

# Terminology

Jigoro Kano - founder of Kodokan Judo

1882 - the year when the kodokan was founded

Kodokan - the home of Judo, located in Tokyo

Dojo - a school for Judo

Judo - meaning the Gentle Way

Judoka - a person who studies judo

Judogi - a Judo uniform

Tatami - a rice straw mat 6ft x 3ft x 2in

Ukemi - the art of falling

Dai Ukemi - breakfall over a person

Zempo Kaiten Ukemi - forward rolling breakfall

Migi - right hand side

Hidari - left hand side

Tsukuri - preparation for throwing

Kuzushi - breaking a person's balance

Happo No Kuzushi - the 8 directions of unbalancing

Hando No Kuzushi - having Uke unbalance himself

Uke - a person who is thrown

Tori - a person who is throwing

Kata - pre-arranged exercise showing form

Sensei - teacher (black belt holder)

Sempai - senior student

Randori - free practice

Tachi Waza - standing techniques

Osae Komi Waza - hold or hold-down techniques

Kansetsu Waza - joint-locking techniques

Shime Waza - strangulation techniques

Rendokan - the place to train the Gentle Way

Shinken Naru Doryoku - Do your Utmost

Shiai - tournament

Tsurite - lapel grip

Hikite - sleeve grip

# Kawasaki Rendokan Judo Academy

(Founded in 1958)



## Grading Requirements



Shinken Naru Doryoku - Do Your Utmost

- member of the Canadian Japanese Cultural Centre

- member of Judo Ontario

- memberships current and paid up

- under age 8, maximum yellow belt (Goyku)

- under age 10, maximum orange belt (Yonkyu)

- under age 12, maximum green belt (Sankyū)

- under age 14, maximum blue belt (Nikyu)

## History of Kawasaki Rendokan Judo Academy

Rendokan was founded in 1958 by the late Masao Kawasaki, Godan (Mitch's father). Masao pioneered judo in the Niagara Peninsula at such varied locations as the Y.M.C.A., the Y.W.C.A., The Jewish Community Centre, Churches and garages. He was a co-founder of the Ontario Judo Federation. He conducted courses seven days a week, twice a day. Kawasaki Sensei passed away in 1970. Sensei Masao has been inducted into the Judo Hall of Fame.

The club was re-organized and renamed Kawasaki's Rendokan Judo in memory of the founder. Mitch Kawasaki became chief instructor in 1970. Mitch started judo at the age of five. Currently Mitch is ranked Shichi Dan (7th degree black belt) and has been Vice President of Judo Ontario, Judo Ontario's Technical Committee Chair and the Grading Board. Mitch was a headline instructor at Camp Olympia.

He is a past Canadian Champion and International competitor. His successes include being a past freestyle and Greco-Roman National Champion, British Commonwealth Games Champion (freestyle wrestling). Mitch competed in the 1976 Montreal Olympics in Greco-Roman Wrestling. Sensei Mitch has been inducted into the Judo Hall of Fame for coaching.

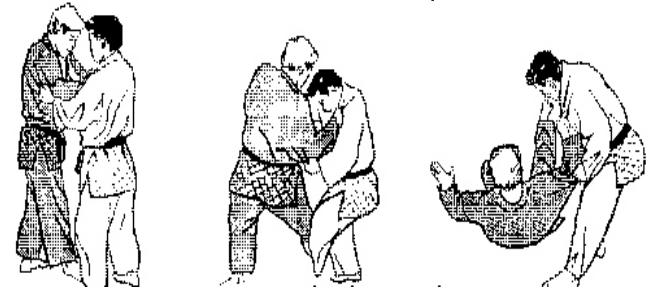
Sensei Mitch's educational background includes an Honours B.P.H.E. degree from Lakehead University and N.C.C.P. LEVEL III Coaching

# Gokyo (Fifth Grade-Yellow Belt)

- 200 practice nights as Nikyu (250 practice nights for juniors under 15 years of age)
- 9 tournaments outside the dojo
- the ability to demonstrate all five sets of Nage No Kata
- willingness to instruct a minimum of once per month
- all other requirements pertaining to all other grades.

