Judo Yellow Belt Techniques

Ukemi (Breakfall Techniques)		
Technique	Description	Visualization
Ushiro Ukemi (Back breakfall)	*Extend **arms forward** at shoulder height and **crouch low**. Fall onto a **rounded back, slapping** both arms to absorb impact. Keep your **chin tucked** (look at your belt) to protect your head.*	
Yoko Ukemi (Side breakfall)	*Step forward with the **left leg**, extending your **right arm**. **Sweep** your right foot across and fall **sideways**, **slapping** the mat with your right arm. Keep your **left leg bent** and your **feet up** and together.*	
Mae Ukemi (Forward breakfall)	*Fall forward with the body extended and strike the mat with both **hands and forearms** to dissipate the impact. Turn your **head to the side** to protect your face and keep your **hips off the floor** by maintaining a firm **plank position**.*	
Zenpo Kaiten Ukemi (Forward roll breakfall)	*Bring both **hands and right foot** forward, pushing off strongly. **Tuck your right arm** inward to enter the roll. **Strike the mat** with your left hand as your **feet make contact** to absorb the impact.*	

Nage Waza (Throwing Techniques)			
Technique	Visualization	Technique	Visualization
O Goshi (Major hip throw) *Throw the opponent **over your hip** and to the floor.*		Koshi Guruma (Hip wheel) *Wrap an **arm around the neck** to bring the opponent onto the **back of your hip**. **Spin like a wheel** to execute the throw.*	
Ippon Seoi Nage (One arm shoulder throw) *Grasp one **opponent arm** and **spin** your back against them. Execute the throw **over your shoulder** to the floor.*		O Soto Gari (Major outer reap) *Pull the **opponent forward** to destabilize them. **Sweep their leg** out from behind like a **sickle cutting grass**.*	
Kouchi Gari (Minor inner reap) ***Reap the opponent's heel** with your **opposite foot** in a **scooping motion** to topple them.*		O Uchi Gari (Major inner reap) *Move straight into the **opponent's chest** and execute a **leg reap** from the **inner side** using, drawing a **half crescent moon** to throw them.*	
De Ashi Barai/Harai (Advancing foot sweep) ***Sweep the opponent's feet** out from under them. Use a **steering wheel motion** to throw.*		Okuri Ashi Barai/Harai (Double foot sweep) *Sweep **both feet** together **laterally** when opponent is **on their toes**. Use a **steering wheel motion** to throw.*	

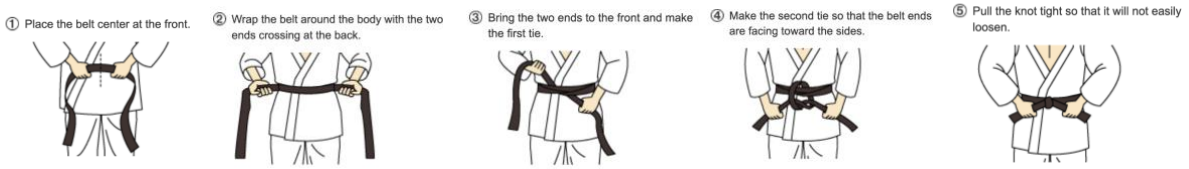
Osaekomi Waza (Hold Down Techniques)			
Technique	Visualization	Technique	Visualization
Kesa Gatame (Scarf) *Wrap an **arm around the neck** and **scissor it** against your side, pinning their upper body like a **hug**. Bring your **face close** and extend **one leg forward** with the other **knee flexed** for balance.*		Kata Gatame (Shoulder) *Run your **right arm** under their arm and around the **back of their neck**. **Clasp your hands** and use your **own neck** to trap their shoulder. Keep your **near leg snug** against their body and the **other leg flexed** on the floor for balance.*	
Yoko Shiho Gatame (Side four corner) *Lie **crossways**, wrapping one arm around the **neck to grasp the collar**. Reach the other arm **between their legs** to the **back of the thigh**. Press your **near knee** into their armpit and **extend the other leg** for balance.*		Tate Shiho Gatame (Straight four corner) *Sit astride the opponent, hugging their head and arm. **Use your head to trap and pin their arm** firmly against their own head. **Coil your ankles around theirs** and keep your upper body heavy.*	
Kami Shiho Gatame (Upper four corner) *Lay your **upper body** over the opponent from **above their head**. Slide both arms **beneath their shoulders** to grasp the **sides of the belt**. Keep your **arms tight** at your sides, press your **stomach against their face**, and **spread your legs wide** for balance.*			

