



Little Badgers / Klein Rattels 4-7

What is Judo

Judo is a safe and dynamic sport which develops co-ordination movements, flexibility and strength.

In addition Judo is an ideal activity for building self-confidence in young people, and its great fun.

Wat is Judo

Judo is 'n veilige en dinamiese sport wat koördineringsbewegings, buigsaamheid en sterkte ontwikkel. Daarbenewens is Judo 'n ideale aktiwiteit vir die opbou van selfvertroue in kinders, jongmense, en is groot pret.

Always remember

- Learn how to submit
- Learn how to lose and win gracefully
- Always obey the referees and Sensei instructions
- Hygiene and Cleanliness is essential

Onthou Altyd

- Leer hoe om op te gee
- Leer hoe om grasieus te verloor en te wen
- Volg altyd die skeidsregters en Sensei-instruksies
- Higiëne en sindelikheid/skoonheid is noodsaaklik

History of Judo

Our sport Judo (meaning the Ju Gentle and Do Way _Gentle Way) was invented in Japan in 1883 by Shihan/Dr. Jigoro Kano. The first Club that was opened was the Kodokan in 1882 in Tokyo, Japan. BWas the first Martial arts to became an Olympic Sport in 1964.

Shihan/Dr. Jigoro Kano's aim was to develop a sport where the players learn how to throw and hold down their partners/uke / opponents in a safe and controlled way and environment.



Eishoji Temple where #judo was founded in 1882

Geskiedenis van Judo

Ons sport Judo (wat beteken die Ju Sagte en Do Weg_ Sagte Weg) is in 1883 in Japan deur Shihan / Dr. Jigoro Kano uitgevind en ontwikkel. Die eerste klub wat geopen was is die Kodokan in 1882 in Tokio, Japan.

Is die eerste Gevegs Kuns "Martial Arts" wat n Olimpiese Sport word in 1964.

Shihan / Dr. Jigoro Kano se doel was om 'n sport te ontwikkel waar die spelers leer hoe om hul oefen maats / uke / teenstanders op 'n veilige en beheerde manier te gooi of vas te hou, in n veilige omgewing.





Little Badgers / Klein Rattels 4-7

Judo Club Rules & Etiquette of Judo and Badgers

Entering the Mat

Leave your shoes at the side of the mat
Bow when entering the mat
Always wear shoes off the mat

Leaving the mat

Bow toward the mat when leaving the mat
Never leave the mat without permission from the Sensei (Teacher)
Children must always be accompanied with parents on a bathroom break
Always wear shoes when off the mat

Hygiene

Always wear a clean Judo Gi
Make sure your body is always clean (especially your feet).
Keep your fingernails and toenails short
Never walk off the mat without shoes (especially to the bathroom)
How to address the Sensei (teacher)
Children should address the teacher as "Sensei" or Sensei followed by name
example:
"Sensei Chuck", "Sensei Cori" "Sensei David"
Adults and parents can address the Sensei however they are comfortable.
First name is perfectly fine

Judo Klub Reëls & Etiketette van Judo and Ratels

Betree van die Mat /op die mat Mat gaan

Die mat betree/opgaan
Los jou skoene aan die kant van die mat
Buig wanneer jy die mat betree/op gaan
Dra altyd skoene van die mat af

Die mat verlaat

Buig na die mat wanneer jy die mat verlaat
Moet nooit die mat sonder toestemming van die Sensei (afrigter) verlaat nie.
Kinders moet altyd saam met ouers vergesel word tydens 'n badkamer onderbreking
Dra altyd skoene wanneer vanaf die mat is

Higiëne

Dra altyd 'n skoon Judo Gi
Maak seker dat jou liggaam altyd skoon is (veral jou voete).
Hou jou vinger en toonnaels kort
Moet nooit sonder die skoene van die mat afloop nie (veral na die badkamer)
Hoe om die Sensei (afrigter) aan te spreek
Kinders moet die afrigter aanspreek as "Sensei" of Sensei gevolg deur naam
voorbeeld: "Sensei Chuck", "Sensei Cori" "Sensei David"
Volwassenes en ouers kan die Sensei aanspreek soos dit gemaklik voel
Voornaam is goed





