



SHIROJUDOKWAI

school of judo

Red Belt – entry level judo

This syllabus was developed by Dr Joseph Castillo (Head Coach) to support and prepare the entry level judoka for the national grading syllabus. The syllabus is based on 12 months (2 sessions per week) in which the student is expected to achieve the following learning outcomes. This syllabus is not part of the MJF Grading syllabus and not accredited by the Malta Judo Federation. It is however based on more than 10years experience in teaching.

Entry level judo curriculum		
Learning outcomes (FUNdamentals of Judo)		
Competence	Knowledge	Skills
<p>The Judoka assumes responsibility for the execution of Nage Waza and Katame Waza, in an efficient and safe manner.</p> <p>Throws and hold downs between age 5years and 8years.</p> <ul style="list-style-type: none"> Osoto Otoshi → Kesagatame Uki Goshi → Kusure Kesagatame uchi gari → Mune gatame Sasae tsuri komi ashi – > any hold down from above. <p>Other throws that are introduced for those above age 9.</p> <p>Harai Goshi Uchimata Morote Soeinage Ko Uchi gari Tai Otoshi Uchimata O Soto Gari De Ashi Barai Ippon Seoinage</p>	<p>Explain the importance of warming up. Explain the term Tai sabaki</p> <p>Explain the importance of jigotai, shizentai, ai yotsu, kenka yotsu, tsugi ashi, ayumi ashi,</p> <p>Explain the importance of hikite and tsurite</p> <p>Explain the meaning of Kumi Kata, Kuzushi, tsukuri and Gake of each throw in the syllabus.</p> <p>Explain the meaning of Katame waza.</p> <p>Understand the importance of control in both nage waza and katame waza.</p>	<p>Demonstrate warm up exercises of large and core muscles.</p> <p>Demonstrate types of Tai Sabaki (mai mawari, Ushiro)</p> <p>Demonstrate Jigotai, Ai yoysu, kenka yotsu, Tsugi Ashi, Ayumi ashi.</p> <p>Demonstrate at least three types of legal kumi kata Demostrate Kuzushi in diagonal and cross direction</p> <p>Demonstrate Tsukuri and gake using diagonal kuzushi for O-soto otoshi, Uki Goshi, O Uchi gari and sasae tsurikomi ashi.</p> <p>Demonstrate Control of Uke during execution and transition into katame waza</p> <p>Demonstrate transition from one hold to another.</p> <p>Demonstrate basic escapes from hold downs</p> <p>Demonstrate one turn over technique</p>



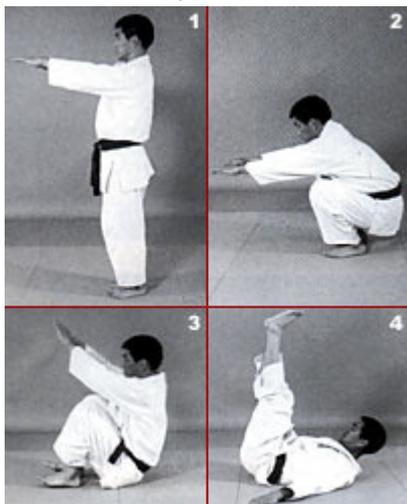
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The Judoka assumes responsibility for the execution of Ukemis in a safe manner	Discuss the importance of Ukemis Differentiate between an Ukemi and Okorobi	Demonstrate ushiro ukemi, zempokaiten ukemi, mae ukemi and yoko ukemi
The Judoka assumes responsibility for the transition from Nage waza to Katame waza in an effective and safe manner	Explain the importance of transition in terms of control (tsurite and hikite)	Demonstrate control during transition from gake to katame waza.
The Judokas participates in the culture of Judo. Instructor should also teach Judo etiquette but this need not be assessed.	Explain the meaning of Ju, Seiryoku Zenyo, and Jita Yuwa Kyoie Discuss a brief history of Judo	Demonstrate the principle of JU (non-resistance and adaptation) Demonstrate Seiryoku Zenyo (best use of physical and mental energy). Demonstrate Jita YuWAI KYOEI (Mutual help and prosperity)
The Judoka participates in Randoris and shiais according to IJF Rules and regulations.	Explain the difference between Randoris and Shiais Discuss basic IJF Rules and Regulation	Demonstrate how to enter tatami, rei, Ippon, wazari, osaekomi.