## Nage Waza (Tachi Waza)

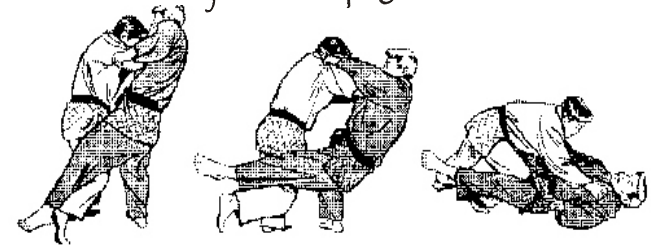
De Ashi Harai - advanced foot sweep



O Soto Gari - major outer reaping



O Uchi Gari - major inner reaping



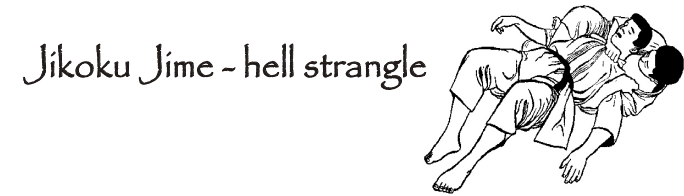
\* techniques not illustrated

# Ikkyu (First Grade-Brown Belt)

## Osae Waza



Tsukikomi Jime - plunging choke



Jikoku Jime - hell strangle



Uki Gatame - floating hold

\* Ura Gatame - rear holding

\* Broz Roll Jime

Morote Seoi Nage - two arm shoulder throw



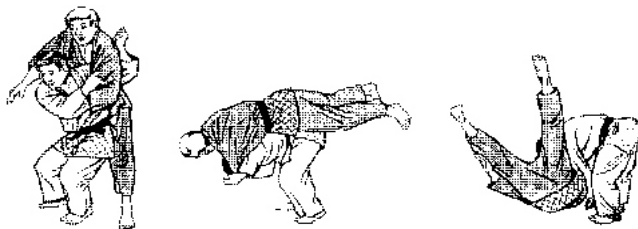
Sasae Tsurikomi Ashi - ankle block



O Goshi - major hip throw



Ippon Seoi Nage - one arm shoulder throw



# Gokyo (Fifth Grade-Yellow Belt)

## Osae Komi Waza

Kesa Gatame - scarf hold



Yoko Shiho Gatame - side four-quarters hold



Mune Gatame - chest holding

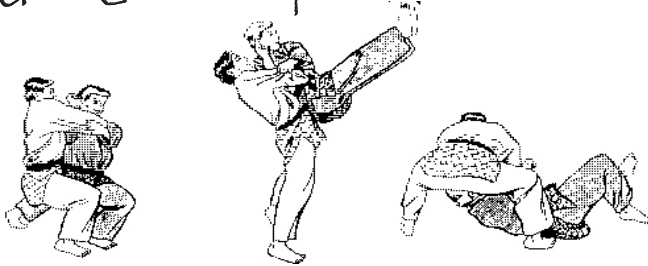


## Shime Waza (+ 13)

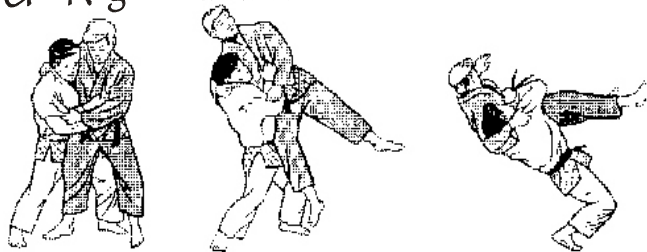
Hadaka Jime - naked choke



Ushiro Goshi - back hip throw



Ura Nage - back throw



Sumi Otoshi - corner drop



Yoko Gake - side body drop, side hook



- Own official judogi
- minimum 30 practice nights (50 nights for juniors under 10 years of age)
- participation in two or more tournaments outside the dojo
- knowledge in understanding and demonstrating those requirements as outlined by Judo Ontario and/or Kawasaki Rendokan Judo Academy

The following breakfalls, throws, holds and chokes must be demonstrated in good form:

### Demonstrate the following in good form:

- Ukemi on the back, right, left, on the side, sliding and from a throw
- Zempo Kaiten right and left, free style over a person
- Knowledge of tournament procedures, basic judo terminology
- Wearing and tying own judogi and obi

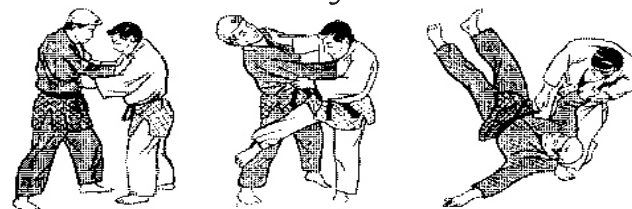
Randori will be tested as instructors see fit.