Little Badgers / Klein Rattels 4-7

Judo Terminology / Termonologie

Dojo	Judo Hall / Saal
Judogi	Judo Suit / Pak
Zori	Foot Wear / Plakkies/Skoene
Rei	Bow / Buig
Tatami	Judo Mat
Ukemi	Breakfall / Breukval
Tori	Person who does the Technique/Persoon wat die Tegniek doen
Uke	Person who receive the Technique/Persoon wat die Tegniek ontvang
Eri	Lapel / Kraag
Kata	Shoulder (single) / Skouer (enkel)
Ude	Arm
Sode	Sleeve / Mou
Te	Hand
Koshi	Hip (Also Goshi) / Heup (ook Goshi)
Hiza	Knee / Knieg
Ashi	Leg or foot / Been of voet
Jigotai	Defensive posture / verdedigende postuur
O	Major / Groot / Circle / Sirkel
Ko	Minor / Klein / Cross / Kruis
Uchi	Inner / Binne
Soto	Outer / Buite

Judo Terminology / Termonologie

Gake	Hook / Haak
Guruma	Wheel / Wiel
Sensei	Teacher / Afrigter/Onderwyser
Kumi-Kata	Method of gripping/holding Metode van greep vat/houvas
Kuzushi	Breaking Balance / Breek van Balans
Yoko	Side / Sy of kant
Migi	Right / Regs
Hidari	Left / Lings
Harai	Sweeping / Veeg
Hane	Spring / Veer
Maki	Winding / Draai of op wiel
Maki	Left / Lings
Gatame	Hold / Houvas
Ushiro	Reverse / Agter (or/of Gyaku)
Hon	Basic / Eenvoudig of Basies
Kuzure	Broken / Gebreek
Kami	Upper / Boonste
Otoshi	Drop / Val
Tai	Body / Liggaam
Randori	Free Practice / Vrye oefening
Ne-Waza	Ground work Technique / Grond werk Tegniek
Tachi-Waza	Standing Technique / Staande Tegniek



Little Badgers / Klein Rattels 4-7

Prohibited Acts:

- No** Hitting
- No** Kicking
- No** Biting
- No** Jewelry
- No** Passive
- No** Stepping outside the fighting area (read Area)
- No** Dropping on Knees
- No** Holding Belt(obi) for more than 5 seconds

Vebode Aksies:

- Geen** Slaan
- Geen** Skop
- Geen** Byt
- Geen** Juweliersware nie
- Geen** Passiewiteit
- Geen** Uitstap van die gevegs area (rooi area)
- Geen** Val op knieg/Knieë nie
- Geen** hou van die belt langer as 5 sekondes nie





Little Badgers / Klein Rattels 4-7

WHEN STARTING WITH JUDO

Clothes that you wear to Judo Practice is called Judogi, this consist of the following:

Jacket (uwagi)

Trousers (zubon)

Belt (Obi)

The modern long-sleeved judogi was adopted in 1906

Here is the way you should wear your Judogi and how you your belt should be tied :



Judogi (柔道着 or 柔道衣) or 稽古着 (keikogi, keikogi)

WANNEER JY BEGIN MET JUDO

Die kleure wat jy aantrek na n Judo Oefenning toe, word n Judogi genoem en betaan ui die volgende:

Baadjie (uwagi)

Langbroek (zubon)

Belt (Obi)

Die modern Langmou judogi was voorgestel/aangeneem in 1906










Hier is hoe jy jou Judogi moet gedra word en hoe jou belt vasgemaak moet word:





Little Badgers / Klein Rattels 4-7

Novice to 1st Mon Grade Promotional Syllabus

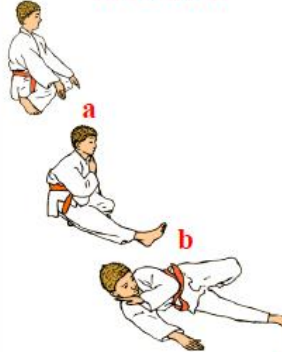









<p>Ukemi: Breakfall</p>  <p>Ushiro-Ukemi Backward breakfall</p>	<p>Tachi-Waza: Standing technique</p>  <p>Osot-otoshi Major outer drop</p>	<p>Osaekome-Waza: Holding technique</p>  <p>Kesa-gatame Scarf hold</p>	<p>Combination Transitions:</p>  <p>Osoto-otoshi into Kesa-gatame</p>	<p>Knowledge: In which Country was Judo devised? Japan</p>  <p>Terminology: Rei Bow</p> 
<p>Personal Choice: Candidates are required to:</p> <ul style="list-style-type: none"> demonstrate two of their favourite waza. <p>Terminology and Supplementary Knowledge Candidates are required to:</p> <ul style="list-style-type: none"> Know the common English translation and meaning of all Japanese terminology used in this section. 	<p>Performance Skills:</p> <p>Escape from Kesa –Gatame by trapping Ukes leg</p> 			<p>Hajime Begin Referee's command to start.</p>  <p>Matte Stop</p> 



Little Badgers / Klein Rattels 4-7



1st to 2nd Mon Grade Promotional Syllabus

<p>Ukemi Breakfall</p>  <p>Yoko-Ukemi Side breakfall</p>	<p>Tachi-Waza Standing technique</p>  <p>De-ashi-barai Advancing foot sweep</p>	<p>Osaekome-Waza Holding technique</p>  <p>Mune-gatame Chest hold</p>	<p>Combination Transitions</p>  <p>De-ashi-barai into Mune-gatame</p>	<p>Demonstrate Correct bowing Tachi-rei Standing bow</p>  <p>Za-rei Kneeling bow</p> 
<p>Knowledge Who invented modern Judo ?</p>  <p>Dr Jigoro Kano 1860-1938</p>	<p>Personal Choice Candidates are required to:</p> <ul style="list-style-type: none">demonstrate two of their favourite waza <p>Terminology and Supplementary Knowledge Candidates are required to:</p> <ul style="list-style-type: none">Know the common English translation and meaning of all Japanese terminology used in this section.	<p>Performance Skills:</p> <p>Escape from Mune-gatame using a bridge and roll action</p> 	<p>Terminology Osaekomi Hold down</p>  <p>Toketa Hold broken</p> 	



Little Badgers / Klein Rattels 4-7

2nd to 3rd Mon Grade Promotional Syllabus

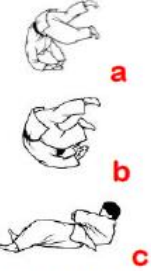


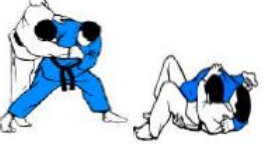

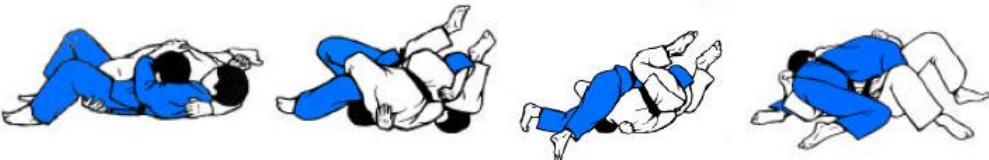

<p>Ukemi Breakfall</p> <p>Mae Mawari Ukemi (1) Front rolling breakfall</p>	<p>Tachi-Waza Standing technique</p> <p>Uki-goshi Floating hip</p>	<p>OsaeKome-Waza Holding technique</p> <p>Kuzure-Kesa-gatame Broken scarf hold</p>	<p>Combination Transitions</p> <p>Uki-goshi into Kuzure-Kesa-gatame</p>	<p>Knowledge: Demonstrate The correct wearing of the Judogi</p> <p>Terminology: Dojo Judo practice hall</p>
<p>Personal Choice Candidates are required to: demonstrate two of their favourite waza. Terminology and Supplementary Knowledge Candidates are required to: Know the common English translation and meaning of all Japanese terminology used in this section.</p>	<p>Performance Skills:</p> <p>Escape from Kuzure-Kesa-gatame`Using sit up and push`</p>			<p>Judogi Judo uniform</p> <p>Zori Sandals</p>