Ukemis (Break falls)

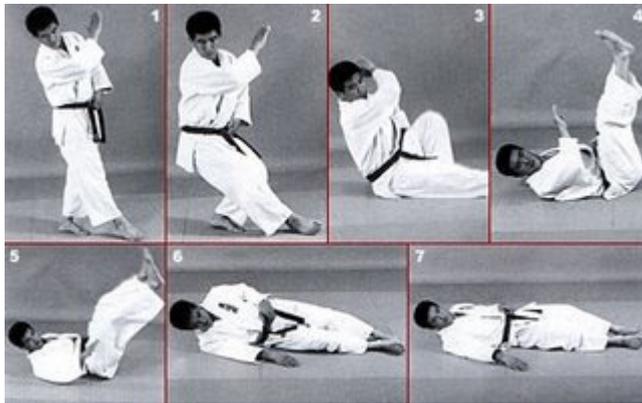
1. Ushiro Ukemi (backward breakfall)





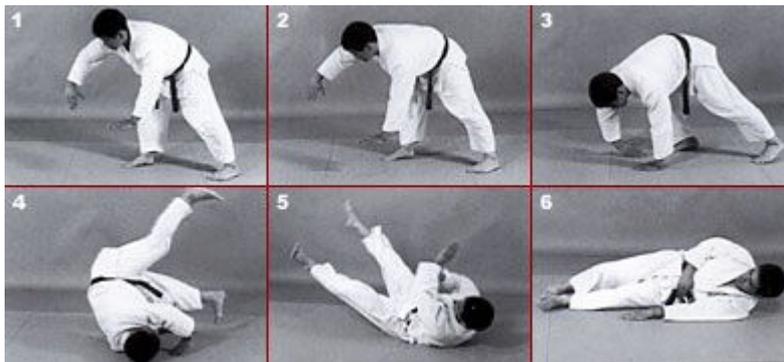
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2. Yoko Ukemi (side break fall)



3. Mai Ukemi (front break fall)

4. Zempokaiten Ukemi (forward breakfall)





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Nage waza (throwing technique)

This set of throws are executed at each corner of a square tatami (approx. 2m x 2m). The O-soto otoshi is executed at the upper left corner, Uki Goshi at bottom left, O-uchi gari upper right, and sesae Tsurikomi ashi at bottom right. Instead of sesae one could introduce seoinage for children over 8 years.

1. O-soto Otoshi – Major outer drop



2. Uki – Goshi – Floating hip throw



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3. O-Uchi- Gari – major inner reap



4. Sesae Tsurikomi ashi – propping ankle throw



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Newaza – groundwork technique. This set of hold downs are learned separately but should be combined with the respective throw (transition). For example Kesagatame is combined with O-soto Otoshi.

1. Kesagatame – scarf hold





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2. Kuzure Kesagatame – broken scarf hold (Makura KesaGatame and Ushiro Kesagatame should be considered as Kuzure kesagatame)



3. Mune Kesagatame – Chest hold

Getting out of a hold (escapes)

1. Swing legs to get out of Kesagatame
2. Trap leg to stop time in any hold down
3. Bridge and roll to get out of mune kesagatame
4. Sit and push to get out of kuzure kesagatame

Transitions to Newaza

O-soto-otoshi into kesagatame

Uki – goshi into kuzure kesagatame

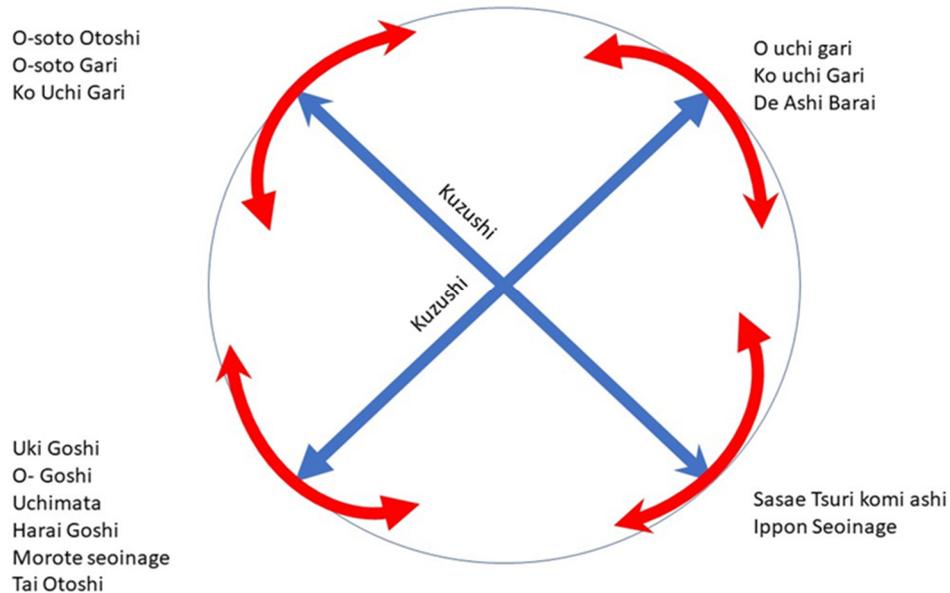
O-uchi gari into munekesagatame

Renraku Waza (combination) wheel



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To become a truly effective a judoka should combine one technique with the other. Each of the throw above have two types of combination.

