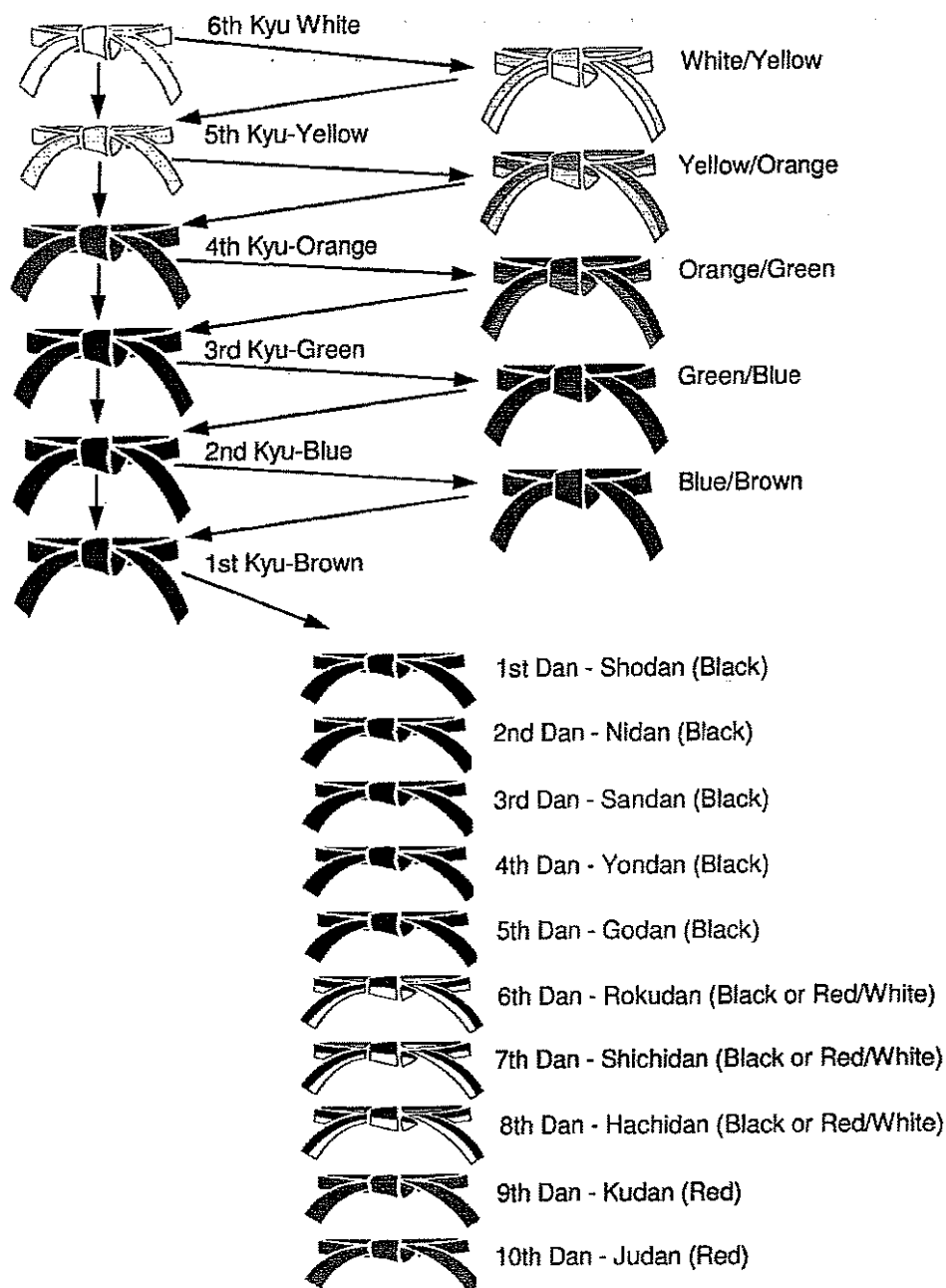
In Judo, being a sport based on hierarchy, it is generally accepted that the various ranks be represented by belts of different colors.

