

Athens Yoshukai

Judo Student Handbook

About Judo

Contemporary Judo was developed in Japan during the late 1800s by Professor Jigaro Kano. Professor Kano studied under several different Jiu Jitsu masters, and took what he believed to be the most effective techniques and combined them into his own style. In 1882, Professor Kano opened the Kodokan and began teaching the style that he named Judo (the Gentle Way). Professor Kano emphasized the importance of sound scientific principles in the development of proper technique and integrated a philosophy of respect, camaraderie and social welfare into the art.

During the early 1900s Judo was popularized throughout Asia; by 1911 secondary schools in Japan had adopted it as part of their students' regular physical education regimen. Judo was brought to the United States in 1902 by President Theodore Roosevelt, who, after witnessing a demonstration, imported a Japanese instructor to give him lessons. Today, Judo is an immensely popular sport throughout the world, and was, until recently, the only martial art that was included in the Olympics.

Modern Judo primarily utilizes throws, pins and a variety of choking and joint-locking techniques, but traditional Judo as taught by Professor Kano was a complete art that also included striking, self-defense and resuscitation.

About This Handbook

This handbook is intended to serve as a supplement to the training that you will receive in class. The book lists the specific rank requirements necessary to promote in Judo at Athens Yoshukai.

The rank requirements in this book are cumulative for each rank. Techniques that are new for a given rank are highlighted in gray.

Please note that the belt colors associated with a particular rank in Judo vary depending on the sanctioning organization as described in the table below:

| American Kyuki-Do Federation | | Martial Arts USA | | MAUSA-Athens Approved | |
|-------------------------------------|--------------------------------|-------------------------|-----------------------------|------------------------------|-----------------------------|
| Kyu | Belt Color and Notes | Kyu | Belt Color and Notes | Kyu | Belt Color and Notes |
| 10 | White (Unearned) | 10 | White (Unearned) | 10 | NA |
| 9 | Yellow Stripe (may be skipped) | 9 | NA | 9 | NA |
| 8 | Yellow | 8 | Yellow | 8 | White |
| 7 | Green Stripe | 7 | Orange | 7 | Yellow |
| 6 | Green | 6 | Green | 6 | Orange |
| 5 | Blue Stripe | 5 | Blue | 5 | Green |
| 4 | Blue | 4 | Purple | 4 | Blue |
| 3 | Brown | 3 | Brown | 3 | Brown |
| 2 | Brown | 2 | Brown | 2 | Brown |
| 1 | Brown | 1 | Brown | 1 | Brown |

White Belt Promoting To Yellow Belt (8th Kyu to 7th Kyu):

Time in Rank:

- White Belts testing to Yellow Stripe should have two months time in rank, and a minimum of 16 class hours of attendance.

Throwing Techniques (Nage Waza):

- O Soto Gari (Major Outer Reap)
- De-Ashi-Harai (Advancing Foot Sweep)
- Hiza Guruma (Knee Wheel)
- O Goshi (Major Hip)
- Uke Goshi (Floating Hip)
- Ippon Seioe Nage (One-armed Shoulder Throw)

Falling Techniques (Ukemi Waza):

- Koho Ukemi (Back Fall) Standing and Down Version
- Sukoho Ukemi (Side Fall) Standing and Down Version
- Zenpo Kaiten (Front Roll) to a Down Position

Pinning Techniques (Osaekomi Waza):

- Kesa Gatame (Scarf Hold)
- Yoko Shiho Gatame (Side Four Corner Hold)
- Kami Shiho Gatame (Upper Four Corner Hold)
- Ushiro Kesa Gatame (Reverse Scarf Hold)
- Tate Shiho Gatame (Top Four Corner Hold)

Mat Techniques (Ne Waza):

- 1 Escape from each pin

Strangling Techniques (Shime Waza):

- None Allowed

Locking Techniques (Kansetsu Waza):

- None Allowed

Free Exercise (Randori):

- Standing Randori (using only the throws listed above)
- Mat Randori (pinning only, no chokes or locks)
- At least 2 combinations

Terminology:

- Who founded Judo? Professor Jigaro Kano.
- When was Judo founded? In 1882.
- When was Judo brought to the United States? In 1902.

