

# Kano 1 Award



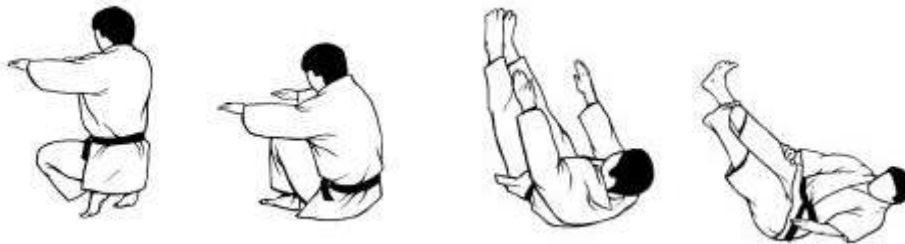
White + 1 Yellow

## **Learn to tie your belt and trousers**

During a judo practice, you will find that your belt and sometimes your trousers, may become loose or even untied. It is important that you learn to retie them quickly and properly, so that you can carry on with the practice.

## **Forward roll and side breakfall**

Your coach will teach you how to throw, and be thrown safely. Learning how to land properly using a "breakfall" is a very important



skill.

## **Sleeve and lapel grip**



Before you can throw your partner you must take hold of their judo jacket. There are many different grips for different throws, but the "sleeve and lapel" grip is one of the best, especially when you start to learn judo. Make sure that your partner also takes the "sleeve and lapel" grip before you practise a throw.

## **O-goshi leading into kesa-gatame**



Throw your partner with the hip throw, **o-goshi**. Remember that when you throw your partner you must always do it with skill and control. After throwing your partner keep a grip of the sleeve and then move into the groundwork hold **kesa-gatame**. Once you have demonstrated the o-goshi into kesa-gatame



while standing still, you must then demonstrate it for a second time, but this time while you are moving around the mat with your partner.

## **Things to remember:**

🧠 **Keep it in the dojo**

*Never practise judo unless you are on the mat.*

🧠 **Control your partner**

*Play safe, throw your partner with skill and control.*

# Kano 2 Award



White+2 Yellow

## **Standing bow**

The bow is a traditional part of the sport of Judo. Players bow to each other to show respect before and after a practice.



## **Side and forward rolling breakfalls**

Demonstrate your side breakfall on both left and right sides, remember to slap the mat just before you land, and of course the louder the slapping sound, the better.



## **Judo jargon**

Two of the most important words in judo are HAJIME (Begin) and MATTE (Stop). Know the hand signal for "Matte"?



## **Ippon-seoi-nage leading into kami-shiho-gatame**

The one-arm shoulder throw **ippon-seoi-nage** is one of the most popular throws in judo. Throw your partner with **ippon-seoi-nage** and then move into the groundwork hold **kami-shiho-gatame**. Now demonstrate **ippon-seoi-nage leading into kami-shiho-gatame** again, but this time do it while you are moving around the mat with your partner. If you are throwing, remember to show skill and control, and if you are being thrown, remember your breakfall.



## **Tai-otoshi leading into mune-gatame**

Throw your partner with **tai-otoshi**. Once you have thrown your partner move into the groundwork hold **mune-gatame**. You have mastered the skill whilst standing, now show the **tai-otoshi** into **mune-gatame** once more, but this time do it on the move.



## **Things to remember:**

😬 **Keep it clean** Always have a clean judo kit, and clean, short finger and toe nails.

😬 **Breakfalls** are important because they teach you to land properly

# Kano 3 Award White + 3 Yellow

## ***Kneeling bow***

The kneeling bow is often used at the beginning or at the end of a practice as a mark of respect between coaches and players.



## ***Rear and forward rolling breakfalls***

The rear breakfall is used for throws where the player is thrown backwards. Make sure you squat down low, and keep your head tucked in before you roll back for the "rear breakfall". Demonstrate a forward rolling breakfall.



## ***O-soto-gari leading into kuzure-kesa-gatame***

Throw your partner to the rear with a skilful **o-soto-gari**, making sure that your partner breakfalls. Keep a grip of the sleeve and move into the groundwork hold **kuzure-kesa-gatame**. Demonstrate the **o-soto-gari** into **kuzure-kesa-gatame** again, but do it on the move this time.