Little Badgers / Klein Rattels 4-7



3rd to 4th Mon Grade Promotional Syllabus

<p>Ukemi: Breakfall</p>  <p>Mae Mawari Ukemi (2) Front rolling breakfall</p>	<p>Tachi-Waza: Standing technique</p>  <p>Tai-otoshi Hand throw body drop</p>	<p>OsaeKome-Waza: Holding technique</p>  <p>Yoko-Shiho-gatame Side four quarters hold</p>	<p>Combination Transitions</p> <p>Tai-otoshi into Yoko-Shiho-gatame</p> 	<p>Kumi-Kata: Engagement position</p> <p>Method gripping</p> 
<p>Personal Choice</p> <p>Candidates are required to: Select and demonstrate two tachi-waza and one Osae-komi-waza from the BJA Technical Grading Syllabus.</p>	<p>Ne-Waza: Groundwork techniques</p>  <p>Escape from Yoko-shiho-gatame "trap-bridge-roll" Side four quarters hold</p>  <p>Turnover into yoko-shiho-gatame (uke in prone position) Side four quarters hold</p>			<p>Demonstrate Right and Left standard grip.</p> <p>Knowledge Terminology</p> <p>Candidates are required to: Know the common English translation and meaning of all Japanese terminology used in this section and the judo code.</p>

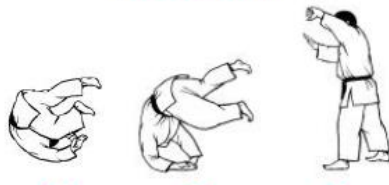









Little Badgers / Klein Rattels 4-7



4th to 5th Mon Grade Promotional Syllabus

<p>Ukemi Breakfall</p>  <p>c b a Mae Mawari Ukemi (3) Front rolling breakfall</p>	<p>Tachi-Waza Standing technique</p>  <p>Ippon-seoi-nage One arm shoulder</p>	<p>OsaeKome-Waza Holding technique</p>  <p>Kami-shiho-gatame Upper four quarters hold</p>	<p>Combination Transitions Ippo-Seoi-Nage Into Kami-shiho-gatame</p> 
<p>Ne-Waza: Groundwork techniques</p>  <p>Turnover into Kesa-Katame (Uke in "all fours" position) Scarf-hold</p> <p>Escape from Kami-shihon-gatame using 'action and re-action' Upper four quarters hold</p>		<p>Kumi-Kata: Engagement position Method of gripping</p>  <p>Demonstrate alternative to the right and left grips.</p> <p>Personal Choice From the BJA Technical Grading Syllabus select and demonstrate 1 - Osae-Kome-Waza 1 - Tachi-Waza</p> <p>Knowledge Terminology Know the common English translations and meaning of all Japanese terminology used in this section.</p>	

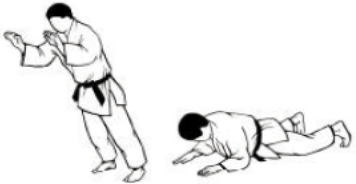


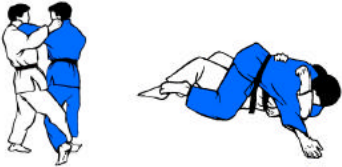












Little Badgers / Klein Rattels 4-7



5th to 6th Mon Grade Promotional Syllabus

<p>Ukemi Breakfall</p>  <p>Mae Ukemi Front breakfall</p>	<p>Tachi-Waza Standing Technique</p>  <p>O-uchi-gari Major inner reaping</p>	<p>OsaeKome-Waza Holding Technique</p>  <p>Tate-shiho-gatame Lengthwise four quarters hold</p>	<p>Combination Transitions Ouchi-gari into Tate-shiho-gatame</p> 
<p>Ne-Waza: Groundwork techniques</p>    <p>Escape Tate-Shiho-Gatame : using "clamping action" Lengthwise four quarters hold</p>     <p>Turnover into Mune-gatame: (Uke "on all" fours) Chest hold</p>		<p>Personal Choice</p> <p>From the BJA Technical Grading Syllabus select and demonstrate</p> <ul style="list-style-type: none"> 1 Tachi-Waza 1 Osae-Kome-Waza 	<p>Kumi-Kata: Engagement position</p>  <p>Demonstrate alternatives to standard grip e.g. right against left, double lapel and high collar</p> <p>Randori: Free practice</p> <p>Demonstrate Nage-Komi in light randori with a co-operative partner (2 minutes) throwing alternatively.</p> <p>Demonstrate two of their favorite waza</p> <p>Rules</p> <p>Give two examples of actions against the contest rules</p> <ol style="list-style-type: none"> 1 2


















