

B.J.A OFFICIAL SERIES No.3

EXAMINATIONS

* * *

PROMOTION & COACH

The British Judo Association

INTRODUCTION TO THE 2nd EDITION

Although the promotion syllabus has undergone no change over the past two years that this booklet has been in print, the same cannot be said of the Coach Award section. Several modifications have been made as a result of experience gained over the period. With the active application of the Coach Award many improvements have made themselves apparent.

Now that women judo players have their own administration, they have formulated their own syllabus and Coach Award Scheme. This and all other relevant information will be found included in the B.J.A. Booklet concerning all aspects of women's judo.

G. R. GLEESON.

January, 1963.

B.J.A. OFFICIAL SERIES No.3

EXAMINATIONS

* * *

PROMOTION & COACH

Published by

THE BRITISH JUDO ASSOCIATION
CHANDOS HOUSE, PALMER STREET,
LONDON, S.W.1

Telephone : ABBEY 6697

INTRODUCTION

by

G. R. GLEESON
Chief National Coach

The two examinations outlined in this booklet form the backbone of the Association's technical standard. The promotion examination (known in the past as 'Grading') has been long established; in fact since judo first came to this country. Over the years, as empirical knowledge has been acquired various aspects of the examination have been altered or modified in order to make the system as efficient as possible. Now, although by no means perfect, the system can cope with the large numbers coming into judo every year.

The grades awarded at these many Promotion Examinations are accepted by all National and International sportive and judo organisations (e.g. Central Council of Physical Recreation, European Judo Union, International Judo Federation, British Olympic Association). Black belts of the Association are registered at the headquarters of international judo in Tokyo, Japan, through the offices of the British Register of Black Belts, as well as being listed on the National Register kept at the headquarters of the Association.

This promotion examination refers only to the individual's capabilities, mostly on a practical level. It has no relation to the person's ability to instruct. Such a fact was appreciated, and at odd moments in the Association's history, attempts were made to introduce some system for the testing and production of coaches. Such attempts were always met with failure due mainly to the fact that all technical officers of the B.J.A. were part-time and therefore could not spare the time to organise what would obviously be a complicated and difficult nation-wide plan. However, in early 1960 the task was simplified when the Ministry of Education made a grant towards the salary of a full time National Coach. Not only did this grant put the Association on a more sound basis in giving official recognition to the B.J.A. as the National Governing Body of Great Britain, but presented the opportunity for such a coaching scheme to be formulated.

By the use of such Coaches it is hoped that the standard of judo will increase steadily in the future. Already judo in this country can compete favourably with most other nations, Britain having won the European Championships three times since their inception in 1951. With such an influx of steady and capable instruction, the general skill should rise even higher. Judo is a fine combative sport, requiring physical fitness and conscientious application; only by greater availability of a better and sounder type of instruction can judo hope to take its rightful place alongside other more widely known sports.

CONTENTS

	Page
Introduction	2
Promotion Syllabus (Senior)	5
Promotion Syllabus (Junior)	15
Coach Award Syllabus	18
Coach Award Conditions	19
Senior Coach Award Syllabus	20
Senior Coach Award Conditions	21
Marking of Examinations	21
How to Enter for the Awards	22
Advantage of Holding Coach Award	23
Duties of Area Coach	24
Duties of Area	24
Duties of Coach Award Officer	26
General	26
Glossary of Japanese terms (including notes on pronunciation)	27

© 1963 by THE BRITISH JUDO ASSOCIATION

This book may not be reproduced by any means in whole or in part without permission. Application with regard to any use of any part of this book should be addressed to the publishers.

THE BRITISH JUDO ASSOCIATION

The British Judo Association

was founded in 1948, and has over 400 member clubs.

The British Judo Association

is a Founder Member of the European Judo Union, and takes part each year in the European Championships.

The British Judo Association

is a member of the International Judo Federation.

The British Judo Association

is a member of the British Olympic Association.

The British Judo Association

is a member of the Central Council of Physical Recreation, under whose auspices Judo courses of various kinds are organised annually.

It is a **British Judo Association** standard which is required by The Duke of Edinburgh's Award Scheme for both Girls and Boys.

Further details about **The British Judo Association** and its activities may be obtained from :—

The General Secretary

THE BRITISH JUDO ASSOCIATION

CHANDOS HOUSE, PALMER STREET, LONDON, S.W.1.

PROMOTION



INTRODUCTION

to

SENIOR PROMOTION EXAMINATIONS

THE SYLLABUS

The senior promotion syllabus as set out below was initiated by Mr. G. Koizumi, 8th Dan, and was compiled in 1948. Since that time it has undergone little modification, except when some minor amendments were made in the winter of 1958.

The techniques covered in this syllabus are the more common ones which can be seen in most judo clubs throughout the country, or indeed the world, including Japan. The classification of the techniques is to some extent progressive, although the main consideration is that the list should be comprehensive, so that when a student reaches the grade of 1st Kyu standard (for grades see page 6) he should have a working knowledge of all the techniques in common usage.

A 'working knowledge' of course does not mean that the student can necessarily use these techniques in competitive practice (either randori or shiai), it only means that he knows enough about them in order to select one or two which are most suitable for him, to act as his 'favourite' technique.

Equally it does *not* mean that for example a 6th Kyu can only be taught the techniques listed under 6th Kyu. A student can be taught anything which his instructor considers necessary for his progress. In fact, the

instructor need not limit his teaching techniques to the syllabus at all; the instructor's responsibility is to ensure that the student gets the maximum benefit from judo training. If in order to do this he considers that he must teach techniques or variations of techniques outside of those laid down in the syllabus, he is at perfect liberty to do so.

The syllabus was not devised by the Technical Board as a set order of teaching to be dealt with technique by technique, not teaching one until the previous one has been 'mastered'; it is simply a classification of techniques to ensure that examination candidates have some technical background knowledge. Judo is essentially a 'living sport'; a sport for the individual to express his individuality. Technique should not be as a uniform, fitting everyone the same way, irrespective of build or shape. Each technique, in the more advanced stages of a student's progress, should be 'tailor-made' by the instructor. Therefore he must select those techniques which will benefit the student most, and he should not be limited by an imposed list of techniques.

What then is the object of the syllabus? It is to provide a standard to which a person can be compared, when he is trying to obtain promotion to a higher grade. To discover whether the candidate has indeed learnt the technique stipulated in his particular group (and under), both in the practical sense and from the aspect of terminology. In addition, it is an attempt to ensure that when a person has reached the higher grades (e.g. 1st Kyu or 1st Dan) he has something more than the ability to beat his opponent by one technique, which he has learned to the detriment of all others.

The sketches provided are only intended as a memory aid to the student, and not as a set manner of doing the various techniques. If the student is in any way doubtful as to exactly how any technique is done, he should not hesitate to ask his instructor. Only in this way will he come to understand the variation between techniques. Similarly Japanese terminology should be used from the very beginning. In this way a set movement will automatically become attached to a sound (name), there will be then no confusion in 'translating.'

