

JCCC JUDO KAI HANDBOOK



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Dear Student,

We welcome you and your family to our club and thank-you for selecting the JCCC Judo Kai as your club of choice. At our club we teach respect, not just student to teacher, but respect for everyone in our club. In our judo program we stress the fundamentals, but we also emphasize having fun. We focus on effort not ability. Winning or losing are not important, the important thing is that we try our best. Judo is not an easy sport. It requires physical exertion, repetition and dedication. As a new judoka, you will learn many new exercises, drills and techniques. These may seem difficult at first, but with practice, they will become easier. With practice everyone gets better at judo.

Our Club has a number of ways to help you keep up to date with what's happening:

- **Newsletter** – each month a newsletter is published with information on club activities, changes in class times, special activities and tournaments. The newsletter is available on the Bulletin Board, and via e-mail.
- **E-mail** – students will receive updates via the club-email list. These will include the techniques of the week, newsletter, schedule changes, and any information that needs to be communicated on short notice.
- **Bulletin Board** – outside of the dojo we have bulletin board. All the latest news is posted each month.
- **Website** – our website: <https://jccc.on.ca/programs/martial-arts/judo> is periodically updated with club information.

If you have any questions, please feel free to speak to any of the instructors before or after any class or you can e-mail us at jcccjudokai@gmail.com.

As the Head Instructor I greatly appreciate the efforts and the high level of instruction provided by the instructors who lead the classes and the Yudansha (Black belts) who assist. Once again, thank you for joining our club.

Sincerely,

Shane LeGros

Head Instructor

History of Judo

In 1882, Judo "the Way of Gentleness" was founded by Dr. Jigoro Kano, President of the University of Education, Tokyo. Dr. Kano developed judo into a way of life, and a sport, based on two overarching principles concerning the development of physical, mental, and moral culture. The first principle of judo is Seiryoku-Zenyou or "Maximum efficient use of physical and mental energy". The second principle of judo, as articulated by Dr. Kano is Jita-Kyoei or "Mutual welfare and benefit". Dr. Kano opened the Kodokan to as the first judo Dojo. Dr. Kano's goal was to make judo an international sport. In 1964, judo debuted as an Olympic sport at the XVIII Olympiad summer games in Tokyo.

The IJF (International Judo Federation) is the international governing body was founded in 1951 and is headquartered in Budapest, Hungary. IJF has over 200 National Federations, including Canada. There are an estimated 20 million judoka worldwide according to the IJF.

Judo at the JCCC

The JCCC Judo Kai is one of the many programs that are part of the Japanese Canadian Cultural Centre (JCCC). The JCCC is a non-profit organization that has been bringing Japanese culture to the GTA since 1963. Judo has been taught at the JCCC since the mid-1960's. Every Club member is first and foremost a member of the JCCC. All fees are paid to the JCCC. Class fees are paid for in three-month sessions beginning in October, January, April and July. All fees are paid to the JCCC. The JCCC's greatest asset is it volunteers. All of the JCCC's programs are taught by volunteers, this includes all of the JCCC Judo Kai's instructors. It is this volunteerism that we promote, not just among the instructors, but also the students and their families.

Club Philosophy

At our Club we teach respect, not just student to teacher, but respect for everyone in our Club. In our judo program we stress the fundamentals with strong technical skill, but we also emphasize having fun. We focus on effort not ability. Winning or losing are not important, the important thing is that we try our best. Judo is not an easy sport. It requires physical exertion, repetition, and dedication. Our club caters to all skill levels, from the recreational judoka to the elite competitor.

Judo Ontario

Our club is a sanctioned member of Judo Ontario, the governing body for judo in Ontario. As such all club members must also be members of Judo Ontario. The annual fee covers the period of September thru August. There is no discount for a partial year membership at Judo Ontario, hence we do not enforce Judo Ontario membership for any new

members joining between April and August.