The Yudansha "dan" grades, Black Belts, are awarded according to the National rules (Grading Syllabus), adapted from the Rules of the International Judo Federation. The color grades are given by instructors based on the Judo Canada Junior Kyu Grade Syllabus.

Women generally wear the same colored belts as men, with a white stripe the length of the belt. This distinction was initiated by the Kodokan so that women would be differentiated from the male competitors. But with the increasing number of women involved in national and international competition, the tradition of the white striped belt seems to be vanishing.

## JUDO RANKING

Here is the list of the various ranks, and the corresponding belt color as it applies in Canada.



# Judo Terminology

<b>Judo</b> - the gentle way	<b>Dojo</b> - workout hall	<b>Hon</b> - basic
<b>Tatami</b> - mats	<b>Judogi</b> - uniform	<b>Kuzure</b> - modified or broken position
<b>Shiai</b> - tournament	<b>Professor Jigoro Kano</b> - founder of Judo	<b>Nage</b> - throw
<b>Sensei</b> - teacher	<b>Kitzkae</b> - pay attention	<b>O</b> - major <b>Ke</b> - minor
<b>Uki</b> - one who's being thrown	<b>Rei</b> - bow	<b>Mae</b> - forward
<b>Tori</b> - one who is throwing	<b>Zarei</b> - kneeling bow	<b>Jime</b> - strangle
<b>Judoka</b> - student of Judo	<b>Ritsurei</b> - standing bow	<b>Juji</b> - cross
<b>Kata</b> - pre-arranged set of techniques	<b>Randori</b> - free practice	<b>Uchi</b> - inner <b>Soto</b> - outer
<b>Ukemi</b> - breakfalls	<b>Uchi-komi</b> - step-ins	<b>Ura</b> - back
<b>Nage-waza</b> - throwing techniques	<b>Osae-waza</b> - holding techniques	<b>Sumi</b> - corner
<b>Shime-waza</b> - choking techniques	<b>Kansetsu-waza</b> - joint-lock techniques	<b>Sutemi</b> - sacrifice
<b>Kei</b> - yell from stomach	<b>Shinhan</b> - professor	<b>Shinban</b> - referee
<b>Tsuri</b> - lift and pull	<b>Shiai-jo</b> - contest area	<b>Otoshi</b> - drop
<b>Tobi-komi</b> - turn and pull	<b>Keke</b> - attack	<b>Joseki</b> - head or official table
<b>Guruma</b> - wheel	<b>Gake</b> - hook	<b>Gari</b> - reap
<b>Hari</b> - sweep	<b>Tomoe</b> - circular	<b>Okuri</b> - sliding

## Terms used in competition:

<b>Ippon</b> - full point	<b>Hansoku make</b> - penalty for grave infringement
<b>Waza-ari</b> - half point	<b>Shido</b> - penalty for minor infringement
<b>Yuko</b> - quarter point	
<b>Waza-ari awasatte Ippon</b> - win by addition of two waza-ari	
<b>Fusencho</b> - win by default	<b>Sogo-gachi</b> - compound win
<b>Yusei-gachi</b> - win by decision	<b>Yoshi</b> - continue after sonomama
<b>Aka</b> - red sash	<b>Shiro</b> - white sash
<b>Hiki-wake</b> - draw/tie	<b>Hantei</b> - request for decision
<b>Hajime</b> - start	<b>Matte</b> - stop
<b>Jikan</b> - time is up	<b>Maïtta</b> - I submit / tapping
<b>Osae-komi</b> - holddown is on	<b>Soremade</b> - that is all
<b>Toketa</b> - holddown is broken	<b>Sonomama</b> - do not move

## Body Parts:

<b>Migi</b> - right	<b>Hadari</b> - left	<b>Senaka</b> - back
<b>Atemi</b> - head	<b>Kao</b> - face	<b>Ago</b> - chin
<b>Eri</b> - collar	<b>Tai</b> - body	<b>Kami</b> - upper body
<b>Kube</b> - neck	<b>Seo</b> - shoulder	<b>Mune</b> - chest
<b>Ude</b> - arm	<b>Zempaku</b> - forearm	<b>Te</b> - hand
<b>Yubi</b> - finger	<b>Boshi</b> - thumb	<b>Sode</b> - sleeve
<b>Kobusi</b> - fist	<b>Hiji</b> - elbow	<b>Do</b> - waist
<b>Yoko</b> - side	<b>Momo</b> - thigh	<b>Tekubi</b> - wrist
<b>Tomo</b> - stomach	<b>Goshi</b> - hip	<b>Hiza</b> - knee
<b>Kakato</b> - heel	<b>Ashi</b> - foot	<b>Ashi-kube</b> - ankle
<b>Ashinra</b> - back of foot	<b>Tsumasaki</b> - toes and ball of foot	