JUDO GRADES

Progress in judo is signified by the wearing of different coloured belts, each belt representing a certain standard of skill. These classes, or steps are divided into two main groups—one is called 'Kyu' (literally "class" and freely translated as "student"), and the other is called 'Dan' (literally "step," freely translated as "leader").

These two main groups are in turn sub-divided. In the Kyu they are:—

6th Kyu	...	WHITE
5th Kyu	...	YELLOW
4th Kyu	...	ORANGE
3rd Kyu	...	GREEN
2nd Kyu	...	BLUE
1st Kyu	...	BROWN

The belt is dyed to the new colour of the student's promoted grade.

The Dan degree is divided into 12 sections. The colour of the belts being:—

1st Dan	...	BLACK
2nd Dan	...	
3rd Dan	...	
4th Dan	...	
5th Dan	...	
6th Dan	...	generally black, but sometimes red and white blocks.
7th Dan	...	
8th Dan	...	
9th Dan	...	RED
10th Dan	...	
11th Dan	...	
12th Dan	...	WHITE, showing that the complete master has made a full circle.

It should be noted that the highest grade ever achieved is that of 10th Dan; there have been very few, and all Japanese. Generally the highest fighting grade is about 4th or 5th Dan, after which promotion is usually achieved through teaching ability, contribution to the sport (in a technical sense), or in a similar manner.

In Britain the highest grade generally achieved is 3rd Dan, facilities being such that to obtain a higher assessment is extremely difficult. However, the situation is gradually improving and now there are a few 4th Dans.

The time taken to progress through the numerous stages varies with the individual, his conscientious application, aptitude and time available to practice. However, in an attempt to give some indication of the time necessary to achieve the various standards, the following list has been made. It assumes that the person trains about 3 times a week and is reasonably conscientious and able. The times shown are overall:—

4th Kyu	...	9 - 12 months.
1st Kyu	...	2 - 3 years.
1st Dan	...	3 - 4 years.
3rd Dan	...	6 - 8 years.

PROMOTION EXAMS

In order to progress through these various grades, the judo student must enter a promotion examination. Such an examination is divided into two parts—a practical and a theoretical. The Technical Board of the Association place greater importance on the practical side of the examination, for only in the physical manifestation of training can one experience the full benefit of the sport of judo.

The practical side takes the form of contests, generally with persons of the same grade as the candidate (usually fellow candidates). The number of contests depends upon the grades concerned, e.g. for 3rd Kyu or under, two contests are usually considered sufficient to judge the participant's

quality; for 1st Dan, not only can he have more individual contests, but he may also get a line-up of three or five, all of whom he may be expected to beat consecutively within a certain time limit.

The theoretical side of the examination consists of questions based upon the syllabus (as set out below). The candidate at the request of the examiner is expected to demonstrate the technique with a passive opponent. The technique will be selected from the syllabus, up to and including the candidate's present grade.

Again the severity of the questions will vary according to the grade. If a novice, only one; if higher, several questions; so that a true picture of the candidate's knowledge can be ascertained.

The candidate is expected to pass both parts of the examination, if he fails he must take both parts again. A period of three months must elapse between examinations (See B.J.A. Bye Laws.). This applies whether he passed or failed the previous examination.

EXAMINERS

Any male Dan degree registered at the B.J.A. headquarters may officiate at promotion examinations in order to recommend candidates for promotion up to and including 1st Kyu.

For promotions into and within the Dan degree, two Senior Examiners are required (See B.J.A. Constitution). Both examiners must be at least two grades higher than the grade for which the candidate is being examined (e.g. for a person being examined for 2nd Dan, both examiners must be at least 4th Dan).

TECHNICAL BOARD

This is a Board set up by the B.J.A. in order to advise the Association on all technical matters. All members must be 3rd Dan or above.

One of the duties of this Board is to maintain the various standards of both Kyu and Dan grades. Therefore all recommendations for promotion must go to the Technical Board for confirmation. This procedure is especially important for recommendations into and within the Dan degree. Each recommendation is discussed and all facets of the candidate considered, to ensure that the man is indeed suitable for promotion.

The results of all examinations will be registered.

THE SENIOR EXAMINATION SYLLABUS

The candidate when asked to demonstrate any of the following techniques is at full liberty to instruct his partner to take up any position which will facilitate his demonstration.

BEGINNER

TSUKURI and KAKE.

TSURIKOMI-ASHI.

O-SOTO-GARI.

KESA-GATAME.

UKEMI.

DE-ASHI-HARAI.

O-GOSHI.

KATA-GATAME.



Fig. 1
TSURIKOMI-ASHI



Fig. 2
DE-ASHI-HARAI



Fig. 3
O-SOTO-GARI



Fig. 4. O-GOSHI



Fig. 5. KESA-GATAME



Fig. 6. KATA-GATAME

* Note.—The candidate can be asked to demonstrate the difference between tsukuri and kake, or to explain them separately.

6th KYU

UKI-GOSHI.
HIZA-GURUMA.
YOKO-SHIHO-GATAME.
GYAKU-JU-JI-JIME.¹
UDE-GARAMI.

HARAI-GOSHI.
KAMI-SHIHO-GATAME.
JU-JI-GATAME.
NAMI-JU-JI-JIME.²



Fig. 7. UKI-GOSHI



Fig. 8. HARAI-GOSHI



Fig. 9. HIZA-GURUMA



Fig. 10
KAMI-SHIHO-GATAME



Fig. 11. YOKO-SHIHO-GATAME



Fig. 12. JU-JI-GATAME



Fig. 13. UDE-GARAMI

Note.—¹ and ² are neck-locks done from the front. The arms are crossed —with gyaku both sets of fingers are inside the collar of the jacket; with nami both sets of fingers are outside.

5th KYU

SEOI-NAGE.
OKURI-ERI-JIME.
UDE-GATAME.
KUZURE-KESA-GATAME.

TSURIKOMI-GOSHI.
KATA-HA-JIME.
HIZA-GATAME.
KUZURE-KAMI-SHIHO-GATAME.¹



Fig. 14
SEOI-NAGE



Fig. 15
TSURIKOMI-GOSHI



Fig. 16
OKURI-ERI-JIME



Fig. 17. KATA-HA-JIME



Fig. 18. UDE-GATAME



Fig. 19. HIZA-GATAME



Fig. 20. KUZURE-KESA-GATAME

* Note.—¹ This technique is similar to Fig. 10, but one arm goes over the opponent's, then under it to hold the back of the collar.

4th KYU

KO-UCHI-GARI.
O-UCHI-GARI.
ASHI-GATAME.

Approach to NE-WAZA: getting past the opponent's legs.¹
Defensive measures against OSAEKOMI-WAZA.²
Preventing opponent obtaining YOKO-SHIHO-GATAME.³

ASHI-GURUMA.
HADAKA-JIME.