- What was the name of Professor Kano's first Judo school? The Kodokan.
- Gentle Way (Judo)
- Gentle System (Jujitsu)
- Training Hall (Dojo)
- Offensive partner (one who throws or executes) (Tori)
- Defensive partner (one who is thrown or receives a technique) (Uke)
- Instructor (Sensei)
- Belt (Obi)
- Uniform (Gi)
- Free Exercise (Randori)
- Energy Yell (Kiai)
- Off balance (Kuzushi)
- Step-Ins (Uchikomi)

Yellow Belt Promoting To Orange Belt (7th Kyu to 6th Kyu):

Time in Rank:

- Yellow Belts testing to Orange Belt should have three months time in rank, and a minimum of 24 additional class hours of attendance.

Throwing Techniques (Nage Waza):

- O Soto Gari (Major Outer Reap)
- De-Ashi-Harai (Advancing Foot Sweep)
- Hiza Guruma (Knee Wheel)
- O Goshi (Major Hip)
- Uke Goshi (Floating Hip)
- Ippon Seioe Nage (One-armed Shoulder Throw)
- (Sode) Tsuru-Komi-Goshi (Lifting Pulling Hip Throw)
- Harai Goshi (Sweeping Hip)
- Morote Seoie Nage (Two-hand Shoulder Throw)
- Sasae Tsuru Komi Ashi (Lifting Proping Ankle Throw)
- Ko Uchi Gari (Minor Inner Reap)
- O Uchi Gari (Major Inner Reap)

Falling Techniques (Ukemi Waza):

- Koho Ukemi (Back Fall) Standing and Down Version
- Sukoho Ukemi (Side Fall) Standing and Down Version
- Zempo Kaiten (Front Roll) to a Down Position
- Zempo Ukemi (Front Fall) Standing and Kneeling Version
- Zempo Kaiten (Front Roll) To a Standing Position
- Zempo Kaiten (Front Roll) over obstacles

Pinning Techniques (Osaekomi Waza):

- Kesa Gatame (Scarf Hold)
- Yoko Shiho Gatame (Side Four Corner Hold)
- Kami Shiho Gatame (Upper Four Corner Hold)
- Ushiro Kesa Gatame (Reverse Scarf Hold)
- Tate Shiho Gatame (Top Four Corner Hold)
- Kata Guruma (Shoulder Hold)
- Kusure Kesa Gatame (Broken Scarf Hold)
- Kusure Yoko Shiho Gatame (Broken Side Four Corner Hold)
- Makura Kesa Gatame (Pillow Scarf Hold)
- Kusure Kami Shiho Gatame (Broken Upper Four Corner Hold)
- Kusure Tate Shiho Gatame (Broken Top Four Corner Hold)

Mat Techniques (Ne Waza):

- 1 Escape from each new pin
- 2 Escapes from each old pin

Strangling Techniques (Shime Waza):

- None Allowed

Locking Techniques (Kansetsu Waza):

- None Allowed

Free Exercise (Randori):

- Standing Randori (using only the throws listed above)
- Mat Randori (pinning only, no chokes or locks)
- At least 4 combinations

Terminology:

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- Instructor (Sensei)
- Belt (Obi)
- Uniform (Gi)
- Free Exercise (Randori)
- Energy Yell (Kiai)
- Off balance (Kuzushi)
- Step-Ins (Uchikomi)

Orange Belt Promoting To Green Belt (6th Kyu to 5th Kyu):

Time in Rank:

- Orange Belts testing to Green Belt should have five months time in rank, and a minimum of 40 additional class hours of attendance.

Throwing Techniques (Nage Waza):

- O Soto Gari (Major Outer Reap)
- De-Ashi-Harai (Advancing Foot Sweep)
- Hiza Guruma (Knee Wheel)
- O Goshi (Major Hip)
- Uke Goshi (Floating Hip)
- Ippon Seioe Nage (One-armed Shoulder Throw)
- Tsuru-Komi-Goshi (Lifting Pulling Hip Throw)
- Harai Goshi (Sweeping Hip)
- Morote Seoie Nage (Two-hand Shoulder Throw)
- Sasae Tsuru Komi Ashi (Lifting Proping Ankle Throw)
- Ko Uchi Gari (Minor Inner Reap)
- O Uchi Gari (Major Inner Reap)
- Tai Otoshi (Body Drop)
- Koshi Guruma (Hip Wheel)
- Hane Goshi (Springing Hip)
- Uchi Mata (Inner Thigh)
- Okuri Ashi Harai (Sliding Foot Sweep)
- Ko Soto Gari (Minor Outer Reap)