\* techniques not illustrated

## Ikkyu (First Grade-Brown Belt)

### Nage Waza (Tachi Waza)

O Soto Guruma - major outer wheel



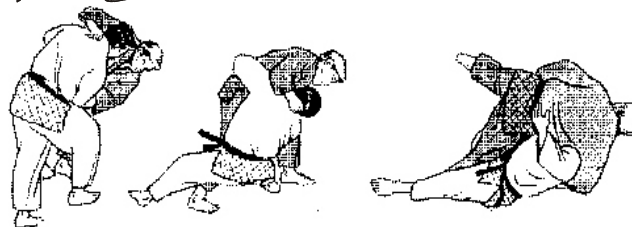
Uki Waza - floating technique



Yoko Wakare - side separation



Yoko Guruma - side wheel





## Kansetsu Waza (13+ only)



Ude Hishigi Ude Gatame -  
Arm armlock

Hiza Gatame -

Knee armlock



Waki Gatame -  
Armpit holding

## Renraku Waza

Give an example for each of the above Nage Waza

## Kaeshi Waza

Give an example for each of the above Nage Waza

- 200 practice nights as Sankyū
- 6 tournaments outside the dojo
- the ability to demonstrate first three sets of Nage No Kata
- all other requirements pertaining to a Gokyū, Yonkyū, and a Sankyū

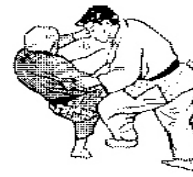
## Yonkyū (Fourth Grade-Orange Belt)

### Nage Waza (Tachi Waza)

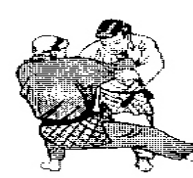
Uki Goshi - floating hip throw



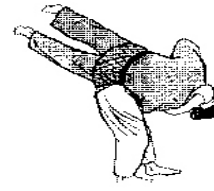
Ko Soto Gari - minor outer reaping



Ko Uchi Gari - minor inner reaping



Koshi Guruma - hip wheel



\* techniques not illustrated

Tsurikomi Goshi - lifting, pulling hip throw



Okuri Ashi Harai - (double) foot sweep



Tai Otoshi - body drop



Harai Goshi - sweeping hip



Uchi Mata - inner thigh throw



# Nikyu (Second Grade-Blue Belt)

\* techniques not illustrated

## Osae Komi Waza

\* Sankaku Gatame - triangle holding

\* Waki Osae Gatame - armpit holding

## Shime Waza (+ 13)



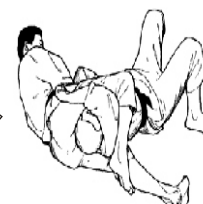
← Hadaka Jime -  
Naked choke, 2 variations

Sankaku Jime - →  
Triangle choke



← Koshi Jime -  
Hip choke

Yoko Sankaku Jime - →  
Side triangle choke



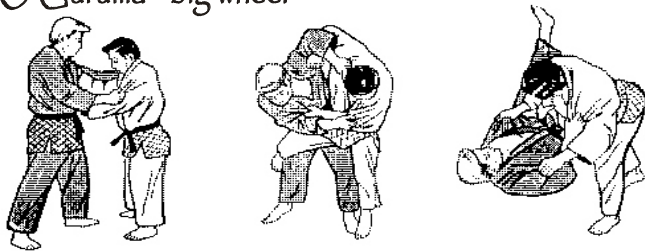
← Sode Guruma Jime -  
Sleeve wheel

# Yonkyu (Fourth Grade-Orange Belt)

Utsuri Goshi - switching hip throw



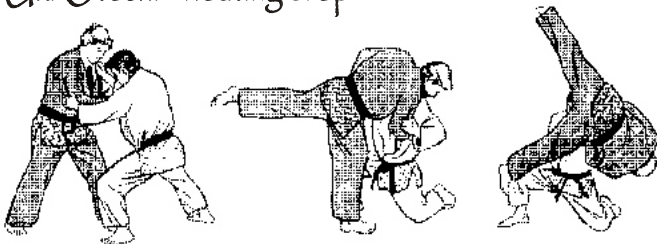
O Guruma - big wheel



Soto Makikomi - outer winding



Uki Otoshi - floating drop



## Shime Waza (+ 13)



Nami Juji Jime -  
Normal cross strangle

Gyaku Juji Jime -  
Reverse cross strangle

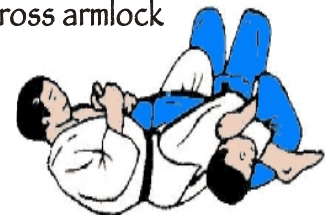


Kata Juji Jime -  
Half cross strangle

## Kansetsu Waza (13+ only)

Ude Hishigi Juji Gatame

Cross armlock





\* techniques not illustrated

## Osae Komi Waza



Kata Gatame -  
Shoulder holding



Tate Shiho Gatame -  
Vertical four-quarters holding

- 75 practice nights as Goyku (100 practice nights for juniors under 10 years of age)
- 3 tournaments outside the dojo
- all other requirements pertaining to a Goyku