Shime Waza (Strangulation Techniques)			
Technique	Visualization	Technique	Visualization
Okuri Eri Jime (Sliding collar strangle) *Hugging from behind, reach one arm around the **throat** to the **opposite collar**. Reach the other arm **under the armpit** to the other collar. **Pull both hands** toward each other while pressing your **chest into their back**.*		Hadaka Jime (Naked strangle) *From behind, wrap one arm around the **throat** and **clasp your hands**. Pull your hands firmly **toward your chest** to bring them snug against you. Use your **cheek and jaw** to increase the pressure directly on the neck.*	
Kataha Jime (Single wing lock) *From behind, wrap one arm around the **throat** to grasp the **opposite collar**. Run your other arm **under the armpit** and behind the **head** to scoop up their arm. Use your forearm to **push the head forward** while pulling the collar to apply pressure.*			

Kansetsu Waza (Joint Locking Techniques)			
Technique	Visualization	Technique	Visualization
Ude Hishigi Juji Gatame (Cross arm lock) *Step one leg **over the neck** and the other across the **chest** to sit at a **right angle** to the supine opponent. **Scissor the arm** between your thighs, clasp your ankles, and squeeze your **knees together** at the elbow. Pull the arm toward your chest and **arch your hips** to lock the joint.*		Ude Garami (Entangled arm lock) *Grab their **wrist** with the back of your hand facing up. Run your other arm **beneath their elbow** and grasp your own wrist. Use the **lever principle** by lifting the arm under the elbow while **lowering the wrist** to lock the joint.*	

Glossary		
Common Dojo Terms	Body Parts	Counting (Number/Sounds Like)
Dojo — Martial Arts School **Ki o tsuke** — Attention **Hajime** — Begin **Mate** — Stop **Sensei** — Teacher **Shomen** — Front of Dojo **Ni** — To **Rei** — Bow **Shomen ni rei** — Bow to Front of Dojo **Sensei ni rei** — Bow to Sensei **Otagai ni rei** — Bow to each other **Tori** — Person Throwing **Uke** — Person being thrown **Osaekomi** — Pin is on **Toketa** — Pin has been broken	**Ashi** — Foot or Leg **Hiza** — Knee **Goshi / Koshi** — Hip **Hara** — Stomach **Mune** — Chest **Yubi** — Finger **Te** — Hand **Tekubi** — Wrist **Hiji** — Elbow **Ude** — Arm **Kata** — Shoulder **Kubi** — Neck	**Ichi (1)** — Itchy **Ni (2)** — Knee **San (3)** — San **Shi (4)** — She **Go (5)** — Go **Roku (6)** — Rook **Shichi (7)** — Seechy **Hachi (8)** — Hatchy **Kyu (9)** — Kyoo **Jyu (10)** — Joo **Jyu Ichi (11)** — Joo Itchy **Jyu Ni (12)** — Joo Knee **Ni Jyu (20)** — Ni Joo **San Jyu (30)** — San Joo

Tying the Belt



Opening and Closing Sequence	The Meaning of Judo and The Purpose of Training
1. **Seiza (Say-zah):** Sit down (formal kneeling position) 2. **Mokuso (Moke-so):** Meditation (eyes closed to focus the mind) 3. **Mokuso Yame (Moke-so Yah-meh):** End meditation 4. **Shomen ni Rei (Show-men nee Ray):** Bow to the front/founder 5. **Sensei ni Rei (Sen-say nee Ray):** Bow to the instructor 6. **Otagai ni Rei (Oh-tah-guy nee Ray):** Bow to each other 7. **Kiritsu (Kee-reet-soo):** Stand up ⚠ **Closing Sequence Change:** For the end of class, 🔁 Step 5 (Sensei ni Rei) happens before Step 4 (Shomen ni Rei).	"Judo" is defined as a way to **optimally utilize** the powers of both **body** and **mind**. The purpose of Judo training is to **teach physical** and **mental discipline** through the practice of attack and defense, leading to an understanding of **the essence of the way**. One thus attains completion of self, and contributes to the wellbeing of society at large.