**Kyu** - Yellow to brown belt rank

**Dan** - black belt ranks

**Obi** - belt

## Maximum Efficiency with Minimum Effort

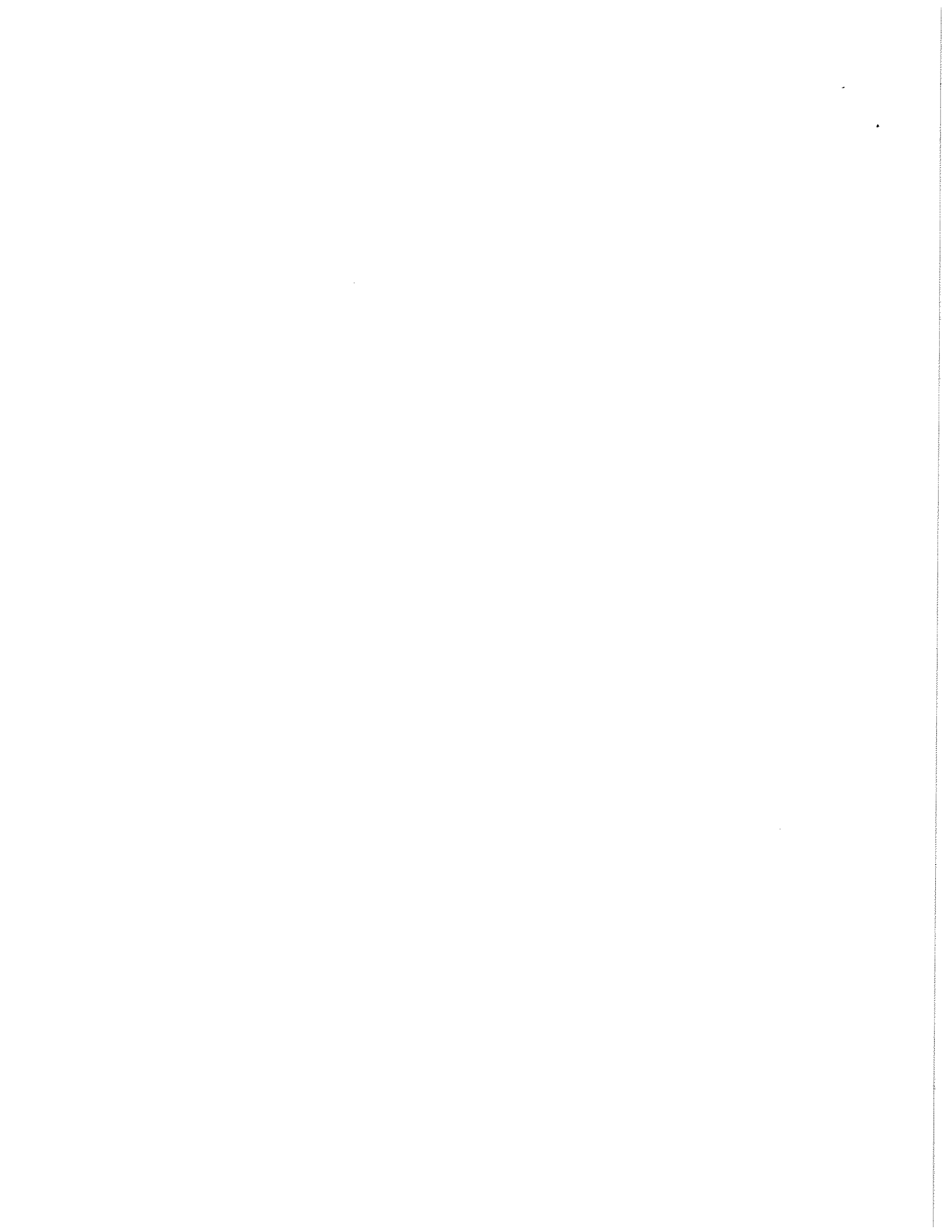
## Mutual Welfare and Benefit



Grading

Japanese Name	English Name	Japanese Name	English Name
1 Deashi-harai	Advanced foot sweep	Kesa-gatame	Scarf hold
2 Hiza-guruma	Knee wheel	Yokoshiko-gatame	Side for quarters hold
3 Sasae-tsuri-komi-ashi	Propping drawing ankle	Kata-gatame	Shoulder hold
4 Uki-goshi	Floating hip	Kamishiko-gatame	Upper four quarters hold
5 O-soto-gari	Major outer reap		
6 O-goshi	Major hip		
7 O-uchi-gari	Major inner reap		
8 Seoi-nage	Shoulder throw (one or two armed)		
9 Kosoto-gari	Minor outer reap	Makura-kesa-gatame	Pillow kesa
10 Kouchi-gari	Minor inner reap	Tateshiko-gatame	Top four quarters hold
11 Koshi-guruma	Hip wheel	Ushiro-gatame	Backwards scarf hold
12 Tsurikomi-goshi	Lifting/pulling hip	Mune-gatame	Chest hold
13 Okuri-ashi-harai	Sweeping ankle	Hadaka-jime	Naked choke
14 Tai-otoshi	Body drop	Okuri-eri-jime	Sliding lapel choke
15 Harai-goshi	Hip Sweep	Kata-ha-jime	Single wing choke
16 Uchi-mata	Inner thigh reap		
17 Kosoto-gake	Minor outer hook	Kazure-kesa-gatame	Modified kesa
18 Tsuru-goshi	Lifting hip	Kazure-yokoshiko-gatame	Modified yoko
19 Yoko-otoshi	Side drop	Kazure-kamishiko-gatame	Modified Kami
20 Ashi-guruma	Leg wheel	Kata-juji-jime	Half cross choke
21 Hane-goshi	Springing hip	Gyaku-juji-jime	Revers cross choke