Falling Techniques (Ukemi Waza):

- Koho Ukemi (Back Fall) Standing and Down Version
- Sukoho Ukemi (Side Fall) Standing and Down Version
- Zenpo Kaiten (Front Roll) to a Down Position
- Zenpo Ukemi (Front Fall) Standing and Kneeling Version
- Zenpo Kaiten (Front Roll) To a Standing Position
- Zenpo Kaiten (Front Roll) over obstacles
- Skybreak falls

Pinning Techniques (Osaekomi Waza):

- Kesa Gatame (Scarf Hold)
- Yoko Shiho Gatame (Side Four Corner Hold)
- Kami Shiho Gatame (Upper Four Corner Hold)
- Ushiro Kesa Gatame (Reverse Scarf Hold)
- Tate Shiho Gatame (Top Four Corner Hold)
- Kata Guruma (Shoulder Hold)
- Kusure Kesa Gatame (Broken Scarf Hold)

- Kusure Yoko Shiho Gatame (Broken Side Four Corner Hold)
- Makura Kesa Gatame (Pillow Scarf Hold)
- Kusure Kami Shiho Gatame (Broken Upper Four Corner Hold)
- Kusure Tate Shiho Gatame (Broken Top Four Corner Hold)

Mat Techniques (Ne Waza):

- 2 Escapes from each pin
- Entrances from guard
- Entrances into uke turtled
- Entrances into uke pancaked

Strangling Techniques (Shime Waza):

- None Allowed

Locking Techniques (Kansetsu Waza):

- None Allowed

Free Exercise (Randori):

- Standing Randori (using only the throws listed above)
- Mat Randori (pinning only, no chokes or locks)
- At least 6 combinations

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- Instructor (Sensei)
- Belt (Obi)
- Uniform (Gi)
- Free Exercise (Randori)
- Energy Yell (Kiai)
- Off balance (Kuzushi)
- Step-Ins (Uchikomi)
- Maximum efficiency with minimum effort (Seirokyu Zenyu)
- Mutual welfare and benefit ("you and I shining together") (Jita Kyoei)
- School (Ryu)
- Grade (Kyu)
- Degree (Dan)

- Judo Student (Judoka)
- Judo Contest (Shiai)
- Start or begin (Hajime)
- Stop (Matte)
- Attention (Kyotsuke)
- Bow (Rei)
- Call for Decision (Hantei)
- Pin Has Been Applied (Osaekomi)
- Pin Has Been Broken (Osaekomi Tocada)
- Don't Move (Sonomama)
- Continue (Yoshi)
- Stop, Time Is Up (Sore Matte)
- Full Point, Win (Ippon)
- Half Point (Wazari)
- Advantage (Yuko)
- Minor Advantage (Koka)
- Major Violation (Hansoku)
- Loss Through Violation or Accumulated Penalties (Hansoku Make)
- Minor Penalty (Shido)
- Second Minor Penalty (Chui)
- Third Minor Penalty (Keikoku)
- Winner Through Two Half Points (Wazari Awasete Ippon)
- Winner (Kachi)

Green Belt Promoting To Blue Belt (5th Kyu to 4th Kyu):

Time in Rank:

- Green Belts testing to Blue Belt should have six months time in rank, and a minimum of 48 additional class hours of attendance.