Fig. 21
KO-UCHI-GARI



Fig. 22
ASHI-GURUMA



Fig. 23
O-UCHI-GARI



Fig. 24. HADAKA-JIME



Fig. 25. ASHI-GATAME

Note.—¹ ² and ³ are important points which a student should know. An instructor should ensure that his students are aware of these matters before they enter for any examination.

3rd KYU

TOMOE-NAGE.

TAI-OTOSHI.

KATA-JU-JI-JIME.¹

Maintaining KAMI-SHIHO-GATAME against an active opponent.²
KANSETSU-WAZA done from any osaekomi-waza.³



Fig. 26. TOMOE-NAGE



Fig. 27. TAI-OTOSHI

Notes.—¹ is very similar to ¹ and ² in the 6th Kyu group. In 'kata' the hand underneath has the fingers inside the collar, the top hand has the fingers outside the collar.

² The object is to see whether the man on top appreciates how to move to negate his opponent's attempts to escape.

³ The candidate must demonstrate that he knows such kansetsu-waza.

2nd KYU

UCHI-MATA.
HANE-GOSHI.

OKURI-ASHI-HARAI.
TATE-SHIHO-GATAME.

KANSETSU-WAZA in a standing position.¹

SHIME-WAZA in a standing position.²



Fig. 28. UCHI-MATA



Fig. 29. OKURI-ASHI-HARAI

2nd KYU (continued)



Fig. 30. HANE-GOSHI



Fig. 31. TATE-SHIHO-GATAME

Note.—¹ and ² In both these any waza can be demonstrated. The candidate should appreciate how these techniques fit in with the Contest Rules (See B.J.A. Booklet No. 2).

1st KYU

MAKIKOMI.

NAGE-NO-KATA.¹

Tactics of changing OSAEKOMI-WAZA.³ e.g. moving from yoko-shiho-gatame
General knowledge of B.J.A. Contest Rules.

YOKO-GURUMA.

KATAME-NO-KATA.²



Fig. 32. MAKI-KOMI



Fig. 33. YOKO-GURUMA

Notes.—¹ ² The knowledge required for these is only elementary (e.g. order and form of performance) and not up to standard required in the Coach Awards.

³ The candidate is expected to show general movement appreciation in changing from one technique into another.

1st DAN O-guruma.
O-soto-gake.
Renraku-waza against jigotai
Kaeshi-waza against koshi-waza.

2nd DAN Tani-otoshi. Yama-arashi.
Variations of seoi-nage and Tai-otoshi.
Variations on a selected Osaekomi-waza.
Kaeshi-waza against te-waza and sutemi-waza.

3rd DAN Hane-makikomi.
Variations on Uchi-mata, Ko-uchi-gari, Ko-soto-gari, Okuri-ashi-harai, De-ashi-harai, Sasai-tsurikomi-ashi, Harai-tsurikomi-ashi.
An article on some judo technique (about 600 words).

4th DAN An essay in his own style on the candidate's understanding of the principles of balance in mental as well as physical training.

Note.—In respect of the Dan groups, techniques are not illustrated, as it is assumed that the candidates concerned with these parts of the syllabus are capable of doing their own research to discover the techniques for themselves.



INTRODUCTION

to

JUNIOR EXAMINATION SYLLABUS

When juniors of 16 and under were first recognised and accepted by the B.J.A. they were examined and treated in the same manner as the adults and the same syllabus was used. However after a comparatively short time it was realised that this was not satisfactory. Boys of 14 were being awarded 3rd Kyu which did not compare in any way to the adult grade of 3rd Kyu. The matter was discussed and it was decided that juniors should be completely separated from the seniors. They should have their own form of title, examination and syllabus. Mr. Koizumi proposed the grade name should be "Mon," this being the Japanese word meaning "Gate" and so carries the implication of "entering into" . . . a very appropriate choice.

Below are listed rules concerning juniors:—

(1) Any person who has not yet reached the age of 16 years shall be eligible for Junior Examinations, and shall be termed a "Junior."

(2) Persons who have not yet reached their 16th birthday may, if skill and build allows, elect to enter for Senior Examinations, in which case they shall be examined on the Senior Syllabus without consideration for age or stature.

(3) Junior grades shall be distinguished by $\frac{1}{2}$ -in. wide red loops (or bars) spaced at $\frac{1}{2}$ -in. intervals from one end of a white belt, the first loop being 1-in. from the end of the belt.

The lowest of the Mon grades shall be that of 1st Mon, for which one red loop shall be worn. Succeeding Mon grades of 2nd, 3rd, 4th and 5th can then be attained by examination, and the respective number of red loops worn to indicate the grade held.

(4) On reaching his sixteenth birthday, a "Junior" shall become a "Senior" and shall be eligible for Senior Examinations only.

(5) A junior who is 5th Mon, on reaching his sixteenth birthday shall be automatically awarded a 5th Kyu grade (Yellow Belt). A junior who reaches his sixteenth birthday and is a 4th Mon, or below shall be required to enter for senior examinations as an ungraded person.

(6) Contests shall be of 2 to 3 minutes duration, and this will depend on the nature of the contest, and the age of the contestants.

(7) A contest should be decided by the best out of 3 points. There shall be no waza-ari. If the referee considers it necessary he can mentally add up two good tries to make one full point.

(8) All Shime-waza and Kansetsu-waza are banned, so that risk of injury is kept to the absolute minimum. For the same reason they are banned both in randori and shiai.

(9) In general the normal B.J.A. Rules (Booklet No. 2) apply to all competitors.

JUNIOR SYLLABUS

BEGINNER

TACHI-WAZA:—

TAI-OTOSHI (See Fig. 27.).

IPPON-SEOI-NAGE (Fig. 34.).

NE-WAZA:—

KESA-GATAME (See Fig. 5.).

KUZURE-KESA-GATAME (See Fig. 20.).

1st MON

TACHI-WAZA:—

O-SOTO-GARI (See Fig. 3.).

O-UCHI-GARI (See Fig. 23.).

NE-WAZA:—

KATA-GATAME (See Fig. 6.).



Fig. 34. IPPON-SEOI-NAGE

2nd MON

TACHI-WAZA:—

KO-UCHI-GARI (See Fig. 21.).

KO-SOTO-GARI (Fig. 35.).

NE-WAZA:—

KAMI-SHIHO-GATAME (See Fig. 10.).

KUZURE-KAMI-SHIHO-GATAME
(See Note 1 on 5th Kyu.)



Fig. 35. KO-SOTO-GARI

3rd MON

TACHI-WAZA:—

TSURIKOMI-GOSHI (See Fig. 15.).

NE-WAZA:—

YOKO-SHIHO-GATAME (See Fig. 11.).

USHIRO-KESA-GATAME (Fig. 36.).



