

Dojo Rules

1. The Sensei is to be obeyed at all times. Failure to do so could result in permanent dismissal from the club.
2. Concerns can be brought to the attention of the Head Sensei after class.
3. Follow all the safety precautions of the Sensei on the mat.
4. No verbal or physical abuse will be tolerated.
5. No profanity.
6. No smoking or liquor in Dojo area.

Etiquette

1. Bowing executed at the following times.
 - When entering and leaving the dojo or practice hall.
 - When getting on or off the mat area
 - Before and after practicing with an opponent.
 - Before and after a match.
 - Before and after receiving an award or acclaim.
 - After receiving instruction from the Senseis.
2. Sempai (senior judoka) and Kohai (junior) relationship
 - Senior doesn't necessarily mean age. It means experience and time in Judo. The Sempai is responsible for assisting the Kohai in learning Judo and assisting in the training.
 - Junior doesn't necessarily mean age. It means experience and time in Judo. The Kohai is responsible for listening and learning from his/her seniors and instructors. Respect and obedience is necessary for quick, safe and lasting learning in the Dojo.
3. Respecting the elders and adults in the dojo.
 - Respect will be shown to parents, grandparents, adult relatives.
 - All adults will be shown respect by Judoka at all times.

Preparation for Learning Judo

1. Gripping (Kumikata)
 - 1) Standard grip is right hand grips opponent's left lapel while the left hand grips the opponent's right sleeve.
 - 2) Left hander switch the positions.
2. Moving
 - 1) Keep most of bodyweight evenly distributed over base of support and line of gravity.
 - 2) Don't cross your feet when moving around.
 - 3) Don't bring your feet together when moving.
 - 4) Avoid bouncing type movements.

- 5) Shuffle your feet slightly above the mat in short steps. Move in lateral motions if possible.
- 6) Keep knees slightly flexed or bent while on the move.
- 7) If opponent is bigger try to move more.
- 8) If opponent is smaller, try to move less.

3. Falling Techniques (Ukemi)

Back Falls Seated

- 1) Roll back and let your feet ride up. Slap the mat as the small of your back hits the mat. Let the momentum carry your buttocks up.
- 2) Arms are to the side in 45 degree angle down.

Back Falls Standing

- 1) Squat straight down before rolling back to slap.

Side Falls Lying Down

- 1) Move from side to side. When moving to the right, slap with the palm of the right hand. When moving to the left, slap with the palm of the left hand. The hand not in use should be placed on the stomach.
- 2) Keep the head up off the mat, the legs slightly bent and apart: slap six inches to a foot away from the body.

Side Falls Standing

- 1) Stand with the feet apart at shoulder width
- 2) Kick the left foot across to the right side and raise the left hand to the right side.
- 3) Squat straight down, continuing to raise the left arm.
- 4) Continue to go down until the left butt hits the floor.
- 5) Roll back and begin to bring the arm down to mat forcefully.
- 6) The side of the left leg should make contact with the mat at about the same time as the left hand. The right hand goes to the stomach.
- 7) Repeat instruction on the other side.
- 8) Keep head off the mat.

Rolling Falls

- 1) Step forward with right foot that is turned to left.
- 2) Bend at the knees and hips and place hands between the right and left feet, fingers pointed towards each other.
- 3) Lean forward so that toes of the right foot are the only support.
- 4) Look back at the left foot let go and begin to roll over
- 5) Once contact is made on mat, continue through getting ready to bring the right hand to the mat and the left to the stomach.
- 6) Body should roll on the right side.
- 7) Repeat instruction using other side.
- 8) Keep head off the mat