

California State University Bakersfield

JUDO

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

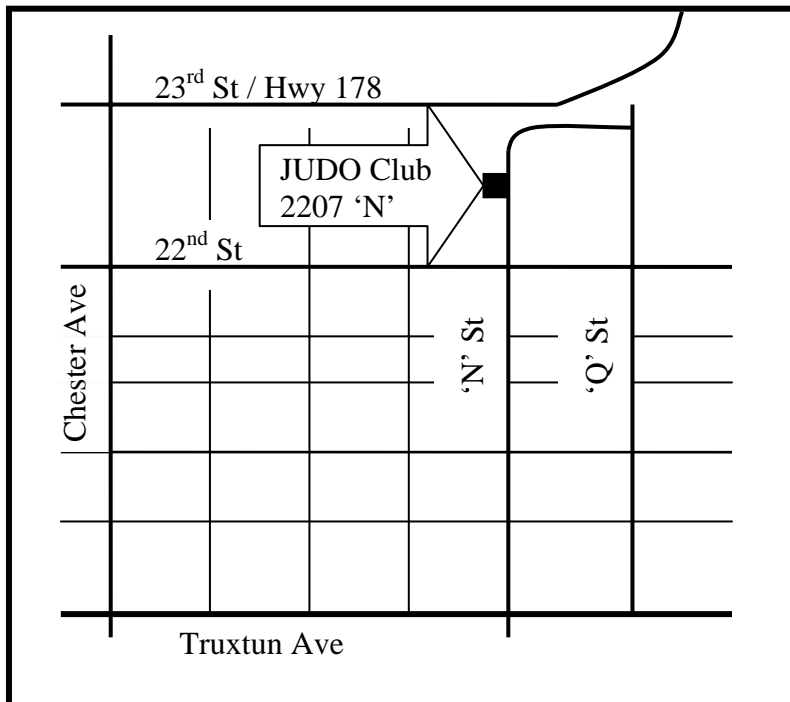
Steve Walsh (1st Dan)

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:

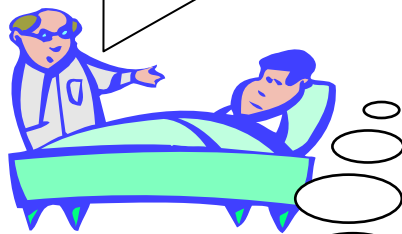
Upon entering or exiting the dojo.
 Upon entering or exiting the tatami.
 Before class begins and after class ends.
 Before and after working with a partner.

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 wear the gi and obi. Students should also wear zoris when not on the mat.

Students must have their own personal health and injury insurance.



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

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
Otoshi	Drop
Guruma	Wheel
Katame/Gatame	Mat hold
Waza	Technique



Numbers:

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

Belt Ranks:

Beginner	White
Rokyu	White
Gokyu	White
Yonkyu	Green
Sankyu	3 rd Brown
Nikyu	2 nd Brown
Ikkyu	1 st Brown
Shodan	1 st Black
Nidan	2 nd Black
Sandan	3 rd Black
Yodan	4 th Black
Godan	5 th Black

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 Scarf 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