Dojo

The Dojo is the room in which judo is taught. A portrait of Kano Sensei is located at the shomen in the Dojo. Whenever entering or leaving the Dojo or mat area, one must bow facing Kano Sensei.

In the Dojo, mudansha (non-black belts) will address yudansha (black belts), as “Sensei”. Students are not to address black belts by their first name in the Dojo. The same applies for non-students (e.g. parents, visitors, etc.) when inside the Dojo. Outside of the Dojo, this rule does not apply, however, students are expected to demonstrate appropriate respect at all times. At judo activities outside of the club (e.g. at tournaments), students of the JCCC Judo Kai are expected to address other club instructors as “Sensei”, and to demonstrate exemplary respectful behaviour.

No street footwear is allowed in the Dojo. This rule is to help keep our Dojo clean. Students must wear zori (slippers) or other non-street shoes when not on the tatami (mat) between the change rooms and into the Dojo – it is not hygienic to walk barefoot outside the Dojo. The students’ zoris should not be worn outside. If students forget their zoris, they can wear their shoes, but they must be removed and left outside along the window before they enter the Dojo.

Hats must be removed when in the Dojo. No food or chewing gum is permitted in the Dojo. Sports drinks or water bottles are permitted.

At the end of class, students will be selected to clean the Dojo. This includes dry mopping the floor and wet mopping the tatami with a disinfectant spray under the supervision of a Yudansha.

Class

Classes begin promptly at the designated start time. It is recommended that students enter the Dojo 10-15 minutes before the start time, except when there is a prior class in session. In which case the students will be told when they can enter the Dojo. If your child cannot get to class on time due to a previous engagement, let one of the instructors know. If a participant arrives late to class the participant should see one of the Senseis, apologize for being late, and ask to join the class. Children cannot be dropped off and left unattended during classes. Parents are strongly encouraged to come into the Dojo to watch our class so you can see and hear the class instructions, as well as class announcements – also so you are available to accompany your child should she/he need to leave class to use the washroom. If a student needs to leave class before the scheduled finish time, the student is to request permission from the instructor in charge to leave early before class commences. Once class has commenced, no one may leave the Dojo during

class for any reason without requesting permission from the instructor in charge. The only exception is for people who feel ill and must immediately go directly to the washroom.

Students are encouraged to bring relevant information to the instructor's attention (e.g. to inform the Instructor before class if he/she has an injury or recent illness). If during class a person feels sick to his/her stomach, he / she may leave the Dojo to go immediately and directly to the washroom. An instructor / responsible person will follow. If a student has sustained an injury during class, he/she must inform one of the instructors immediately, so assistance or if necessary first aid can be provided right away.

Judo is an extremely physically demanding sport. Our practices are designed to develop and increase stamina, flexibility, balance and strength. As such it is our recommendation that students finish all meals at least one hour before the beginning of a class. It has been our experience that eating just before practice can lead to the student becoming ill during the class. It is better for students to eat a light meal before class than a large meal just before class. Conversely, it is important to have a light meal before class, especially on Saturday mornings. Practicing judo without eating since the previous evening may result in dizziness, nausea and fainting.

Bowing (Reishiki – Etiquette)

Beginning of class:

Students line up, with senior students (highest rank) closest to the Shomen (front of the Dojo, furthest from the door to the Dojo), and stand/kneel in a straight line – again, senior students closest to the Shomen, junior students closest to the door. The sempai (senior student at the head of the line) calls out the instruction:

- A Kiotsuke! Shomen ni - rei!
- B Sensei-gata ni – rei!

End of class:

Students line up as at the beginning of class, and conclude the class by “bowing out” (in reverse order to “bowing in”).

- A Kiotsuke! Sensei-gata ni- rei!
- B Shomen ni – rei!
- C Sensei-gata ni – domo agitato gozaimashita

Judogi

The standard uniform is the judogi. It is comprised of a jacket, pants, and belt. While t-shirts are permitted during practice, they are prohibited in competition, except for females who must wear a plain white t-shirt with a crew collar.