Little Badgers / Klein Rattels 4-7



6th to 7th Mon Grade Promotional Syllabus

Fundamental Skills Tachi-Waza:			Fundamental Skills Ne-Waza:		
					
Ko-uchi-gari Minor Inner Reaping	Tsurikomi-goshi Drawing Hip	O-goshi Major hip	Escape from Kesa-gatame using "bridge-and-roll"		
Personal Choice Demonstrate 2 favourite Tachi-Waza 1 Osae-Komi-Waza Light Randori with a co-operative partner for approx 3 minutes	Rules Give two examples of actions against the contest rules. 1. 2. Demonstrate the proper procedures for coming onto and leaving the mat for a contest.		 Escape into Kesa-gatame from between Uke's legs		
			Terminology Uke The defensive or defending judoka Tori The offensive or attacking Judoka Waza-ari-awasete-ippun Complete point from two waza-aris		
Performance Skills					
					
O-uchi-gari into Ko-uchi-gari Major inner reaping into Minor inner reaping		Ko-uchi-gari into O-soto-gake Minor inner reaping into Major outer hook		O-uchi-gari countered by Tsurikomi-goshi Major inner reaping countered by Drawing hip	





Little Badgers / Klein Rattels 4-7



7th to 8th Mon Grade Promotional Syllabus

Fundamental Skills Tachi-Waza



Ko-soto-gari
Minor outer reaping



Ko-soto-gake
Minor outer hook



Morote-seoi-nage
Two hand shoulder

Combination Techniques:



Ko-uchi-gari into Morote-seoi-nage
Minor inner reaping / Two hand shoulder



Ne-Waza: Groundwork techniques



Escape into Yoko-shiho-gatame from between Uke's legs
Side four quarters hold



Turn over from underneath Uke into Tate-shiho-gatame
Lengthwise four quarters hold

Counter Techniques:



Tai-otoshi Countered by Ko-soto-gake
Hand throw body drop Minor outer hook



Randori: Free practice





Demonstration of attacking and defending in randori with a co-operative partner e.g. Kumi-kata, Renzoku-waza, Renraku-waza, and Kaeshi-waza.
The duration of the randori will be approximately 3 minutes.



Little Badgers / Klein Rattels 4-7



7th to 8th Mon Grade Promotional Syllabus

<p>Personal Choice</p> <p>From the BJA Technical Grading Syllabus Select and demonstrate. 3 favourite Waza.</p>	<p>Knowledge Terminology</p> <p>Translate and where appropriate explain their meaning:</p> <p>Shido Light penalty (minor infringement)</p> <p>The first Shido awarded to each player is a free warning on the scoreboard, subsequent Shido will be accumulated and converted to the opponent's technical score.</p> <p>2nd Shido = a Yuko to the opponent. 3rd Shido = a Waza-ari to the opponent. 4th Shido = Hasoku- make = Ippon to the opponent.</p> <p>Hansoku-make Disqualification</p>
<p>Translate and Demonstrate the Referees signal</p> <div style="display: flex; justify-content: space-around; align-items: flex-end;"> <div style="text-align: center;">  Matte Stop </div> <div style="text-align: center;">  Osae-komi Hold down </div> <div style="text-align: center;">  Toketa Hold broken </div> <div style="text-align: center;">  Adjusting the Judogi </div> </div>	
<p>Supplementary knowledge</p> <p>Give two examples of actions (not grips) against the contest rules for negative and safety reasons</p>	





