Under the Authority of the Bakersfield Judo Club

Time: Tuesdays and Thursdays, 6:30 - 8:00 PM
Location: CSUB Wrestling Room
Instructors:

Michael Flachmann (4th Dan) Phone: 661-654-2121
Steve Walsh (1st Dan)

Guest Instructors:

Dale Kinoshita (5th Dan) Phone: (work) 834-7570 (home) 837-0152
Brett Sakamoto (4th Dan)
Gustavo Sanchez (1st Dan)

The Bakersfield Judo Club meets twice a week on Mondays and Thursdays from 7:00 to 9:00 PM. They practice under the Authority of Kinya Sakamoto, Rokudan (6th Degree Black Belt), at 2207 N St.
**Etiquette:**

**Salutations:**
- Ritsurei: Standing Bow
- Zarei: Sitting Bow
- Seiza: Sitting on Knees

**When to Bow:**
- Upon entering or exiting the dojo.
- Upon entering or exiting the tatami.
- Before class begins and after class ends.
- Before and after working with a partner.

**Where to sit:**
- Kamiza (Upper Seat) for senseis.
- Shimoza (Lower Seat) for students.
- Joseki – Right side of Shimoza
- Shimoseki – Left side of Shimoza

**Judo Gi:** Students must learn the proper way to war the gi and obi. Students should also wear zoris when not on the mat.

**Students must have their own personal health and injury insurance.**

**Pronunciation:**
- a = ah (baa)
- e = eh (kettle)
- i = e (key)
- o = oh (hole)
- u = oo (cool)

**Definitions:**
- Judo: “The Gentle Way”
- Judoka: Judo Practitioner
- Sensei: Instructor
- Dojo: Practice Hall
- Kiotsuke: ATTENTION!
- Rei: Command to Bow
- Randori: Free practice
- Uchi Komi: “Fitting in” or “turning in” practice
- Tatami: Judo mat
- Kiai: Yell
- Hajime: Begin
- Matte: STOP!
- Kata: Formal Exercises
- Tori: Person practicing technique
- Uke: Person being practiced on
- O: Big or Major
- Ko: Small or Minor
- Soto: Outside
- Uchi: Inside
- Gari: Reaping
- Harai/Barai: Sweep
- Ashi: Foot or Leg
- Te: Hand
- Koshi/Goshi: Hip
- Tai: Body
- Otosho: Drop
- Guruma: Wheel
- Katame/Gatame: Mat hold
- Waza: Technique

**Students should not leave the mat without permission from a sensei while in class.**
**Numbers:**

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**Belt Ranks:**

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<tr>
<th>Beginner</th>
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<tr>
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**Posture:**

- Shizentai (Natural Posture)
- Jigo-tai (Defensive Posture)
- Tai-sabaki (Body Movement)
- Happo-no-kuzushi: Eight directions of off-balancing

**Ukemi:** (Falling Methods)

- Back and Forward falls
- Right and Left side falls
- Right and Left shoulder rolls
- Vaulting shoulder rolls

**Nage Waza:** (Throwing Techniques)

- De-ashi-harai (Advancing Foot sweep)
- Hiza-guruma (Knee Wheel)
- Sasae-tsurikomi-ashi (Ankle prop)
- Uki-goshi (Floating hip throw)
- Osoto-gari (Major outside reap)
- O-goshi (Major hip throw)
- O-uchi-gari (Major inside reap)
- Seoi-nage (Shoulder throw)

**Ne Waza:** (Grappling Techniques)

- Kesa Gatame (Scarfs hold)
- Kata Gatame (Shoulder hold)
- Kami Shiho Gatame (Top-4-corner hold)
- Yoko Shiho Gatame (Side-4-corner hold)
- Kuzure (Irregular)

**Shime Waza:** (Choking Techniques)

- Hadaka Jime (Naked Choke)
- Okuri Eri Jime (Sliding Lapel Choke)
- Kataha Jime (One-wing Choke)
- Kata Juji Jime (Single cross)

**Kodokan Judo Motto:**

Maximum efficiency, Minimum effort.