Throwing Techniques (Nage Waza):

- O Soto Gari (Major Outer Reap)
- De-Ashi-Harai (Advancing Foot Sweep)
- Hiza Guruma (Knee Wheel)
- O Goshi (Major Hip)
- Uke Goshi (Floating Hip)
- Ippon Seioe Nage (One-armed Shoulder Throw)
- Tsuru-Komi-Goshi (Lifting Pulling Hip Throw)
- Harai Goshi (Sweeping Hip)
- Morote Seioe Nage (Two-hand Shoulder Throw)
- Sasae Tsuru Komi Ashi (Lifting Proping Ankle Throw)
- Ko Uchi Gari (Minor Inner Reap)
- O Uchi Gari (Major Inner Reap)
- Tai Otoshi (Body Drop)
- Koshi Guruma (Hip Wheel)
- Hane Goshi (Springing Hip)
- Uchi Mata (Inner Thigh)
- Okuri Ashi Harai (Sliding Foot Sweep)
- Ko Soto Gari (Minor Outer Reap)
- Kata Guruma (Shoulder Wheel)
- Ashi Guruma (Leg Wheel)
- Tomoe Nage (Circle Throw)
- Ko Soto Gake (Minor Outer Hook)
- Uki Otoshi (Floating Drop)

Falling Techniques (Ukemi Waza):

- Koho Ukemi (Back Fall) Standing and Down Version
- Sukoho Ukemi (Side Fall) Standing and Down Version
- Zenpo Kaiten (Front Roll) to a Down Position
- Zenpo Ukemi (Front Fall) Standing and Kneeling Version
- Zenpo Kaiten (Front Roll) To a Standing Position
- Zenpo Kaiten (Front Roll) over obstacles
- Skybreak falls

Pinning Techniques (Osaekomi Waza):

- Kesa Gatame (Scarf Hold)
- Yoko Shiho Gatame (Side Four Corner Hold)
- Kami Shiho Gatame (Upper Four Corner Hold)

- Ushiro Kesa Gatame (Reverse Scarf Hold)
- Tate Shiho Gatame (Top Four Corner Hold)
- Kata Guruma (Shoulder Hold)
- Kusure Kesa Gatame (Broken Scarf Hold)
- Kusure Yoko Shiho Gatame (Broken Side Four Corner Hold)
- Makura Kesa Gatame (Pillow Scarf Hold)
- Kusure Kami Shiho Gatame (Broken Upper Four Corner Hold)
- Kusure Tate Shiho Gatame (Broken Top Four Corner Hold)

Mat Techniques (Ne Waza):

- 2 Escapes from each pin
- Entrances from guard
- Entrances into uke turtled
- Entrances into uke pancaked

Strangling Techniques (Shime Waza):

- Kata Juji Jime (Half Cross Strangle)
- Morote Jime (Two Hand Strangle)
- Hadaka Jime (Rear Naked Choke)
- Sode Gurume Jime (Sleeve Wheel Choke)
- Ashi Gatame Jime (Triangle Choke)

Locking Techniques (Kansetsu Waza):

- None Allowed

Free Exercise (Randori):

- Standing Randori (using only the throws listed above)
- Mat Randori (pinning only, no chokes or locks)
- At least 8 combinations

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- Stop (Matte)
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- Advantage (Yuko)
- Minor Advantage (Koka)
- Major Violation (Hansoku)
- Loss Through Violation or Accumulated Penalties (Hansoku Make)
- Minor Penalty (Shido)
- Second Minor Penalty (Chui)
- Third Minor Penalty (Keikoku)
- Winner Through Two Half Points (Wazari Awasete Ippon)
- Winner (Kachi)

Techniques (Waza)