## ***Morote-seoi-nage leading into yoko-shiho-gatame***

Throw your partner with **Morote-seoi-nage** and then move into the groundwork hold **yoko-shiho-gatame**. Demonstrate the throw and groundwork holddown once more, on the move.





## ***Turnover with partner on all fours***

Turn your partner from an all fours groundwork defence position onto their back for a groundwork hold of your choice. Make sure that the turnover and the hold down are tight and controlled.



## ***Things to remember:***

 **Warm up** - Warming up helps to prepare your body to practise judo.

 **Listen up** Listen to your coach's instructions.

# Kano 4 Award White + 1 Green

**Know your sport** - "**judo**" means The Gentle Way

## **Breakfalls**

Demonstrate a range of different breakfalls moving around the mat.

**Judo jargon** "**osae-komi**" (holding)



"**toketa**" (hold broken)



## **Seoi-otoshi leading into mune-gatame, then switch to kuzure-kesa-gatame**

Throw your partner with **Seoi-otoshi** and then move into the ground hold **mune-gatame**. Once you have your partner in a tight mune-gatame hold, count to five and then switch holds into **kuzure-kesa-gatame**. When you have demonstrated these skills standing skill, try them once more and this time on the move.



## **O-uchi-gari leading into kesa-gatame, then switch into tate-shiho-gatame**

Throw your partner with **o-uchi-gari**, maintain control and move into the groundwork hold **kesa-gatame**. Once you have your partner in a tight **kesa-gatame** hold, count to five and then switch holds to **tate-shiho-gatame**.



**Things to remember:** 😊 **Help others** - Work together and help your club mates. 😊 **Play fair** - Follow the rules and play fair.

# Kano 5 Award



White + 2 Green

**Know your sport** –The founder of modern judo was Jigaro Kano

## **Breakfalls**

Working with your partner, move around the mat, let your partner throw you with four or five different throws. When you land, demonstrate your breakfalls. It is important that your partner throws with skill and control.

**Judo jargon** "**dojo**" is training hall and "**rei**" is a formal bow

## **Ko-uchi-gari or ko-uchi-gake leading to a turnover, partner being on all fours**

Throw your partner with the **Ko-uchi-gari** or **ko-uchi-gake**. After your partner has landed, let them turn into an all fours position and then follow into groundwork, turning your partner into a hold down.



## **Escape**

Let your partner hold you down with a ground hold of your choice, then demonstrate an escape from the hold down.

## **On the move**

Working with your partner, you have two minutes to demonstrate as many different throws as you can. The throws must be shown on the move, and remember to use skill and control.

## **Things to remember:**

🙅 **No jewellery**

*Remove all jewellery before you go on the mat.*

😊 **Step off, shoes on**

*When you step off the mat, put your shoes or judo slippers on.*



# Kano 6 Award



White + 3 Green

## ***Know your sport***

Judo originated In Japan

## ***O-uchi-gari to tai-otoshi combination***

When we link two or more throws together, we form what is known as a combination. Combination throws are skilful and can be very effective. In the **o-uchi-gari**, **tai-otoshi** combination you break your partner's balance with **o-uchi-gari**, making sure that you push your partner away from your body. This action creates a space and then turn and throw your partner with **tai-otoshi**.



## ***On the move***

Working with your partner on the move, you have two minutes to demonstrate as many different throws as you can. Each time you throw your partner, move into a different groundwork hold. See how many different hold downs you can demonstrate.

## ***Throw and turn***

Throw your partner with a throw of your choice. Once they land allow them to turn onto their tummy, then follow into groundwork and demonstrate a turnover into a hold down.

## ***Judo jargon***

An ippon is a score in judo. How could you score an ippon? If you were refereeing a contest which hand signal would you use to show the ippon score?

## ***Single arm roll***

Demonstrate a single arm roll from an all fours position.