Your judogi should be always kept clean and washed regularly. If you get blood on judogi,

wash out as much of the blood right after class, then wash your judogi right away to prevent staining. Do not use bleach on your judogi, as this will weaken the fabric and reduce the durability and longevity of the judogi.

If you train often, you may want to have a second judogi to wear while one being washed. If you are absent from judo for any prolonged period, be sure to wash your judogi and dry completely before putting it away. A damp judogi is the perfect environment for mould.

Since a judogi is 100% cotton it will shrink. Never wash it in hot water, cold water only. Your judogi should not be put in the dryer to dry. You can tumble your judogi for a couple of minutes to get the wrinkles out, then it should be hung up to dry. Due to the heavy cotton weave of the top, your judogi will take two days to dry. Once a student has been promoted to a colour belt, it is recommended that the belt be washed once without the judogi so that the excess colour dye will be removed. While it is recommended to wash your coloured belt occasionally, it is not necessary to wash your belt as often as your judogi.

When purchasing a new judogi, be sure to try on the top. When you raise your arms straight out in front of you, the sleeve should reach into your palm (5 cm past your wrist bone). The judogi will shrink when you first wash it. If the judogi fits perfectly before washing, do not buy it, it is too small as it will shrink upon washing.

Alterations, such as shortening the sleeves or pant legs is permitted when the judogi is too big for a child. Do not shorten your judogi by cutting off the sleeves or pant legs, so that the shortened sleeves and pant legs can be let down as the child grows.

The club also has a second hand judogi program. These are used judogis that have been donated to the club as members out grow their judogi or have ceased practicing judo. These judogis are considerably cheaper than a new judogi. Judogi sizes are limited based on the judogis donated to the club. Generally, the used judogis are children and young teen sizes.

Safety

Jewellery, earrings, rings, watches and hair clips can cause injury to others and the person wearing them; therefore, they must be removed prior to class. Hair fasteners should be elastic in nature and not contain any metal or hard plastic.

Finger and toenails must be kept short and clean to prevent scratching, and to prevent nails from getting caught and possibly torn.

Glasses may be worn during instruction and warm up exercises and then removed while practicing with a partner or tumbling.

Holes in a student's judogi (uniform) can be hazardous and must be repaired upon detection. They are also easier to fix when they are small.

Any cuts must be covered with a secure protective bandage.

Tournaments

Part of every student's learning process in judo is tournament competition. Here the students use what they have learned in a competitive situation. Tournament competition is an extension of a student's practice. The competition allows a student to test their ability in a situation where both competitors are at a heightened level. There are basically two types of tournaments: club tournaments and outside tournaments. Generally, tournaments are supposed to be an enjoyable experience where students get the chance to test their judo against students from other clubs.

Club Tournaments

There are four club tournaments per year:

| | |
|---------|-------------------------------------|
| October | Autumn Tournament |
| January | Kagami Biraki (New Year) Tournament |
| March | Haru Matsuri Tournament |
| June | Summer Tournament |

There are no fees charged to our students to compete in our club tournaments. These are small tournaments that are held in our club, for our students only. These tournaments are usually held during our regular practice time or as a demonstration during a JCCC event. They take approximately 2 hours. In these tournaments, students have matches against students of the same size and ability. We usually have individual matches and team matches. In the individual tournament the students are divided into two groups, beginners and advanced. In the individual matches, the students are lined up by size and ability. Starting with the smaller, less advanced students, matches are held where the winner stays to fight the next person in line and the loser sits down. In the case of a draw, both students sit down. In the team tournament, the students are divided into teams. The teams have matches against each other, where each team member has a single match with the corresponding member on the opposing team. The team with more wins in the matches is the winner.