1. Throwing Techniques (Nage Waza)
 - a. Standing Techniques (Tachi Waza)
 - i. Hand Techniques (Te Waza)
 1. Body Drop (Tai Otoshi)
 2. Shoulder Throw (Seoi Nage)
 - a. One Handed Shoulder Throw (Ippon Seoi Nage)
 - b. Two Handed Shoulder Throw (Morote Seoi Nage)
 3. Shoulder Wheel (Kata Garuma)
 4. Floating Drop (Uki Otoshi)
 5. Corner Drop (Sumi Otoshi)
 6. Scooping Throw (Suke Nage)
 7. Belt Drop (Obi Otoshi)
 8. Shoulder Drop (Seoi Otoshi)
 9. Mountain Storm (Yama Arashi)
 - ii. Hip Techniques (Koshi Waza)
 1. Floating Hip (Uki Goshi)
 2. Sweeping Hip (Harai Goshi)
 3. Lifting Pulling Hip (Tsurikomi Goshi)
 4. Springing Hip (Hane Goshi)
 5. Major Hip (O Goshi)
 6. Back Hip (Ushiro Goshi)
 7. Hip Shift (Utsuri Goshi)
 8. Lifting Hip (Tsuru Goshi)
 9. Hip Wheel (Koshi Garuma)
 - iii. Foot Techniques (Ashi Waza)
 1. Knee Wheel (Hiza Garuma)
 2. Major Inner Reap (O Uchi Gari)
 3. Major Outer Reap (O Soto Gari)
 4. Propping Ankle Throw (Sasae Tsurikomi Ashi)
 5. Sliding Foot Sweep (Okuri Ashi Harai)
 6. Advancing Foot Sweep (De Ashi Harai)
 7. Minor Inner Reap (Ko Uchi Gari)
 8. Minor Outer Reap (Ko Soto Gare)
 9. Minor Outer Hook (Ko Soto Gake)
 10. Knee Wheel (Ashi Garuma)
 11. Inner Thigh (Uchi Mata)
 12. Major Wheel (O Garuma)
 13. Major Outer Wheel (O Soto Garuma)
 14. Major Outer Drop (O Soto Otoshi)
 - b. Sacrifice Techniques (Sutemi Waza)
 - i. Back Sacrifice Techniques (Ma Sutemi Waza)
 1. Circle Throw (Tomoe Nage)
 2. Back Throw (Ura Nage)
 3. Corner Reversal (Sumi Gaeshi)

4. Draw Pull Reversal (Hikkomi Gaeshi)
 5. Rice Bale Reversal (Tawara Gaeshi)
 - ii. Side Sacrifice Techniques (Yoko Sutemi Waza)
 1. Floating Technique (Uki Waza)
 2. Side Hook (Yoko Gake)
 3. Side Wheel (Yoko Garuma)
 4. Valley Drop (Tani Otoshi)
 5. Side Separation (Yoko Wakare)
 6. Side Drop (Yoko Otoshi)
 7. Springing Wraparound (Hane Makikomi)
 8. Outer Wraparound (Soto Makikomi)
 9. Inner Wraparound (Uchi Makikomi)
2. Grappling Techniques (Katame Waza)
- a. Pinning Techniques (Osae Komi Waza)
 - i. Scarf Hold (Kesa Gatame)
 - ii. Shoulder Hold (Kata Gatame)
 - iii. Side Four Corner Hold (Yoko Shiho Gatame)
 - iv. Upper Four Corner Hold (Kami Shiho Gatame)
 - v. Modified Upper Four Corner Hold (Kuzuri Kami Shiho Gatame)
 - vi. Reverse Scarf Hold (Ushiro Kesa Gatame)
 - vii. Vertical Four Corner Hold (Tate Shiho Gatame)
 - viii. Chest Hold (Mune Gatame)
 - b. Strangling Techniques (Shime Waza)
 - i. Normal Cross Choke (Nami Juji Jime)
 - ii. Half Cross Choke (Kata Juji Jime)
 - iii. Reverse Cross Choke (Gyaku Juji Jime)
 - iv. Naked Strangle (Hadaka Jime)
 - v. Sliding Lapel Strangle (Okuri Eri Jime)
 - vi. Single Wing Choke (Kata Ha Jime)
 - vii. One Hand Choke (Katate Jime)
 - viii. Two Hand Choke (Ryote Jime)
 - ix. Sleeve Wheel Choke (Sode Garuma Jime)
 - x. Thrusting Choke (Tsukkomi Jime)
 - xi. Triangle Choke (Sankaku Jime)
 - xii. Body Choke (Do Jime)
 - c. Joint Locking Techniques (Kansetsu Waza)
 - i. Entangled Armlock (Ude Garami)
 - ii. Cross Armlock (Ude Hishigi Juji Gatame)
 - iii. Arm Armlock (Ude Hishigi Ude Gatame)
 - iv. Knee Armlock (Ude Hishigi Hiza Gatame)
 - v. Armpit Armlock (Ude Hishigi Waki Gatame)
 - vi. Stomach Armlock (Ude Hishigi Hara Gatame)
 - vii. Foot Armlock (Ude Hishigi Ashi Gatame)
 - viii. Hand Armlock (Ude Hishigi Te Gatame)
 - ix. Triangle Armlock (Ude Hishigi Sankaku Gatame)
 - x. Entangled Leglock (Ashi Garami)