## ***Things to remember:***

🤔 **Try hard** - *By trying hard you will improve your judo skills.*

😌 **Cool down** - *After a judo practice it is important to cool down.*

# Kano 7 Award



White + 1 Blue

**Know your sport** randori is free practice

## **Ippon-seoi-nage into ko-uchi-gari or ko-uchi-gake**

Break your partner's balance with an **Ippon-seoi-nage** and then throw with **ko-uchi-gari** or **ko-uchi-gake**.



## **On the move**

Working with your partner on the move, you have two minutes to demonstrate as many different throws and groundwork turnovers as possible. Once you have thrown your partner, allow them to turn onto all fours or flat groundwork position. Then move into groundwork and turn them over into a hold down.

## **Double arm roll**

Demonstrate a double arm roll, from an all fours position.

## **Judo jargon**

"**waza-ari**" is awarded by throwing your opponent with control and accuracy, but not flat on their back



## **Randori**

Your judo skills are developing very well. Now it's your chance to put them to the test in a two minute light free practice in groundwork. Try to use all the skills that you have learnt in groundwork, make sure that you show control. If you can hold your partner for ten seconds let them go and start again.

## **Things to remember:** 😊 **Bring a friend**

Why not bring a friend along to judo?

## 🌟 **Practice makes perfect**

The more often you practise judo the better you will become.

# Kano 8 Award



White + 2 Blue

## ***Know your sport***

tori is the person executing the technique, uke is the person receiving the technique.



### ***Koshi-guruma into o-soto-gari combination***

Break your partner's balance with a **Koshi-guruma** and then throw with **o-soto-gari**.



### ***On the move***

Working with your partner on the move, you have two minutes to demonstrate as many different combination throws as you can in two minutes. Each time you throw your partner, move into a different groundwork hold.

## ***Turnover with partner between legs***

While lying on your back, with your partner between your legs, control and then turn your partner over into a groundwork hold.

## ***Morote-seoi-nage to one side and ippon-seoi-nage to the other side***



Like most judo players you probably have a favourite side that you throw to. As your skill level improves you may find that you can throw on both the left and the right side. Turn in for **morote-seoi-nage** on your favourite side, let your partner slip round and avoid the throw, and then throw with **ippon-seoi-nage** on the opposite side.



## ***Randori***

Test your throwing skills in a two minute, light free practice, standing up. Try as many different throws as possible, and if you or your partner turn into a good throwing position help each other to improve your skills by going over for the throw. Remember to control your partner and to use your breakfall.

## ***Things to remember:***

### **🤝 Team-work**

Work with partner and help each other to improve your judo skills.

🧐 **Take it easy** - If you are working with a lower grade, or smaller player, look after them.



# Kano 9 Award



White + 3 Blue

***O-uchi-gari to tai-otoshi, linked to ippon-seoi-nage to ko-uchi-gari or ko-uchi-gake***



In this, your final award you will demonstrate your most skilful move yet, linking four throws to both sides. First attack with **o-uchi-gari** and then move into a **tai-otoshi** attack on your favourite side. Your partner avoids your **o-uchi-gari** and then jumps clear of your **tai-otoshi**. Now switch to the other side breaking your partner's balance with **ippon-seoi-nage** before finally throwing with **ko-uchi-gake**.

## **Referee**

Referee a two minute light free practice, using hand signals and the Japanese words of command. Explain to the players taking part that this is a practice and not a contest. Skill and control are the important points and there will be no winner or loser.

## **On the move**

Working with your partner on the move, demonstrate as many different combination throws in two minutes as possible. Once you have thrown your partner, allow them to turn out into either an all fours or flat groundwork position, then move into groundwork and turn your partner skilfully into a groundwork hold.

## **Randori**

Test all your judo skills in a light free practice, in both standing and groundwork for two minutes. Remember, randori is not a contest and the main aim is to demonstrate your skills with control.

## **Your skill**

Your judo skills are really improving, especially your combination throws. Now is your chance to invent your own combination throw. The new combination must be safe, so before you attempt the throw make sure you explain what you are going to do to your coach.

## **Your skill**

Invent your own groundwork turnover. Remember how important safety is, so explain your new turnover to your coach before you try to turn your partner.

## **🤩Black is beautiful**

*Keep up the good work and one day you will become a black belt.*