In our club tournaments, we stress effort over results. It is unimportant how many times a student wins, but more important is how they compete. We recognize two students for the Best Judoka: Best Judoka are selected for the beginner and the advanced or older students. The Best Judoka are selected by the Senseis based on how well a student tried, and demonstrated good sportsmanship. Another trophy is also given for the Best Nage-Waza Technique, which is the best throw of the tournament.

Outside Tournaments

These are tournaments that are held outside of our Club throughout the year. These tournaments are sanctioned by the provincial/national governing body. They are held on weekends and may be a one-day tournament on a Saturday or Sunday or a multi-day tournament.

Judo Ontario sanctioned tournaments are tournaments in which clubs from Ontario, Quebec and the US send competitors. Sanctioned tournaments are governed by rules set out by the IJF (International Judo Federation). Competitors are divided into groups by age, weight and sex. Our club restricts participation in sanctioned tournaments to yellow belts and higher, subject to approval beforehand by the instructors that the student is ready for such competition. We feel that white belts have insufficient knowledge and experience to gain any benefit from this type of competition. There is a large difference in the style of judo practiced by judokas in other clubs, which requires our students to have the necessary judo knowledge to prevent being injured.

All sanctioned tournaments require competitors to weigh-in at registration, so that competitors can be placed in the appropriate sex, age and weight category. Weigh-ins are usually held the morning of the competition, but sometimes may be the evening before. Most tournaments operate on a double elimination format, which requires two losses to be eliminated from competition.

Sanctioned tournaments are long tournaments. They can take anywhere from 4-10 hours, depending on the age of the competitors (older age groups usually fight later in the day). Parents whose children compete in sanctioned tournaments can expect to spend the majority of the day at the tournament. Weigh-in is early in morning and there may be many hours before their children actually compete. There is often a lot of waiting around at these tournaments. Some reading material will help make the time go by. Some students bring homework to do while waiting to compete. Packing a lunch, snack and drinks is good idea and a less expensive method of keeping the competitors fuelled for their matches. Students should not eat just before their matches, generally right after weigh-in is a good time since there are a couple of hours before competition begins.

Club Gear

Club T-Shirts: We have Team JCCC Judo Kai T-shirts in stock for sale. T-shirts can be purchased for \$25 or two for \$40. We have both children and adult sizes up to XXL



Club Jackets: We have Team JCCC Judo-Kai jacket. They are black with the club patch embroidered on the front. Sizes are adult XXS to XXL. These are pre-ordered and the price is \$85.

Club Sweatshirts: We have sweatshirts with the club patch embroidered on the front. They come in grey or charcoal grey in adult sizes XXS to XXL. These are pre-ordered and the price is \$70.

Embroidered Club Patches: We have club patches that can be added to any judogi or article of clothing. They can be purchased for \$5.

Gradings

Judo ranks indicated by belt colour are recognition for a student's proficiency in the study of judo. Since the study is a "life-long" pursuit, a belt colour is recognition of learning a relatively small part of an infinite "whole".

Promotions are done through technical gradings. These gradings follow the Ontario Provincial Grading Board format, where students are asked to perform techniques in front of instructors, and are evaluated. The aim is to provide clear grading guidelines to students, and to familiarize everyone with provincial grading procedures. Shime-waza (chokes) and Kansetsu-waza (joint locks) are only taught and required where age and level appropriate. Additional on-mat instruction aimed at grading preparation is provided prior to every grading. Students are required to get instructor permission to grade.

A second pathway is merit-based promotion for students who distinguish themselves through their judo activities. This will apply only for U16, up to Sankyu. This is where instructors feel that a student deserves to be given a higher rank based on their attitude, motivation, and performance above others of equal age and belt level.

Evaluated at every level:

Ukemi (Breakfalls)

- Mae-ukemi - Forward breakfall
- Koho-ukemi (Ushiro-ukemi) - Backward breakfall
- Yoko-ukemi – Side breakfall
- Zempo-kaiten (Mae-mawari-ukemi) – Rolling forward breakfall, Staying down for yellow. Staying down and returning to feet for all other levels.