1. A set up combination (ie a technique that leads into the main waza)
2. A follow up combination (ie. a technique that leads out of the main waza)

For example: De ashi Barai into Ko Uchi Gari

O soto gari into Sasae tsuri komi ashi

The creativity is endless, but the coach will show the young athlete the biomechanics of each throw.

Terminology

Dojo - place where judo is practiced

Judoka – athlete who practice judo

Zoris – Japanese sandals

Obi – belt



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Osaekomi – hold down counts and time started (20s)

Toketa – hold down broken and time stops

Rei – bow

Hajime – start

Matte – stop

Za-rei – kneeling bow

Tachi – rei – standing bow.

Tatami – judo mats

Ippon – full score. See IJF regulations

Wazari – not full score. See IJF regulations

Judoka is expected to know how to tie the belt and the correct way of entering on the tatami.

History of Judo



The founder of Judo, Jigoro Kano (DoB 28 October 1860) , was very small in stature, around 5 feet 4 inches tall and 60 kilograms in weight. Constant bullying at school prompted him to take up Jujitsu, an ancient martial art dating from the time of the Samurai, at which he eventually became an expert.

During this time, Kano sought out and refined out what he regarded as the best techniques from all the Jujitsu schools. In the process, he became more than able enough to defend himself against a bigger and stronger opponent, and soon began to develop a following. In 1882, aged twenty-two, he founded the Kodokan school of Judo, which was the beginning of Judo as we know it now.

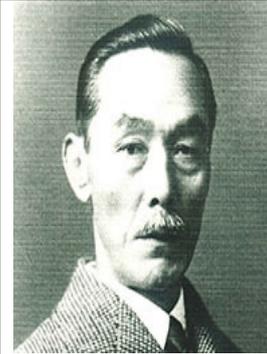


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Four years later, in 1886, the Tokyo Metropolitan Police held a tournament to determine which martial art was superior in a true fight. Of the nine matches between Judo and Jujitsu, the Kodokan Judo team took eight wins and one draw, marking the start of a process which would eventually lead to Judo becoming the martial art of Japan and later a national and Olympic sport.

The first 4 students who played an important role in the development of judo were:

			
Sakujiro YOKOYAMA, 8th Dan (1864-1912)	Shiro SAIGO, 6th Dan (1866-1922)	Yoshitsugu YAMASHITA, 10th Dan (1865-1935)	Tsunejiro TOMITA, 7th Dan (1865-1937)

History of Shirojudokwai Dojo

Shirojudokwai Dojo started its first sessions on the 7th November 2012 with a handful of students (not more than 5) and since then it grew in membership to a total of 35 students. The chief coach is Dr Joseph Castillo who has been practising Judo since the age of 14 years. He also practises Kenjutsu and Kyudo.

The name of the club, Shiro, refers to castle (which is the coat of arms of Castillo family) but also symbolizes safety, courage and authority. Shiro also happens to be the name of one of the first 4 students (Shiro SAIGO) who was famous for his agility in Judo. His wins against bigger and stronger opponents have given judo a strong dominance in martial arts at the time.

Hence the aim of our Dojo is to become the leading dojo in technical judo.

In 2017 / 2018 the dojo participated for the first time in the Espoirs sections (12 year category) in the Natioanl Championships, Shiai (Caruana Cup) and the 34th Malta Open winning Gold, Silver and Bronze medals. For the sake of documentation the first athletes to have started Judo at an early age at Shirojudokwai and now fought in the above mentioned competitions are:

Daniel Lawrence Spiteri, Leonor Castillo, Chloe Attard Brooks, Valeron Mifsud, and Matthias Catania.



SHIROJUDOKWAI

school of judo

Chloe Attard Brooks was also the first athlete from the dojo to win a Bronze medal in an international event in Zrenjanin, Serbia.

The Dojo is managed by Mrs Angela Castillo assisted by Mr Andreas Castillo
Mr Patrick Muscat is an honorary member and teach self-defence classes.

Application of the principles of Judo

JU – adaptation. When applied to Judo this means that the Judoka refrains from relying on strength but more on the subtle laws of movement, rhythm and balance to adapt to any situation. In the real world JU is an attitude referring here to listening to the surrounding and adapting to change it rather than bulldozing.

SEIRYOKU ZENYO – the best use of energy. In judo this means that the judoka applies the best technique at the right time with perfect control. The Judoka uses UKE's intention against himself. In the real world this means the Judoka take the right decision at the appropriate time in an efficient manner. Here it means to make the best use of the resources available at the time.

JITA YUWA KYOEI – mutual help and prosperity. In Judo this refers to the collaboration between the players in order to achieve maximum productivity and progress during a training session. In the real world this also refers to the collaboration in any community of practice e.g. classroom, workplace etc.

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