Fig. 36. USHIRO-KESA-GATAME

4th MON

TACHI-WAZA:—

UCHI-MATA (See Fig. 28.). HANE-GOSHI (See Fig. 30.).

NE-WAZA:—

TATE-SHIHO-GATAME (See Fig. 31.).

KUZURE-YOKO-SHIHO-GATAME—the form done in katame-no-kata
(Fig. 37)



Fig. 37

KUZURE-YOKO-SHIHO-GATAME.

COACHING

INTRODUCTION

to

THE COACH AWARDS

As was mentioned in the general introduction, the formation of a coaching scheme was one of the benefits gained when the Ministry of Education made a grant towards the salary of a full-time National Coach for the British Judo Association.

The contents of this part of the booklet is to explain in detail all the aspects of the Coach Awards.

Because judo is a young sport in this country, and well known only to a few, many liberties have been taken with it, and owing to the lack of knowledge of the public regarding judo, and to the peculiar ideas that have circulated in the past, strange things have been and are being taught under the name of judo. Such dubious instruction is sometimes given knowingly, simply to gain financially, but more often is due to simple ignorance. Qualified teachers are so rare in this country that it is not surprising such distortions of the real thing have grown up over the passing years.

In an attempt to standardise judo instruction, as well as to improve it, this coaching scheme has been formulated. By so doing it is hoped that the whole country will benefit eventually and that judo will be placed on a sound technical basis. As the teachings of these coaches percolate through to all clubs in the Association, both large and small, each individual will be assured that the instruction he receives will be the best available, therefore his progress will be definite and correct.

In the past, because of the youth of judo, many instructors have had to be actual fighting men, rather than the valued and sometimes preferable ex-competitor. Such a method has had certain inherent weaknesses, generally this has taken the form of continually emphasising fighting ability. In earlier days of the sport, this was an excellent plan, for nothing tempers the steel of judo technical knowledge like the fire of contest. But now the time has come when alongside recognition of fighting ability, there should also be recognition and encouragement of teaching ability. There are many men in the Association who do fine service by their untiring efforts in training others (often to Black Belt standard), yet for one reason or another are themselves unable to attain promotion to Dan degree. For these men the Coach Award will be a fitting recognition and reward for their unselfish efforts. The award will differentiate the simple fighter from the instructor (for the roles are not necessarily synonymous) yet the man who is capable of both will receive recognition for his dual ability.

In order that this coaching scheme shall function efficiently and so improve the judo movement in this country, the British Judo Association do sincerely hope that all judomen who do instruct and are capable of taking these examinations will do so, not only for themselves, however beneficial that may be, but to contribute something of tremendous value to the Association, for it is only by contribution that satisfaction and reward can be achieved.

G.R.G.

EXAMINATION SYLLABUS FOR COACH AWARD

(1) The candidate will be asked to instruct a class of approximately 12 adults for a period of up to 15 minutes, on either of the following subjects. He will be given 5-15 minutes preparation:

- (a) Any attacking movement from either of the three groups as in the Introductory Teaching Method. The group is selected by the examiners.
(This means the class is to be treated as an elementary one, i.e. about 6th Kyu).
- (b) A particular technique (selected by the examiners), which can be either nage-waza or katame-waza.
(This means the class is to be treated as an intermediate one, i.e. about 3rd Kyu).

(2) The candidate will be asked to demonstrate briefly all the basic techniques contained in the B.J.A. promotion examination syllabuses, both junior and senior, and to answer questions on them.

(3) The candidate will be asked questions on certain aspects of the B.J.A. Contest Rules.

(4) The candidate will be asked to instruct two students for a period of up to 15 minutes on any one group (selected by the examiners) from the Nage-no-Kata or Katame-no-Kata. He will only be allowed a minute or so to prepare.

(5) The candidate has to write between 1,000-2,000 words on one of the following subjects:—

- | | |
|----------------------|--------------------|
| (i) Judo History | (iii) Judo Theory |
| (ii) Judo Objectives | (iv) Judo Training |

(6) The candidate has to satisfy the examiners in a personal interview.

EXAMINATION CONDITIONS FOR COACH AWARD

(7) Candidates must be men who are registered 1st Kyu or over at the National Registry, holders of a current licence, and have attended an official course (leading to the Coach Award) prior to the examination.

(8) Candidates must be 21 years of age or over.

(9) The technique mentioned in part 1b, will be selected from the B.J.A. promotion examination syllabus.

(10) The class to be used in part 1 of the examination is to consist of approximately 12 male adults of any grade up to and including 3rd Kyu.

(11) All candidates will first take part 1 in order that the class will be kept for the minimum time. Part 4 will then be taken by all candidates using two remaining members of the class.

Finally parts 2, 3 and 6 will be taken.

Note: Holders of the Referee's Certificate will be exempted from Part 3.

(12) The Essay will be written by the candidate prior to the examination and submitted with the examination fee etc., to the Coach Award Officer at least two weeks prior to the examination date. The candidate can avail himself of any sources of information (e.g. books or persons, etc.) in order to complete this part of the examination. The Essay will be judged on its

content rather than its grammatical style and will be retained for record purposes.

To ensure that it is not just a case of plagiarism, the candidate will be asked questions on various parts of his Essay.

(13) During the interview the candidate will be asked for his opinions on matters relating to judo training and theory (e.g. weight training, usefulness of uchikomi, etc.) in order to ascertain his general knowledge of matters concerned with judo.

EXAMINATION SYLLABUS FOR SENIOR COACH AWARD

Note: This Award is concerned mainly with the coaching of individuals (unlike the Coach Award which is concerned mainly with class or group instruction).

(14) The candidate will, after instructions by the examiners, prepare within 10 minutes for the following 4 sections. In general a maximum of 15 minutes for each section can be taken as the time limit (although it may be somewhat less in certain parts, e.g. (i)).

- (i) (a) Produce a lesson plan indicating the length of the session, with the order and time allotted for each item listed.
- (b) Take the class for a group of exercises (warm-up, mobilising, strengthening, stamina-development, games form), stating the type, period of duration and place in the lesson.

Note: For this section there should be a group of approximately 12 male adults (any grade).

- (ii) The candidate will be presented with a student 1st Kyu (of any build) taking an imaginary promotion examination in a month's time. The candidate will be asked to give instructional hints upon how to improve the student's existing technique, how to train in the coming month and finally some suggestions concerning tactics to help him in the examination contest.
- (iii) The candidate will be presented with two students (1st Kyu) practising; one to be extremely defensive, the other to be attacking vigorously. The candidate will be asked to improve both men's tactics.
- (iv) The candidate will be given a technique (by the examiners) upon which to build three sets of combination techniques. He will then be asked to teach them to a pupil (of 1st Kyu).

(15) The candidate will be asked to elaborate upon any one section of the Nage-no-Kata or Katame-no-Kata to two students, for 15 minutes. The following points to be covered.