Etiquette

- Proper etiquette during the grading will be observed including elements such as judogi, belt, proper bowing, seiza and standing.

Uchikomi

- Uchikomi basics will be evaluated at all levels to evaluate a student's knowledge of kuzushi, and the basics of judo mechanics.

Previous Techniques

- A random selection of techniques from previous levels will be selected to evaluate a student's retention.

For Sankyu (Green Belt) and above:

- Shime-waza (Chokes) 14+, Kansetsu-waza (Joint locks) 16+, In accordance with Judo Canada guidelines

Grading Syllabus

Gokyu - 5th Grade, Yellow Belt

Nage Waza - Throws:

- De-ashi-harai - Forward Foot Sweep
- O-uchi-gari - Major Inner Reaping Throw
- Ko-uchi-gari - Minor Inner Reaping Throw
- O-goshi - Major Hip Throw
- Seoi-nage (Morote)- Both Hands Shoulder Throw
- O-soto-gari - Major Outer Leg Sweep

Osaekomi-Waza – Hold Downs:

- Kesa-gatame - Scarf Hold
- Kuzure-kesa gatame - Variation of the Scarf Hold
- Yoko-shiho-gatame - Side Four Corner Hold

No minimum time at rank.

Yonkyu - 4th Grade, Orange Belt

Nage-Waza:

- Uki-goshi - Floating Hip Throw
- Harai-goshi - Hip Sweep
- Tai-otoshi - Body Drop Throw
- Tsurikomi-goshi - Lift and Pull Hip Throw
- Sasae-tsurikomi-ashi - Propping Ankle Throw
- Ippon-seoi-nage – One Arm Shoulder Throw
- Tsurigoshi - Lifting Hip Throw
- Uchi-mata - Inner Thigh Reaping Throw

Osaekomi-Waza:

- Kami-shiho-gatame - Top Four Corner Hold
- Kata-gatame - Shoulder Hold
- Mune-gatame – Chest hold
- Tate-shiho-gatame - Vertical Four Corner Hold

No minimum time at rank.

Sankyu - 3rd Grade, Green Belt

Nage-Waza:

- Hane-goshi - Springing Hip Throw
- Ko-soto-gake - Minor Outer Breaking Throw
- Okuri-ashi-harai - Side Foot Sweep
- Hiza-guruma - Knee Wheel
- Osoto-otoshi – Major Outer Drop
- Sumi-otoshi - Corner Drop
- Koshi-guruma - Hip Wheel

Osaekomi-Waza:

- Kuzure-kami-shiho-gatame - Variation of the Top Four Corner Hold
- Ushiro-kesa-gatame - Rear Scarf Hold

Shime-Waza - Chokes:

- Nami-juji-jime - Normal Cross Lock
- Gyaku-juji-jime - Reverse Cross Lock
- Kata-juji-jime - Half Cross Lock
- Okuri-eri-jime - Sliding Collar Lock
- Kata-ha-jime - Single Wing Lock

Kansetsu-Waza – Joint Locks:

- Ude-hishigi-juji-gatame - Cross Armlock
- Ude-garami - Entangled Armlock

Renraku-Waza – Combinations:

- Seoi-nage --> Ouchi-gari
- O-soto-gari --> Kesa-gatame

Kaeshi-Waza - Counters:

- Tsubame-gaeshi to counter De-ashi-harai
- Harai-goshi to counter O-soto-gari

Minimum time at rank of 1 year, unless merit-based promotion is warranted for U16.