22 Harai-tsurikomi-ashi	Sweeping drawing ankle	Nami-juji-jime	Normal cross choke
23 Tomoe-nage	Circular throw	Ude-hishigi-juji-gatame	Cross arm bar
24 Kata-guruma	Shoulder Wheel		
25 Sumi-gaeshi	Corner throw	Sankaku-jime	Triangular lock
26 Tani-otoshi	Valley drop	Ude-hishigi-hiza-gatame	Knee arm lock
27 Hane-makikomi	Springing wraparound	Waki-gatame	Armpit arm lock
28 Suki-nage	Scooping throw	Ude-gatame	Arm entanglement
29 Utsuri-goshi	Hip Shift	Ude-hishigi-ude-gatame	Straight arm lock
30 O-guruma	Big wheel		
31 Soto-makikomi	Outer wraparound		
32 Uki-otoshi	Floating drop		
33 O-soto-guruma	Major outer wheel	Te waza nage no kata	
34 Uki-Waza	Floating throw	Koshi waza nage no kata	
35 Yoko-wakare	Side separation	Ashi waza nage no kata	
36 Yoko-guruma	Side wheel		
37 Ushiro-goshi	Backwards hip		
38 Ura-nage	Back throw		
39 Sumi-otoshi	Corner drop		
40 Yoko-gake	Side body drop		

\*install the "Kodokan Pro" App for extra study at home of this gokyo



# HAND SIGNALS

## Ippon

Referee: indicating an Ippon Score



## Waza-ari

Referee: indicating a Waza-ari Score

## Matte

Referee: signalling to stop



## Osaekomi

Referee: indicating the start of a hold (left) and a broken hold (right)



## Yuko

Referee: indicating a Yuko Score



## Matte in groundwork

Referee: indicating a break in groundwork



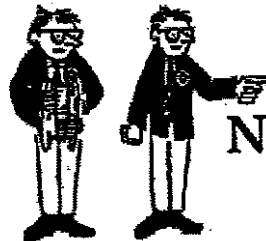
## Waza-ari awasatte Ippon

Judoka has one waza-ari and then scores another Waza-ari. Two waza-aris equals an Ippon