- The use of Kata in general training.
- Movement requirements and strength climaxes.
- Inter-relation of technique in the various groups.
- Awareness and alertness during general movement.

(16) Candidates will be expected to be thoroughly conversant with the B.J.A. Contest Rules and:—

- (i) Referee a specimen contest.
- (ii) Answer questions on the rules.

(17) From a previously prepared six techniques, the examiners will select one, which the candidate will then be asked to demonstrate and teach to a student (1st Kyu) in a competitive situation outside the rules and normal practise of judo. The candidate should select his techniques from the methods used in other forms of wrestling, e.g.:

Graeco-Roman, Free Style, Cumberland, Sambo, etc.

Fighting with or without weapons can also be considered as an additional choice.

(18) The candidate has to write between 1,000-2,000 words on one of the following subjects:—

- (i) Judo training applied to other physical activities to secure efficient use of the body and to improve health.
- (ii) Possible future developments of judo.
- (iii) Methods of maintaining class interest.
- (iv) Mechanics of movement as applicable to judo training.
- (v) Availability and use of power in judo training.

Note: All essays should contain a bibliography showing reference books and any other sources of information.

(19) The candidate must satisfy the examiners in a personal interview.

EXAMINATION CONDITIONS FOR SENIOR COACH AWARD

- (20) All candidates must be B.J.A. registered 2nd Dan or above.
- (21) All candidates must hold the Coach Award.
- (22) Holders of the Referee's Certificate will be exempted from Part 16.
- (23) Preparation for examinations:—
 - (i) The lesson plan, and notes of the types of exercises required for Part 14 (i), may be produced beforehand.
 - (ii) The general techniques required in Part 17 can be clearly laid out before the examination.
- (24) The Essay will be written by the candidate prior to the examination, and be submitted with the examination fee to the Coach Award Officer at least 14 days before the examination date. Although the same conditions apply in general as in the Coach Award, the Essay should be of a more comprehensive form.

MARKING OF EXAMINATION

(25) Each section of the examination will be marked according to its importance in the Scheme as a whole. The candidate must enter for all parts of the examination at the first attempt. If any part(s) is failed, only this part(s) need be retaken, provided that it is taken again within 12 months from the original attempt.

A distinction pass may be awarded for extremely high marks (85% or over) in any of the examination parts; Teaching Ability, Kata or Essay. A distinction pass may also be awarded for the whole examination in either the Coach or Senior Coach Award. A distinction pass in the whole examination or any of the appropriate parts will be noted on the certificate.

Coach Award

	Pass Mark (out of 100)
(i) Teaching ability	60 %
(ii) Examination syllabus	80 %
(iii) Contest Rules	80 %
(iv) Kata	60 %
(v) Essay	40 %
(vi) Personal Interview	50 %

Senior Coach Award

(i) Teaching ability	
(a) Conditioning exercises.. .. .	60 %
(b) Contest tactics	60 %
(c) Defensive tactics	60 %
(d) Renraku-waza	60 %
	or an overall pass mark of 70% provided no sub-section is less than 50
(ii) Kata	60 %
(iii) Special technique	40 %
(iv) Essay	50 %
(v) Interview	50 %

HOW TO ENTER FOR THE AWARDS

(26) The candidate *must* first take a pre-examination course.

(27) The candidate must complete two copies of the Coach Awards Application Form (this is obtainable from the Area Secretary or Coach Award Officer), which must be sent to the Coach Award Officer at least 14 days prior to the examination, with the following:—

(i) EXAMINATION FEE

Coach Award	£1 0 0
Senior Coach Award	£2 0 0

Note: The fee is only returnable when the candidate cannot be accepted for examination, or in the case of illness, etc. at the discretion of the Coaching Committee. (Cheques to British Judo Association.)

When any part(s) of the examination has to be re-taken the fee will be 15/- and 30/- respectively for each award provided that the examination is taken again within 12 months of the original attempt.

- (ii) **ESSAY.** Where possible this should be typed, if not it should be clearly written with ample margins at the sides of each page, and should be forwarded with the fee.
- (iii) **TESTIMONIALS.** These should relate to any previous teaching experience.
- (iv) **ATTENDANCE CERTIFICATE.** This may be obtained, on request, from the National Coach or Area Coach.

(28) The candidate will then receive a receipt as acknowledgement of his application from the Coach Award Officer. At a slightly later date, he will receive full details of time, place, etc. of the examination from his Area Secretary or Area Coaching Secretary.

Pre-Examination Courses

(29) Areas will, from time to time, hold pre-coach examination courses, under the National Coach or Area Coach. Any licence holder (with the correct qualifications) can join such courses.

(30) An attendance certificate will be available, on request from the Coach in charge of the course, for those who have satisfactorily completed a pre-examination course. It should be made clear that the possession of such a certificate does not imply that the candidate will pass the examination.

(31) Applicants for pre-examination courses should write to either the Area Secretary, or the Area Coaching Secretary, who will then inform such applicants of all details relating to the course.

Pre-Course Knowledge

(32) It is advisable that applicants should have a knowledge of:—

- (i) Japanese technical terminology included in the promotion examination syllabus.
- (ii) Names and order of techniques in Nage-no-Kata and Katame-no-Kata.
- (iii) B.J.A. Contest Rules (B.J.A. Booklet No. 2).
- (iv) B.J.A. Booklet No. 3 (Examinations, Promotion and Coach).

Such pre-knowledge will allow the Coaches in charge of the course to use the available time in positive teaching.

ADVANTAGES OF HOLDING A COACH AWARD

(33) (a) First there is the personal satisfaction of holding such an award, and by passing the examination the individual will become more aware of the many aspects of his chosen sport. Such an increase of knowledge is bound to improve his own judo, but in addition he has the satisfaction of knowing that he is qualified to really help others who are just beginning to learn judo. There is, too, the esteem that such a position will carry, for let it be understood that to pass these Coach Awards a man will have to have a sound knowledge of judo, and will be respected because of it. The qualified man will have the right to wear a Coach's badge (which is given with the Coach Certificate).

(b) The Coaching Committee will maintain a register of those persons holding the various Coach Awards. This will be sent at regular intervals to all Member Clubs, Local Education Authorities, and to any other interested parties.

(c) The qualified man will be able to join the Institute of British Judo Association Coaches.

(d) B.J.A. Coaches may receive fees for instruction as laid down by the Association. The scale of fees will be slightly higher than that for ordinary Dan grades, and can be referred to in the B.J.A. Bye-Laws.

(e) Coach Awards will also influence the individual's promotion examinations. Any candidate for promotion examination who is already in possession of one of the Coach Awards will have automatic exemption from the

theoretical side of the promotion examination for any Dan degree up to and including promotion to 3rd Dan. After 3rd Dan, the decision has to be made on the merits of the individual case.

