

Students' expected behavior

The study of martial arts can not be complete unless the student develops a sense of discipline early in his career. Actions of the student must be correctly maintained and he must accept responsibilities pertaining to his training. His actions reflect on the quality of the training available in his dojo so is within the authority of dojo staff to enforce correct behavior. Some of the expected actions of the student are outlined here.

Actions in the dojo

- Bow toward the picture of the founder when entering or leaving the dojo.
- Never step onto the mat with dirty feet or while wearing shoes. Bow when stepping onto or off of the mat.
- Do not step onto the mat during a practice unless invited to do so.
- Do not run on any Judo mat or in the dojo.
- Do not make unnecessary noises or conversation.
- Dress neatly when entering or leaving the dojo.
- Address the instructors as Coach, Sensei (Name) or just Sensei. Use sir / ma'am as appropriate.
- Do not show disrespect to anyone while in the dojo or while involved in any martial arts activity.
- Do not show disrespect to anyone while in the presence of an instructor.
- Do not show disrespect to parents at any time.
- Do not bother equipment that does not belong to you unless invited to do so by its owner.
- Do not socialize during practice times or while on the mat.
- Do not involve yourself in horseplay or unsafe actions in the building at any time.
- Be on time, properly dressed, and prepared for practice.
- Nails must be cut short.
- Jewelry must be removed or safely covered and no hard objects may be worn.
- Never have food in the dojo or, except for scheduled water breaks, never have drinks.
- Do not have chewing gum on the mat.

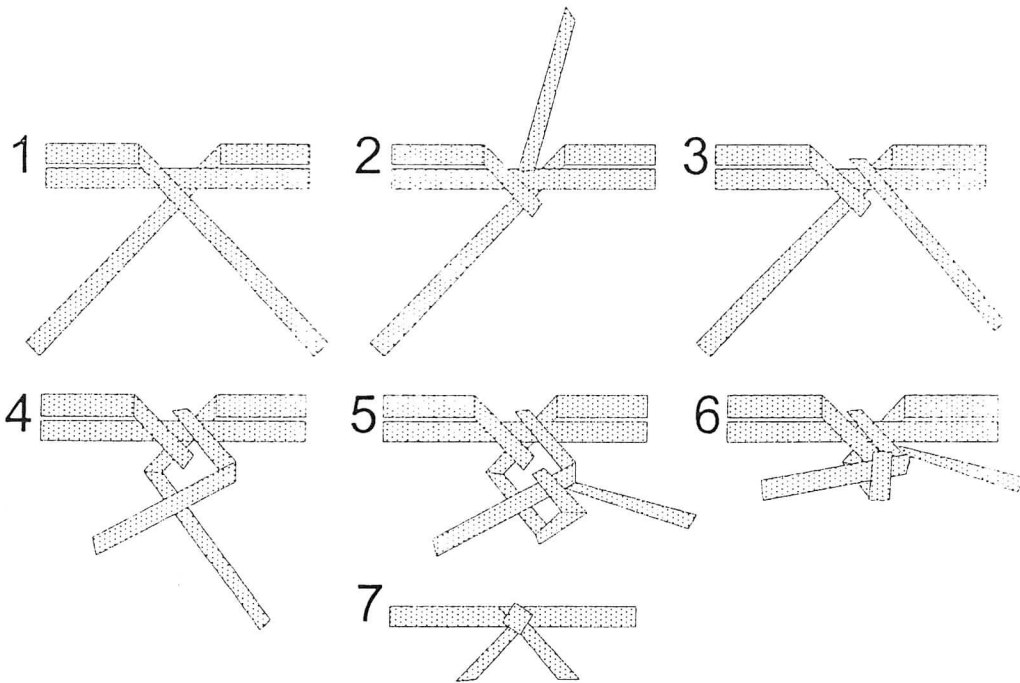
Tying your obi (belt)

You may see more than one way to tie your belt for practice. There are a few acceptable ways but the one shown here is preferred for most beginners. Other ways may be optimized to keep the belt tied during rough activity, to look good for formal exercises, or for having pictures taken. Check with your instructor before using other tying methods for your obi.

When new, it will be difficult to keep your belt tied. You must pay attention to this and re-tie it whenever necessary. You should not have to be reminded to do this and should never be seen with a loose or untied belt when you have a chance to correct it.

Judoka who have had their rank or grade a long time will wear a very worn-looking belt. It can often be looked on as a sign of experience. "Old and gray" is a sign of value for people as well as belts!

Use this method unless instructed otherwise.