3. Striking Techniques (Atemi Waza)
 - a. Hand and Arm Strikes (Ude Ate)
 - i. Fingertip Strikes (Yubisaki Ate)
 - ii. Fist Strikes (Kobushi Ate)
 - iii. Knife Hand Strikes (Tegatana Ate)
 - iv. Elbow Strikes (Hiji Ate)
 - b. Leg Strikes (Ashi Ate)
 - i. Knee Strikes (Hiza Gashira Ate)
 - ii. Ball of the Foot Strikes (Sekiko Ate)
 - iii. Heel Strikes (Kakato Ate)
4. Falling Techniques (Ukemi Waza)
 - a. Back Fall (Koho Ukemi)
 - b. Side Fall (Sokuho Ukemi)
 - c. Front Fall (Zenpo Ukemi)
 - d. Front Rolling Fall (Zenpo Kaiten)
5. Resuscitation Techniques (Kappo Waza)

Tournament Rules, Scoring and Judging

1. Time:
 - a. Adults: Contests shall last 5 minutes.
 - b. Juniors: Contests shall last 4 minutes.
2. Conditions for Victory:
 - a. The winner shall be the first person to score Ippon, or the first person to score two Waza Aris, or the person to have the highest number of points at the end of the match (see Scoring below).
3. Scoring:
 - a. Ippon: "One point." This wins the Shiai (match).
 - i. For a throw to be considered Ippon, it must meet the following four criteria: Tori throws Uke with control, speed and power, and Uke lands flat on his or her back.
 - ii. For a pin to be considered Ippon, it must meet the following criteria: Tori has control over Uke for 25 seconds, during which time Uke's back is largely in contact with the mat and Uke does not wrap his or her legs around Tori's legs or body.
 - iii. For a choke to be considered Ippon, it must meet the following criteria:
 1. Uke submits by tapping twice (or more), or by calling Maitta ("I quit").
 2. Uke loses consciousness.
 - iv. For a joint lock to be considered Ippon, it must meet the following criteria:
 1. The pressure is applied to the elbow joint.

2. Uke submits by tapping twice (or more), or by calling Maitta ("I quit").
- b. Waza Ari: "Half point." Two Waza Ari scores will win the Shiai.
 - i. For a throw to be considered Waza Ari, it must meet the following criteria: Tori throws Uke with a throw that is not quite perfect (Uke doesn't land perfectly flat or the throw is not as fast or forceful as it should be).
 - ii. For a pin to be considered Waza Ari, it must meet the following criteria: Tori has control over Uke for 20-24 seconds, during which time Uke's back is largely in contact with the mat and Uke does not wrap his or her legs around Tori's legs or body.
 - c. Yuko: "Effect" or "advantage." Multiple Yukos will never accumulate into a higher score; a single Wazari beats any number of Yukos.
 - i. For a throw to be considered Yuko, it must meet the following criteria: Tori throws Uke with a throw that still puts Uke largely on his or her back, but does not demonstrate adequate speed and power to qualify for a Waza Ari.
 - ii. For a pin to be considered Yuko, it must meet the following criteria: Tori has control over Uke for 15-19 seconds, during which time Uke's back is largely in contact with the mat and Uke does not wrap his or her legs around Tori's legs or body.
 - d. Koka: "Effect" or "minor advantage." Multiple Kokas will never accumulate into a higher score; a single Yuko beats any number of Kokas.
 - i. For a throw to be considered Koka, it must meet the following criteria: Tori throws Uke and Uke lands on his or her backside or thigh.
 - ii. For a pin to be considered Koka, it must meet the following criteria: Tori has control over Uke for 10-14 seconds, during which time Uke's back is largely in contact with the mat and Uke does not wrap his or her legs around Tori's legs or body.
4. Penalties:
- a. Slight infringements will receive a penalty of Shido. The first time a contestant receives a Shido, their opponent is awarded a Koka. The second time a contestant receives a Shido is Chui, and their opponent is awarded a Yuko. The third time a contestant receives a Shido is Keikoku, and their opponent is awarded a Waza Ari. If a contestant receives a fourth Shido, their opponent wins the match by Hansoku Make. The following violations will result in Shido penalties:
 - i. To intentionally avoid taking grip in order to prevent action in the contest.
 - ii. To adopt in a standing position, after taking grip, an excessively defensive posture. (Generally more than 5 seconds).
 - iii. To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent. (False attack).