(f) Once the Coaching Scheme is in full operation, it is hoped that all Local Education Authorities will co-operate with the B.J.A. to ensure that wherever possible a man teaching judo in an institute holds a coaching qualification. Local Education Authorities will be circularised with the up-to-date register of Coaches to facilitate the selection of the most suitable person (e.g. nearest the place of instruction).

(g) As from January, 1964, only men holding both Dan degree and a Coach Award will be able to officiate at any promotion examination. Such a step will ensure that the high standards set by the B.J.A. will be uniformly maintained throughout the country.

(h) Also in the future, the B.J.A. may be able to insist that any new club wishing to join the Association should have regular instruction from a B.J.A. registered Coach. Such a demand will not only have the effect of ensuring that the club is well taught, but that it is worthy of joining the Association.

Judomen holding a Coach Award will therefore have a direct influence on the development and growth of judo in this country.

DUTIES OF AREA COACH

(34) The Area Coach has an important part to play in the efficient operation of this Coach Award Scheme. Therefore he should be fully aware of his responsibilities, and be prepared to accept them fully. By carrying out these duties, his contribution to the judo movement can be enormous and the standard of judo in his Area, will to a large extent, be dependent on his efforts.

(35) Because of his knowledge of local conditions, relation to both the individuals and judo generally, the Area Coach will be one of the examiners for the Awards.*

*If for any reason an Area Coach is unable to act as examiner he should select one of his deputies (who must hold the Coach Award), and then obtain permission from his Area for the substitution.

(36) The Area Coach will assist the National Coach on all pre-examination courses. Again his local knowledge will be invaluable and he will be able to report on the individual's progress during the subsidiary courses held between the visits of the National Coach.

(37) Due to the extended periods between the National Coach's visits, the candidates should maintain their study and practise. To help them the Areas can organise subsidiary courses under the control of the Area Coach (or his deputies). The frequency of such courses will depend upon the Area concerned.

The Area Coach will hold courses for unsuccessful candidates in order to help them prepare for their next attempt.

These subsidiary courses will ensure that the maximum benefit is gained from the Coach Award Scheme.

DUTIES OF THE AREA

Area Organisation of Coach Examinations and Courses

(38) The Area concerned will, in consultation with the National Coach, arrange times and places for coaching examinations to take place.

(39) When the date of an examination is determined, all clubs within the Area should be informed. In addition neighbouring Area Secretaries should be informed in order that people from adjacent Areas may enter where possible.

(40) When there are more applicants for examinations than there is time available, the Area Committee, in consultation with the Area Coach, will choose those who, in their opinion, have the greater coaching potential, and these persons so selected will take precedence over all others, and an additional examination may be arranged at a later date for unselected candidates.

(41) The place in which the examination is held should basically conform to the following requirements:—

(i) The mat area must be sufficient for the 12-man class.

(ii) Table and chairs should be provided for the examiners at the side of the mat.

(iii) A large separate room is required to accommodate the waiting candidates.

(iv) A blackboard, chalk and duster should be provided.

(42) The Coach Award Officer should be notified of all Coach and Senior Coach Award examinations as soon as possible after the dates have been decided. He must check that the National Coach is available, and if it is a Senior Coach examination, he must have the maximum time in which to arrange for the other examiners.

Examination Class

(43) The organising Area shall be responsible for arranging the various types of classes for the examination candidates to teach. Such a class should consist of:—

(i) COACH AWARD. Approximately 12 male adults of 3rd Kyu or under.

(ii) SENIOR COACH AWARD. Approximately 12 male adults of any grade. (They should not include any persons of a higher grade than the candidate.)

(44) It is appreciated that some difficulty may be experienced in forming such a class, but it is hoped that various club members will appreciate its importance and co-operate. In addition to the benefit that such a service gives to the Association, the participants also add to their experience in the sport.

It is suggested that for Senior Coach examinations, applicants for the Coach Award could be used as the class in order to give them valuable first-hand experience of examination conditions.

Pre-Examination Courses

(45) Areas will organise pre-examination courses to coincide with the regular visits to the Area by the National Coach. During the early stages of the scheme such courses will be limited to weekends only; however it is envisaged that as the scheme becomes more established the course could extend over the whole of the National Coach's stay in the Area. Such a course over the period of a week need not be limited to one centre or club, but could be varied to suit the existing circumstances.

(46) Participants in Coaching Courses will be limited to licence holders of 3rd Kyu and above. Senior Coach Courses will be for holders of the Coach Award, or any Black Belt registered with the B.J.A.

(47) Pre-examination courses will be organised at various times of the year by the Areas. These courses will cater for both Coach and Senior Coach Awards syllabi.

(48) The National Coach or Area Coach will be in charge of all such courses.

(49) As there will be quite some time between visits of the National Coach to any one Area, it is essential that candidates are helped during these periods. Therefore Areas may organise intermediate courses to be taken by the Area Coach in order to span these gaps.

DUTIES OF THE COACH AWARD OFFICER

Upon receiving application forms, fees, essay, etc., the Coach Award Officer shall receipt the money, note the date and venue of the examination, then forward the form and essay to the National Coach as quickly as possible (ensuring that he has sufficient time to study the essays before the examination takes place).

Post Examination

(50) The examination results will be forwarded to the Coach Award Officer by the National Coach. The Coach Award Officer will then inform the successful candidates and despatch the appropriate Certificate and badge. A list of the successful candidates will also be sent to the Area Secretary for information.

(51) Names of successful candidates will be entered on the official Register of Coaches which will be kept by the Coach Award Officer.

(52) Unsuccessful candidates will be informed of the part(s) in which they have failed, so that they may prepare accordingly for the next attempt.

GENERAL

Examiners for Awards

(53) The examiners for the Coach Award shall be the National Coach and an Area Coach holding the Award.

(54) The three examiners for the Senior Coach Award shall be the National Coach, a member of the Technical Board and a Senior Coach.

(55) The fees payable by the Area to B.J.A. for the National Coach will be £6.0.0. per weekend, or £3.0.0. for one day (depending upon the number of candidates). Fees for examiners other than the National Coach shall be paid by the Association.

Revision of Register of Coaches

(56) From time to time, the Register of Coaches will be reviewed in order to ensure that it is in all ways functional.

(57) If it comes to the attention of the Committee that any Coach contravenes the Constitution and/or Bye Laws, or in any way damages the reputation or status of the Association, the Coach is liable to be reprimanded, and his name struck from the Register.

GLOSSARY

Below can be found a glossary which includes most of the Japanese terminology in common use in judo. It is not intended to be fully comprehensive, since a dictionary would have to be compiled to be completely adequate. However, the words supplied will cover most normal circumstances. Generally names of techniques are derived from verbs, which when changed into a noun undergo certain suffical changes, therefore in the glossary the noun form is given and then in brackets, the verb form (which can be looked up in a dictionary), for example — harai- (v. harau) to sweep.