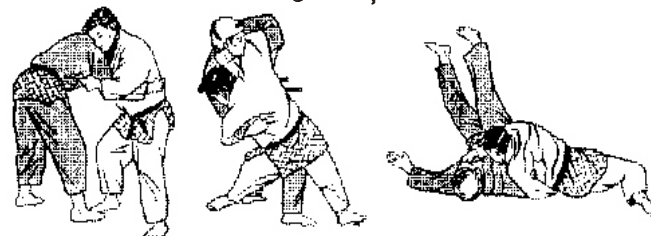
## Nikyu (Second Grade-Blue Belt)

### Nage Waza (Tachi Waza)

Sumi Gaeshi - corner throw



Tani Otoshi - valley drop



Hane makikomi - springing winding throw



Sukuinage - scooping throw



## Kansetsu Waza (13+ only)



Ude Hishigi Ude Garami -  
Entangled armlock

## Renraku Waza

Seoi Nage to O Uchi Gari  
O Soto Gari to Kesa Gatame

## Kaeshi Waza

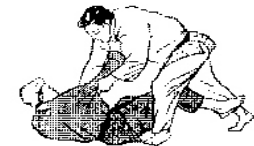
Tsubame Gaeshi - swallow throw  
Harai Goshi counter to O Soto Gari

- 150 practice nights as Yonkyu (150 practice nights for juniors under 12 years of age)
- 5 tournaments outside the dojo
- the ability to demonstrate first set of Nage No Kata
- the ability to referee inter-club
- all other requirements pertaining to a Gokyu and a Yonkyu

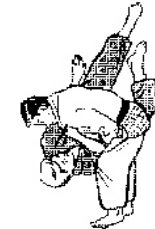
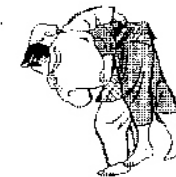
# Sankyu (Third Grade-Green Belt)

## Nage Waza (Tachi Waza)

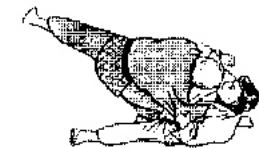
Ko Soto Gake - minor inner hook



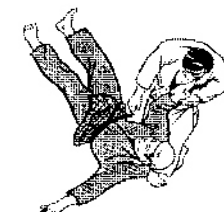
Tsuri Goshi - lifting hip throw



Yoko Otoshi - side drop



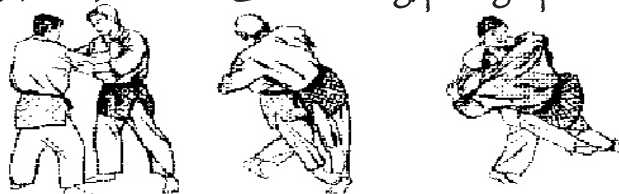
Ashi Guruma - leg wheel



Hane Goshi - springing hip



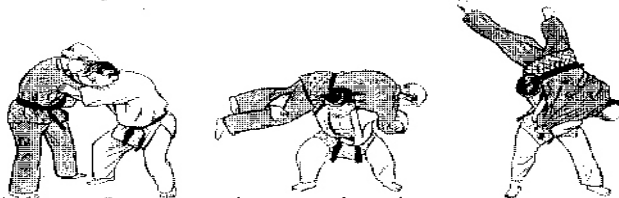
Harai Tsurikomi Goshi - lifting, pulling hip throw



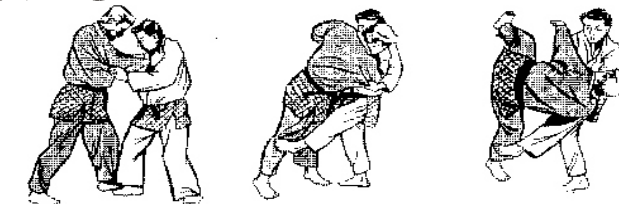
Tomoe Nage - circle throw



Kata Guruma - shoulder wheel



Hiza Guruma - knee wheel



# Sankyu (Third Grade-Green Belt)

\* techniques not illustrated

\* Yoko Tomoe Nage - circle throw

## Osae Komi Waza



Ushiro Kesa Gatame -

Reverse scarf hold

Kuzure Kami Shiho Gatame  
Broken upper four-quarters



Makura Kesa Gatame -

Pillow holding

## Shime Waza (+ 13)

Okuri Eri Jime -

Sliding collar choke



Kata Ha Jime -

Single wing choke