- iv. To stand, both feet completely within the danger zone unless beginning an attack, executing an attack, countering the opponent's attack or defending against the opponent's attack. (Generally more than 5 seconds)
- v. In a standing position, to continually hold the opponent's sleeve end(s) for a defensive purpose (Generally more than 5 seconds) or to grasp by "screwing up" the sleeve end(s).
- vi. In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, in order to prevent action in the contest. (Generally more than 5 seconds).
- vii. To intentionally disarrange his own Judogi or to untie or retie the belt or the trousers without the Referee's permission.
- viii. To pull the opponent down in order to start Newaza unless in accordance with the rules allowing for entry into mat technique.
- ix. To insert a finger or fingers inside the opponent's sleeve or pant legs.
- x. In a standing position to take any grip other than a "normal" grip without attacking. (Generally more than 5 seconds).
- xi. In a standing position, before or after grip has been established, not to make any attacking moves.
- xii. To hold the opponent's sleeve end(s) between the thumb and the fingers ("Pistol" grip).
- xiii. To hold the opponent's sleeve end(s) by folding it over ("Pocket" grip).
- xiv. From a standing position, to take hold of the opponent's foot/feet, leg(s) or pant leg(s) with the hand(s), unless simultaneously attempting a throwing technique.
- xv. To encircle the end of the belt or jacket around any part of the opponent's body.
- xvi. To take the Judogi in the mouth. (either his own or his opponent's Judogi).
- xvii. To put a hand, arm, foot or leg directly on the opponent's face.
- xviii. To put a foot or a leg in the opponent's belt, collar or lapel.
- xix. To apply Shime-waza using the bottom of the jacket or belt, or using only the fingers.
- xx. To go outside the contest area or intentionally force the opponent to go outside the contest area either in standing position or in Newaza.
- xxi. To apply leg scissors to the opponent's trunk (Dojime), neck or head. (Scissor with crossed feet, while stretching out the legs).
- xxii. To kick with the knee or foot, the hand or arm of the opponent, in order to make him release his grip, or to kick the opponent's leg or ankle without applying any technique.
- xxiii. To bend back the opponent's finger(s) in order to break his grip.
- b. Grave infringements will receive a penalty of Hansoku, which will result in an immediate loss (the opponent is then declared to have won through

Hansoku Make). The following violations will result in Hansoku penalties:

- i. To apply Kawazu Gake. (To throw the opponent by winding one leg around the opponent's leg, while facing more or less in the same direction as the opponent and falling backwards onto him).
 - ii. To apply Kansetsu Waza anywhere other than to the elbow joint.
 - iii. To lift off the mats the opponent who is lying on the mats and to drive him back onto the mats.
 - iv. To reap the opponents supporting leg from the inside when the opponent is applying a technique such as Harai Goshi.
 - v. To disregard the Referee's instructions.
 - vi. To make unnecessary calls, remarks or gestures derogatory to the opponent or Referee during the contest.
 - vii. To make any action which may endanger or injure the opponent especially the opponent's neck or spinal vertebrae, or may be against the spirit of Judo.
 - viii. To fall directly to the mats while applying or attempting to apply techniques such as Ude Hishigi Wake Gatame.
 - ix. To dive head first, onto the mats by bending forward and downward while performing or attempting to perform techniques such as Uchi Mata, Harai Goshi, etc. or to fall directly backwards while performing or attempting to perform techniques such as Kata Guruma whether standing or kneeling.
 - x. To intentionally fall backwards when the other contestant is clinging to his back and when either contestant has control of the other's movement.
 - xi. To wear a hard or metallic object (covered or not).
5. Transitioning into Ne Waza (mat techniques): In order for one contestant to take a match to the ground and continue fighting with mat techniques, one of the following conditions must be met (If none of the above conditions are met, the Referee will immediately halt the match and return the contestants to their starting positions):
- a. When a contestant, after executing a throw, changes without interruption into Ne Waza and takes the offensive.
 - b. When one of the contestants falls to the ground, following the unsuccessful application of a throwing technique the other may take advantage of his opponent's unbalanced position to take him to the ground.
 - c. When one contestant obtains some considerable effect by applying a choke or joint lock in the standing position and then changes without interruption to Ne Waza.
 - d. When one contestant takes his opponent down into Ne Waza by the particularly skillful application of a movement which does not qualify as a throwing technique.
 - e. In any other case where one contestant falls down or is about to fall down, the other contestant may take advantage of his opponent's position to go into Ne Waza.