Little Badgers / Klein Rattels 4-7



8th to 9th Mon Grade Promotional Syllabus

<p>Fundamental Skills Tachi-Waza:</p> <div data-bbox="353 630 571 837"> </div> <p>Seoi-otoshi Shoulder drop</p> <div data-bbox="772 614 907 837"> </div> <p>O-soto-gari Major outer reaping</p>	<p>Combination Techniques:</p> <div data-bbox="1198 582 1265 710"> </div> <div data-bbox="1422 598 1489 710"> </div> <div data-bbox="1668 582 1780 710"> </div> <p>Ippon-seoi-nage into Ko-uchi-gake One arm shoulder into minor inner hook</p> <p>Any technique as combination with</p> <div data-bbox="1131 869 1355 933"> <p>Seoi-otoshi Shoulder drop</p> </div> <div data-bbox="1556 869 1848 933"> <p>Ko-uchi-gari Minor inner reaping</p> </div>
<p>Fundamental Skills Ne-Waza: Ground technique</p> <div data-bbox="353 1029 571 1189"> </div> <p>Arm roll – Uke at side of Tori</p> <div data-bbox="380 1252 571 1364"> </div> <div data-bbox="582 1077 851 1173"> </div> <div data-bbox="817 1252 1030 1364"> </div> <p>Arm roll – Uke in front of Tori</p>	<div data-bbox="1209 965 1467 1005"> <p>Personal Choice:</p> </div> <p>Select and demonstrate 3 of their favourite waza from the BJA Technical Grading Syllabus.</p> <p>Give 2 examples of grip against the contest rules for negative or safety reasons.</p> <ol style="list-style-type: none"> 1 2 <p>Randori: Free practice Demonstration of attacking and defending with co-operative partner. The duration of randori will be approximately 3 minutes.</p> <div data-bbox="1601 965 1803 1005"> <p>Terminology:</p> </div> <p>Candidates are required to Know the common English translation and meaning of all Japanese terminology used in this section.</p> <p>Hiki-Wake Drawn Referee's announcement of a draw at the end of a contest.</p>





Little Badgers / Klein Rattels 4-7



9th to 10th Mon Grade Promotional Syllabus



Fundamental Skills



1. Ushiro Ukemi



2. Yoko Ukemi



3. Mae Mawari Ukemi



1. Mae Ukemi

Tachi-waza

Standing Technique / Staande Tegnief



De-ashi-barai



Hiza-guruma



Sasae-tsuri-komi-ashi



Uki-goshi



O-soto-gari



O-goshi



Ouchi-gari



Ippon-seoi-nage





Little Badgers / Klein Rattels 4-7

Osaekome-Waza: Holding technique



Kesa-gatame Scarf hold

Combination Transitions:



Osoto-otoshi into Kesa-gatame

Performance Skills:

Escape from Kesa –Gatame by trapping Ukes leg





Little Badgers / Klein Rattels 4-7



Mune-gatame
Chest hold
Combination
Transitions

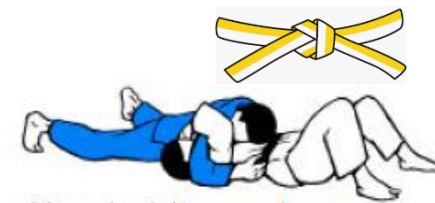


Kuzure-Kesa-gatame
Broken scarf hold
Combination
Transitions



Yoko-Shiho-gatame
Side four quarters hold

Tai-otoshi
into
Yoko-Shiho-gatame



Kami-shiho-gatame
Upper four quarters hold

Combination
Transitions
Ippō-Seoi-Nage
Into
Kami-shiho-gatame



Uki-goshi
into
Kuzure-Kesa-gatame



De-ashi-barai
into
Mune-gatame





Little Badgers / Klein Rattels 4-7



Tate-shiho-gatame

Lengthwise four quarters hold

**Combination
Transitions**

Ouchi-gari

into

Tate-shiho-gatame



Yoko-shiho-gatame



Kami-shiho-gatame



Tate-shiho-gatame.

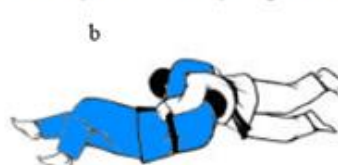


Yoko-shiho-gatame escape (trap-bridge-roll)

Kami-shiho-gatame escape (right-left twitch)



Tate-shiho-gatame escape ("clamping" roll)





Little Badgers / Klein Rattels 4-7

Translate and Demonstrate the Referees signal



Matte
Stop



Osae-komi
Hold down



Toketa
Hold broken



Adjusting the Judogi

Randori: Free practice

Demonstration of attacking and defending in randori with co-operative partner the duration of the randori will be approximately 3 minutes.

Kumi-Kata: Engagement position Method of gripping



Demonstrate alternative to the right and left grips.

Personal Choice
Candidates are required to:
demonstrate two of their
favourite waza.