Nikyu - 2nd Grade, Blue Belt

Nage-Waza:

- Seoi-otoshi - Shoulder Drop
- Kata-guruma - Shoulder Wheel
- Ko-soto-gari - Minor Outer Reaping Throw
- Harai-tsurikomi-ashi - Lift Pull Foot Sweep
- Osoto-guruma - Major Outer Wheel
- Ashi-guruma – Foot Wheel
- Tomoe-nage - Circular Throw
- Tani-otoshi - Valley Drop
- Ushiro-goshi - Rear Hip Throw

Osaekomi-Waza:

- Makura-kesa-gatame - Pillow Scarf Hold
- Kuzure-yoko-shiho-gatame - Variation of Side Four Corner Hold

Shime-Waza:

- Sankanku-jime - Triangular Choke
- Hadaka-jime - Naked Choke

Kansetsu-Waza:

- Ude-hishigi-ude-gatame - Armlock
- Ude-hishigi-hiza-gatame - Knee Lock

Renraku-Waza:

- Give examples of 3 Renraku-Waza

Kaeshi Waza:

- Give examples of 3 Kaeshi-Waza

Minimum time at rank of one year. Technical promotion only for all ages.

Ikkyu - 1st Grade, Brown Belt

Nage Waza:

- Sukui-nage - Scooping Throw
- Utsuri-goshi - Changing Hip Throw
- O-guruma - Major Wheel
- Soto-makikomi - Outer Winding Throw
- Sumi-gaeshi - Corner Throw
- Yoko-otoshi - Side Drop
- Yoko-gake - Side Body Drop
- Ura-Nage – Back Throw
- Uki-otoshi - Floating Drop

Shime-Waza:

- No additional requirements

Kansetsu Waza:

- Ude-hishigi-waki-gatame - Armpit Armlock
- Ude-hishigi-hara-gatame - Stomach Armlock

Kaeshi-Waza:

- Give examples for three of the above Nage-Waza

Renraku-Waza:

- Give examples for three of the above Nage-Waza

Nage-no Kata:

- Te-Waza, Koshi-Waza, Ashi-Waza as Tori

Minimum time at rank of one year. Technical promotion only for all ages.

Shodan – Black Belt 1st Degree

Black belt promotions are performed at the Judo Canada level, and administered by Judo Ontario. For Judo Canada Shodan grading requirements please consult the NATIONAL GRADING SYLLABUS on the Judo Canada website.

Additional techniques for Shodan in JC syllabus (missing from above):

- Uki-Waza,
- Yoko-Wakare,
- Hane-Makikomi,
- Yoko-Guruma

Following promotion to Ikkyu it is expected that students will endeavour to learn these additional techniques, work toward amassing their points requirements for Shodan through participation in Judo Ontario events, and continue to refine their existing knowledge in preparation for their Shodan gradings at the provincial level.

Japanese (Judo Terms)

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|----------------------------|--|
| Ai Yotsu | Fighting Grip right on right or left on left on left |
| Anza | Sitting cross legged |
| Ashi | Foot, leg |
| Atemi Waza | Striking techniques for self defence |
| Ayumi Ashi | Ordinary pattern of walking |
| Deshi | Student |
| Dojo | School or training hall for studying the way |
| Domo arigato gozai mashita | Thank you very much (polite form) |
| Eri | Collar, lapel |
| Guruma | Wheel |
| Hajime | Start |
| Hansoku-make | Match disqualification |
| Hantei | Referee call for judge's decision |
| Happo no Kuzushi | Kuzushi in 8 directions |
| Hara | Stomach |
| Hidari | Left |
| Hiji | Elbow |
| Hiki-Wake | A draw |
| Hikite | Pulling hand |
| Hiza | Knee |
| Ippon | One full point in competition |
| Jigotai | Defensive posture |
| Jikan | Referee call to stop the clock |
| Judogi | Judo uniform |
| Judoka | Judoist |
| Ju-no-kata | Forms of gentleness |
| Kaeshi-waza | Counter techniques |
| Kake | Completion of technique |
| Kamiza | The wall with Professor Kano's picture |
| Kansetsu Waza | Joint lock techniques |
| Kata | Forms (e.g. Nage-no-Kata = Forms of Throwing) |
| Kata | Shoulder |