Where a noun is shown to have several numbered sub-divisions (e.g. kata) it means that each sub-division has its own different Japanese ideograph. Reading it in Japanese would produce no confusion, but when the sound only is represented in English script (phonetical) confusion can arise.

Some of the words included are used solely in contests. A more detailed definition of these words will be found in the B.J.A. Contest Rules Booklet No. 2 (either glossary or text).

Japanese is fairly easy to pronounce. There is hardly any flexion; the voice-pitch can be kept constant. Here follows some grammatical rules to help with pronunciation. Like all grammatical rules they are often broken, but they should prove sufficient for the judo student's purpose.

1. All consonants are hard, e.g. 'k' as in king.
2. Vowels must be pure. e.g. 'a' as in bat; 'e' as in set;
'i' as in bit; 'o' as in got;
'u' as in put.
3. Syllables for ease of pronunciation can be considered to consist of two letters, e.g. ka-ta-me wa-za tsu-ri-ko-mi go-shi.

Exceptions: The five vowels and shi, tsu, chi.

Each syllable to have equal stress.

Practise slowly and emphatically for some time, it will soon become easier, quicker and sound more natural.

SELECTED COMMON PECULIARITIES

- (a) If there are two consonants together each must be clearly pronounced, e.g. ippon. The 'p's' as in top pot.
- (b) It is quite common in Japanese for the consonants 'k', 't', 's' and 'h' to become hard when they appear in the middle of a word or combination of words. This is called 'nigori'.
'k' becomes 'g'. 't' becomes 'd'.
'sh' becomes 'j'. 'h' becomes 'b'.
It is koshi-waza, but harai-goshi.
'H' can be 'hardened' a second time to 'p', e.g. hon=a point, becomes ippon=one point.
- (c) 'N' is the only consonant in Japanese not accompanied by a vowel. It should, however, be pronounced just as distinctly as if it were a couplet, e.g. ip-po-n-se-oi-na-ge.

It may be queried why judo retains its terminology in the language of its origin—Japanese. As with music and fencing, it is found more convenient to maintain the original. It can be used as a *lingua franca* throughout the world, which makes for convenience and efficiency in international relations. On the other hand attempts to translate the various names invariably leads to clumsiness and are often ridiculous. The mental effort involved to learn these few words during the course of a man's training over the years, should not be considered a sufficient deterrent to stop the man learning this fascinating sport.

Glossary

AIKI	a form of self-defence, based on special principles (<i>lit.</i> harmony of spirit).
AIKIDO	the 'way' of Aiki.
AITE	opponent, partner.
ARASHI	storm (<i>e.g.</i> yama-arashi).
ASHI	leg/foot.
ASHI-WAZA	leg/foot technique.
ATAMA	head.
ATE	strike, hit.
ATEMI-WAZA	hitting technique.
BUDO	military arts/concepts.
BUJITSU	martial arts (all inclusive).
BUSHI	a knight of feudal Japan (a social class).
BUSHIDO	the moral ethical code of the Bushi, formulated originally c. 14th century.
BUTSUKARI	<i>See</i> UCHIKOMI.
CHISAI	small.
CHIKARA	strength.
DAN	'leader' grade, generally black belt. (<i>See</i> page 6.)
DE (v. DERU)	to come out, to advance (<i>e.g.</i> de-ashi-harai).
DO	(a) way, path, etc. This word was used frequently in Chinese and Japanese philosophy in the sense of the way of doing an act in the moral and ethical sphere as well as the simple physical. Professor Kano (the founder of judo) 'borrowed' it from these sources. (b) trunk of the body.
DOJO	hall or room in which judo is practised.
ERI	collar, of a jacket.
FUSEGI-KATA	method, form, of defending.
FUSEGU	to defend.
GAKE	(v. KAKERU) to hang, hook, block.
GARAMI	(v. GARAMU) to entangle, wrap, bend.
GENKI	energetic, lively, active.
GO-NO-KATA	forms of strength.
GOSHIN JITSU	the art of self-protection (in all its forms).
GYAKU	reverse, upside down.
HA	wing.
HADAKA	naked.

HAIRI-KATA	the way of entering for a (technique).
HAJIME	start. (<i>See</i> B.J.A. Booklet No. 2.)
HANE	spring (<i>e.g.</i> hane-goshi).
HANTAI	to oppose.
HANTEI	judgment (<i>See</i> B.J.A. booklet No. 2.)
HARA	stomach.
HARAI (BARAI)	(v. HARAUI) sweep, reap.
HIDARI	left.
HJI	elbow.
HIKI (v. HIKU)	pull.
HISHIGE	(v. HISHIGU) to crush, squash, smash.
HIZA	knee.
HON	(a) point (see ippon) given in a contest. (b) basic. (c) number suffix for counting long cylindrical objects; therefore ippon seoi-nage—one arm shoulder throw.
IPPON	one point. (<i>See</i> B.J.A. Booklet No. 2.)
ITSUTSU-NO-KATA	forms of five.
JI	a Japanese ideograph.
JIGOTAI	defensive posture.
JITSU (JUTSU)	art.
JOSEKI	the place in a dojo or hall where the seniors or V.I.P.'s sit.
JU	(a) soft, gentle. This is a word taken from Taoist philosophy and embodies the opposite of hard, extreme, unreasonable. Hence the use of ju in judo does not imply soft (as a synonym of easy) but rather reasonable, efficient. Physical action in judo is not meant to be easy (weak) so much as economic, by using the body to its best advantage and taking active advantage of any and all weaknesses the opponent offers, so that maximum effect can be attained with maximum efficiency. (b) ten.
JUDO	a form of wrestling in which clothes are worn by the contestants. Technique plus physical and mental fitness is raised to an extremely high standard and necessarily so for no allowance is conceded to size or weight; success depends solely on the individual's attributes—skills, physical and mental training standards.
JUDOGI	the clothes worn when practising judo.
JUDOGU	general equipment for judo.
JUDOKA	a person who practises judo. A very senior player (at least 4-5 Dan).
JU-JITSU	a name covering all forms of fighting without weapons. Its methods are very drastic.
JU-NO-KATA	the forms of 'gentleness'. Showing the principles of 'giving way'.
JUSHIN	centre of gravity.
KAESHI (GAESHI)	(v. KAESU) to counter (<i>e.g.</i> o-soto-gaeshi).