ORANGE BELT

FALLING TECHNIQUES

Back Fall

Side Fall

Front Rolling Fall

- Happono Kuzushi - Eight Directions of Off-Balance
- How to "Tap Out" and when to "Tap Out"
- How to grip the Gi

DEFINITIONS

Tori - Person who Throws

Uke - Person who is Thrown

Tap Out - To Stop a Technique or to Give up the Match

THROWS

O Soto Gari

O Goshi

HOLD DOWNS

Kesa Gatame

Kata Gatame

TURNOVERS

Double Hand Elbow Turnover

Half Nelson Turnover

ESCAPES

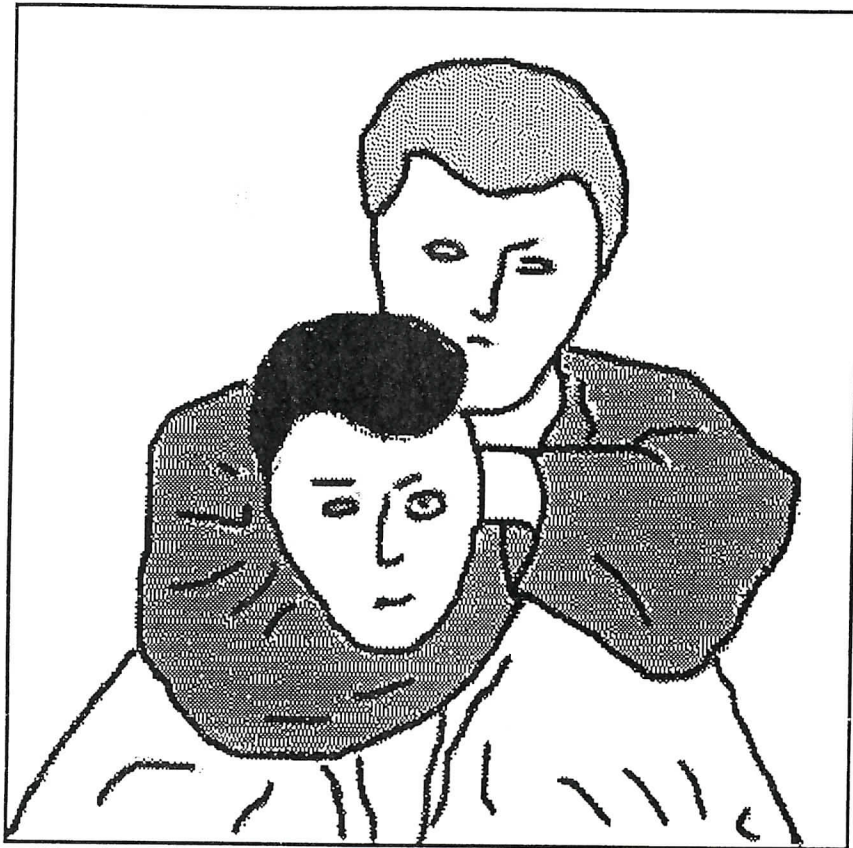
Escape from Kesa Gatame - Turn out Escape

Escape from Kata Gatame - Elbow push and Turn out Escape

PRINCIPLES

- Happono Kuzushi - Eight Directions of Off-Balance
- Mutual Benefit and Welfare

Hadaka-jime
(Naked Strangle)

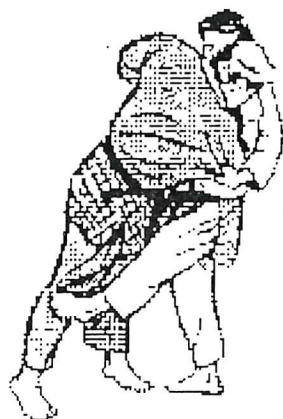


Tomoe Nage

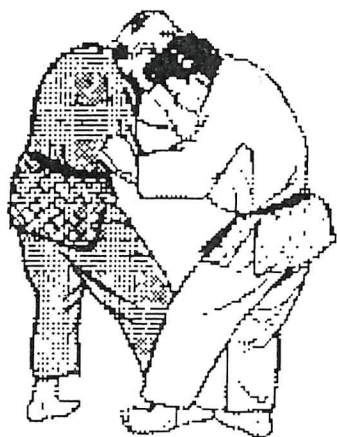
(Stomach Throw)



HIZA GURUMA
(Knee Wheel)



KO-SOTO GARI
(Minor Outer Reaping)



KOSHI GURUMA
(Hip Wheel)