6. Transitioning out of Ne Waza: The following actions will result in the Referee halting the match and bringing the contestants back to their starting positions:
 - a. When both contestants go out of the contest area.
 - b. When there is no apparent progress in Ne Waza.
 - c. When one opponent regains a standing or semi-standing posture with his opponent on his back.
 - d. When one contestant regains his feet and lifts his opponent (whose legs are wrapped around any part of the other contestant's body) clear of the mat.
7. Hand signals:
 - a. **Ippon:** shall raise one arm with palm of hand facing forward, high above the head.
 - b. **Waza Ari:** shall raise one of his arms with palm of hand facing downwards, sideways, to shoulder height.
 - c. **Waza Ari Awasete Ippon:** First Waza Ari, then Ippon gesture.
 - d. **Yuko:** shall raise one of his arms, with palm of hand facing downwards, 45 degrees from his body.
 - e. **Koka:** shall raise one of his arms bent with thumb towards the shoulder and elbow at the side of the body.
 - f. **Osaekomi:** shall point his arm out from his body down towards the contestants while facing the contestants and bending his body towards them.
 - g. **Toketa:** shall raise one of his arms to the front and wave it from right to left quickly two or three times while bending his body towards the contestants.
 - h. **Mate:** shall raise one of his hands to shoulder height with his arm approximately parallel to the Tatami and display the flattened palm of his hand (fingers up) to the Timekeeper.
 - i. **Sono Mama:** shall bend forward and touch both contestants with the palms of his hands.
 - j. **Yoshi:** shall firmly touch both contestants with the palms of his hands and bring pressure on them.
 - k. **To indicate the cancellation of an expressed opinion:** shall repeat with one hand the same gesture while raising the other hand above the head to the front and wave it from right to left two or three times.
 - l. **Hantei:** In preparation of calling Hantei, the Referee shall raise both hands forward at 45 degrees with the correct flag in each hand, and then at the announcement of Hantei he shall raise the flag high above his head to indicate his opinion.
 - m. **To indicate the winner of a contest:** shall raise one hand, palm in, above shoulder height towards the winner.
 - n. **To direct the contestant(s) to re-adjust the Judogi:** shall cross left hand over right, palms facing inwards, at belt height.
 - o. **To call the Doctor:** shall face the medical table, wave an arm (palm upwards) from the direction of medical table towards the injured contestant.

- p. **To award a penalty (Shido, Hansoku Make):** shall point towards the contestant to be penalized with the forefinger extended from a closed fist.
 - q. **Non-combativity:** shall rotate, with a forward motion, the forearms at chest height then point with the forefinger at the contestant to be penalized.
 - r. **False attack:** shall extend both arms forward, with hands closed and then make a downward action with both hands.
 - s. **Danger zone penalty:** point towards danger zone, whilst raising the other hand above head, forward, with fingers opened, then point towards contestant to be penalized.
8. Stopping the match: The following actions will result in the Referee halting the match and bringing the contestants back to their starting positions:
- a. When one or both of the contestants go outside the contest area.
 - b. When one or both of the contestants perform one of the prohibited acts.
 - c. When one or both of the contestants are injured or taken ill.
 - d. When it is necessary for one or both of the contestants to adjust their Judogi.
 - e. When there is no apparent progress in Ne Waza.
 - f. When one opponent regains a standing or semi-standing posture with his opponent on his back.
 - g. When one contestant regains his feet and lifts his opponent (whose legs are wrapped around any part of the other contestant's body) clear of the mat.
 - h. When a contestant performs or attempts to perform Kansetsu Waza or Shime Waza from the standing position and the result is not sufficiently apparent.
 - i. When in any other case that the Referee deems it necessary to do so.
 - j. When the Referee and Judges wish to confer.