KAESHI-WAZA	counter techniques.
KAKE ...	the point of the throw, the point of maximum power.
KAI (KWAİ) ...	society, club.
KAKU (GAKU) ...	an angle.
KAMI ...	(a) upper, top. (b) paper. (c) god/s.
KANSETSU ...	a joint, articulation.
KANSETSU-WAZA	technique of locking limb joints.
KAO ...	face.
KARATE ...	(literally empty-handed) a system of fighting without weapons, striking with the hand, feet, elbows, etc.
KARATE-DO ...	the 'way' of karate.
KARUI ...	light.
KATA ...	(a) form. A stylised set of techniques used to develop the performer's posture, balance and appreciation of the various judo techniques. (b) one side. (c) shoulder.
KATAI ...	hard.
KATAME (v. KATAMERU)	to harden, tighten, hold.
KATAME-NO-KATA	the forms of holding (including Osaekomi, Shime, and Kansetsu).
KATSU (or KAPPO)	methods of resuscitation.
KEIKO ...	practise.
KEMPO ...	a method of fighting, similar to boxing.
KEN ...	sword.
KENDO ...	the 'way' of the sword (Japanese two-handed fencing).
KENDOGU ...	general equipment for practising kendo.
KERU ...	to kick.
KESA ...	a Buddhist monk's surplice, worn diagonally across the body (e.g. kesa-gatame).
KIAI ...	a shout used to strengthen the body when maximum effort is required.
KIME (v. KAKERU)	to decide.
KIME-NO-KATA	forms of decision, which is the Kata of self protection.
KIRI (v. KIRU)	cut, as with a knife.
KO ...	(a) small, minor. (b) old, ancient. (c) lecture, study, think.
KODOKAN ...	the headquarters of judo in Japan (Tokyo) and of the International Judo Federation.
KOSHI (GOSHI)	hips.
KOSH'KI-NO-KATA	the forms of the old style. All techniques are supposed to be performed in armour.
KUBI ...	neck.
KUMI-KATA ...	method of holding the judogi.
KURUMA (GURUMA)	(a) wheel. (b) vehicle.

KUZURE (v. KUZURERU)	to crumble, collapse, break-down.
KUZUSHI ...	the balance broken.
KYU ...	a judo 'student' grade. (See page 6.)
MA ...	exact, just, absolutely.
MAE ...	front.
MAKIKOMI ...	to wrap or roll up, to throw by rolling oneself so that the opponent is whipped off his feet.
MANAKA ...	centre.
MA-SUTEMI- WAZA	technique whereby the performer falls straight on to his back.
MATA ...	the inside top of the thigh.
MAWARI (v. MAWARU)	to turn round.
MEIJIN ...	expert, master.
MI ...	body (human).
MIGI ...	right.
MIZU ...	water.
MOMO ...	thigh.
MOROTE ...	both hands, two hands.
MUNE ..	chest.
NAGE (v. NAGERU)	to throw.
NAGE-NO-KATA	the forms of throwing. 15 selected throws executed both left and right to train the participants in body control and appreciation of judo technique.
NAME ...	wave (of water).
NAMI (v. NARUBERU)	to place in a line, range in a row (e.g. nami-ju-ji-jime).
NE (v. NERU)...	to lie down.
NE-WAZA ...	technique done in the laying down position.
O ...	big, large, major.
OBI ...	belt.
OKII ...	big.
OKURI (v. OKURU)	to send forward (e.g. okuri-eri-jime).
OSA EKOMI ...	holding.
OSA EKOMI-WAZA	holding technique. (See B.J.A. Booklet No. 2.)
OSHI (v. OSU)	to push.
OTOSHI (v. OTOSU)	to drop.
OWARI ...	the end.
RANDORI ...	free practice.
REI ...	bow. (See B.J.A. Booklet No. 2.)
RENRaku ...	connection, contact.
RENRaku-WAZA	combination technique.
RENSHU ...	to practise.
RENZOKU-WAZA	comprehensive name for throws linked up in any way. It includes RENRAKU-WAZA.
RYOTE ...	two hands.
RYU ..	school. Attached to most of the names of the old JU-JITSU systems (e.g. Kito Ryu).
SAIKA-TANDEN	the lower abdomen.
SAMURAI ...	see BUSHI.

SASAI ... to support, prop (e.g. sasai-tsurikomi-ashi).
 SENAKA ... the back (of a body).
 SENSEI ... teacher, senior.
 SENSU ... a competitor, champion.
 SEOI (v. SEOU) ... to carry on the back (e.g. seoi-nage).
 SEPPUKU ... the bushi method of committing suicide. Normally erroneously called 'harakiri'.
 SHIAI contest.
 SHIAI-JO ... contest area. (See *B.J.A. Booklet No. 2.*)
 SHIHAN ... master, past master, founder.
 SHIKI ... style, ceremony.
 SHIHO ... 4 quarters, 4 directions.
 SHIME (JIME) ... to tighten, strangle.
 (v. SHIMERU)
 SH ME-WAZA ... technique of neck-locking.
 SHISEI ... posture.
 SHITA ... below, underneath.
 SHIZEN ... nature.
 SHIZEN-TAI ... natural (upright) posture.
 SODE ... sleeve.
 SOTO ... outside, outer.
 SUKUI ... to scoop up.
 (v. SUKUU)
 SUMI ... corner.
 SUTEMI ... to throw away.
 (v. SUTERU)
 SUTEMI-WAZA ... technique whereby the attacker throws away his own body. Sacrifices his own posture.
 TACHI (v. TATSU) ... to stand.
 TACHI-WAZA ... technique done in the standing position.
 TAI ... body.
 TAI-SABAKI ... body movement.
 TAISO ... physical exercise.
 TANI ... valley.
 TATAME ... rice straw mats used in dojos and Japanese houses.
 Measures 3ft. x 6ft. x 2ins. (See *B.J.A. Booklet No. 2.*)
 TATE ... vertical.
 TE ... hand.
 TEKUBI ... wrist.
 TE-WAZA ... hand technique.
 TOKUI ... favourite, special.
 TOKUI-WAZA ... favourite technique.
 TOMOE ... a '●' (e.g. tomoe-nage).
 TORI (v. TORU) ... (a) the name used often in technical explanations for the person who throws.
 ... (b) to grasp, to hold in the hands.
 TSUKURI ... the action of breaking balance.
 TSURI ... to 'fish' up.
 TSURIKOMI ... to 'fish,' lift up and pull forward.
 TSUYOI ... strong.
 UCHI ... inside.
 UCHIKOMI ... to beat against. A repetitive exercise where the throwing

technique is taken to the point of kake.
 UDE arm.
 UE above, on top of.
 UKE (v. UKERU) ... to take. The name used often in technical explanations for the person who is thrown.
 UKEMI ... the 'breakfall'.
 UKEMI-WAZA ... the technique of falling correctly.
 UKI (v. UKU) ... to float, buoyant.
 URA ... back, rear, reverse.
 USHIRO ... behind, back of (e.g. ushiro-goshi).
 UTSURI ... to change, move (e.g. utsuri-goshi).
 (v. UTSURU)
 WAKARE ... to divide, separate (e.g. yoko-wakere).
 (v. WAKARU)
 WAZA technique.
 YAMA ... mountain.
 YOKO ... side.
 YOKO-SUTEMI- ... technique in which the attacker falls on to the side of his body in order to execute the attack.
 WAZA ...
 YOWAI ... weak.
 YUBI ... finger or toe.