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| Katame-no-kata | Forms of grappling |
| Kenka Yotsu | Fighting Grip right on left or left on right |
| Kiai | Spirit shout |
| Kime-no-kata | Forms of attack & defence in combat situations |
| Kogeki-Seyo | Request for judoka to be more active |
| Kodokan Judo Institute | Dr. Kano's Judo school |
| Koshi | Hip |
| Kubi | Neck |
| Kumikata | Gripping methods |
| Kuzure | Modified (e.g. a modified version of a, osaekomi-waza technique) |
| Kuzushi | Unbalancing the opponent |
| Mae | Forward, front |
| Mae-Mawari Sabaki | Front-turn movement control |
| Mae-Mawari Ukemi | Tumbling forward breakfall |
| Mae Sabaki | Front movement control |
| Mae Ukemi | Falling forward breakfall |
| Masutemi Waza | Rear sacrifice throws |
| Mate | Wait or stop during a match |
| Migi | Right |
| Momo | Thigh |
| Mune | Chest |
| Nage-no-kata | Forms of throwing |
| Obi | Judo belt |
| Onegai shimasu | Please help me |
| Osaekomi Waza | Hold down techniques |
| Osaekomi | Referee call to begin timing of hold |
| Osaekomi-Toketa | Stop timing of hold |
| Randori | Free practice |
| Randori-no-kata | Form/Demonstration of randori waza |
| Randori waza | Techniques for free practice |
| Rei | Bow |
| Reishiki | Japanese etiquette |
| Renrakuwaza | Combination techniques |
| Ritsurei | Standing salutation/bow |

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|------------------------|--|
| Seiza | Formal kneeling posture |
| Sensei | Teacher, instructor |
| Shiai | Contest |
| Shido | Penalty during a match |
| Shime Waza | Strangulation techniques or choke holds |
| Shintai | Moving forwards, sideways & backwards |
| Shisei | Posture |
| Shizentai | Natural Posture |
| Sode | Sleeve |
| Soremade | End of the match |
| Sono-Mama | Stop action; command to freeze |
| Tai Sabaki | Body Control |
| Tatami | Mat |
| Te | Hand |
| Tekubi | Wrist |
| Tokuiwaza | One's favorite/best technique |
| Tori | Attacker |
| Tsugi Ashi | Walking by bringing one foot up to another |
| Tsukuri | Entry into the opponent's space, in position to throw |
| Tsurite | Lifting Hand |
| Uchi-Komi | Repeated practice entering for a throw without completing it |
| Ude | Arm |
| Uke | The defender or person receiving the technique |
| Ukemi | Breakfall techniques |
| Ushiro | Backward, rear |
| Ushiro Sabaki | Back movement control |
| Ushiro Ukemi | Falling backward breakfall |
| Waki | Armpit |
| Waza | Technique |
| Waza-Ari | Half point |
| Waza-ari-Awasete Ippon | 2 Waza-aris equals Ippon (for the win) |
| Yoko | Side |
| Yoko-Kaiten-Ukemi | Sideways rolling breakfall |
| Yokosutemi Waza | Side sacrifice throws |
| Yoko Ukemi | Falling sideways breakfall |

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| Yoshi | Resume action |
| Yubi | Finger (te-yubi); Toe (ashi-yubi) |
| Yudansha | Black belt |
| Yudanshakai | Black belt association |
| Yusei Gachi | Win by judge's decision |
| Zarei | Kneeling salutation |
| Zenpo Kaiten | Forward roll breakfall |

Counting in Japanese

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|---------|-----------|
| 1. ichi | 6. roku |
| 2. ni | 7. shichi |
| 3. san | 8. hachi |
| 4. shi | 9. ku |
| 5. go | 10 ju |

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