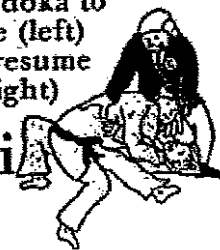
## Non-Combativity

Referee: indicating a stalling penalty



## Sonomama

Referee: indicating he wants both judoka to freeze (left) and then resume action (right)



## Nullifying Score

Either referee or side judge can nullify a previous score



## Yoshi

## Medical Charge

First medical charge to contestant needing medical attention



## In Bounds

Side judge indicating whether action was in bounds or out of bounds.



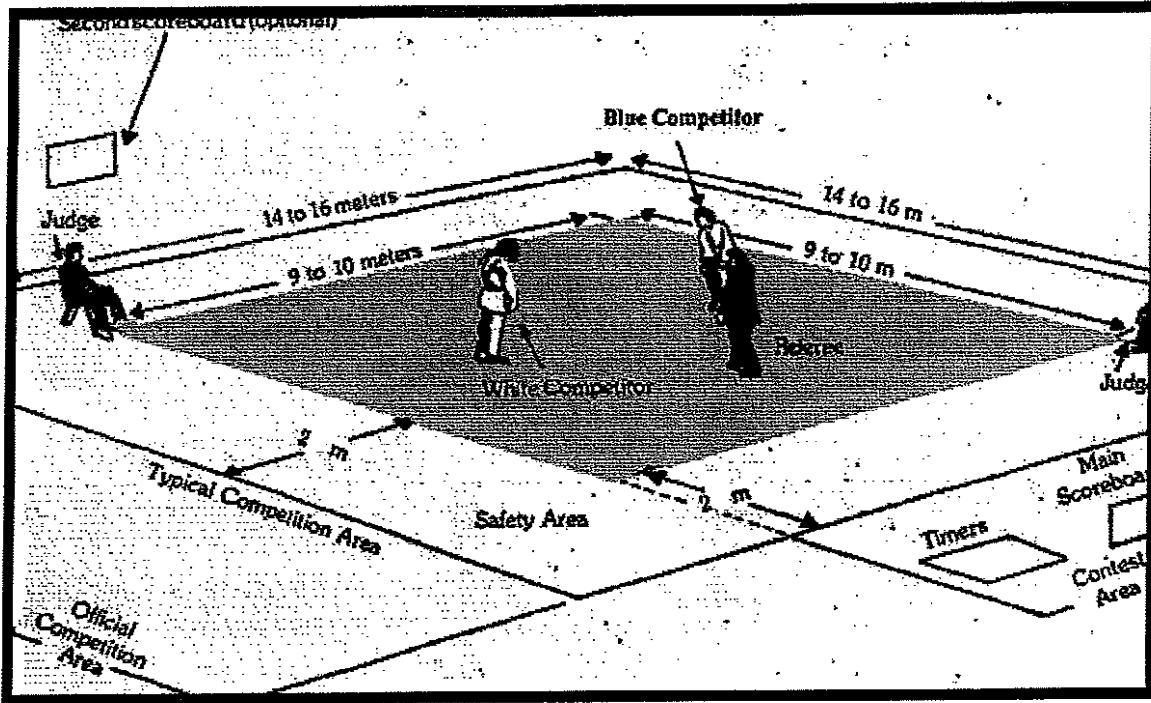
## Out of Bounds

## Fix Judogi

Referee indicating to the judoka to fix his/her judogi



## Contest Area



## Score Board

WAZA-ARI	YUKO		WAZA-ARI	YUKO	
3 SHIDO	2 SHIDO	1 SHIDO	3 SHIDO	2 SHIDO	1 SHIDO

# Kathy Hubble World Champion!



Kelowna Judo Club sensei, Kathy Hubble, won a gold medal in the masters division at the 2013 International Judo Federation World Veterans Championships in Abu Dhabi. We are very proud and fortunate to have a world class level coach at the Kelowna Judo Club. The club also has a Canadian Champ in Lisa Nakajima.

# Little Champions!!!

