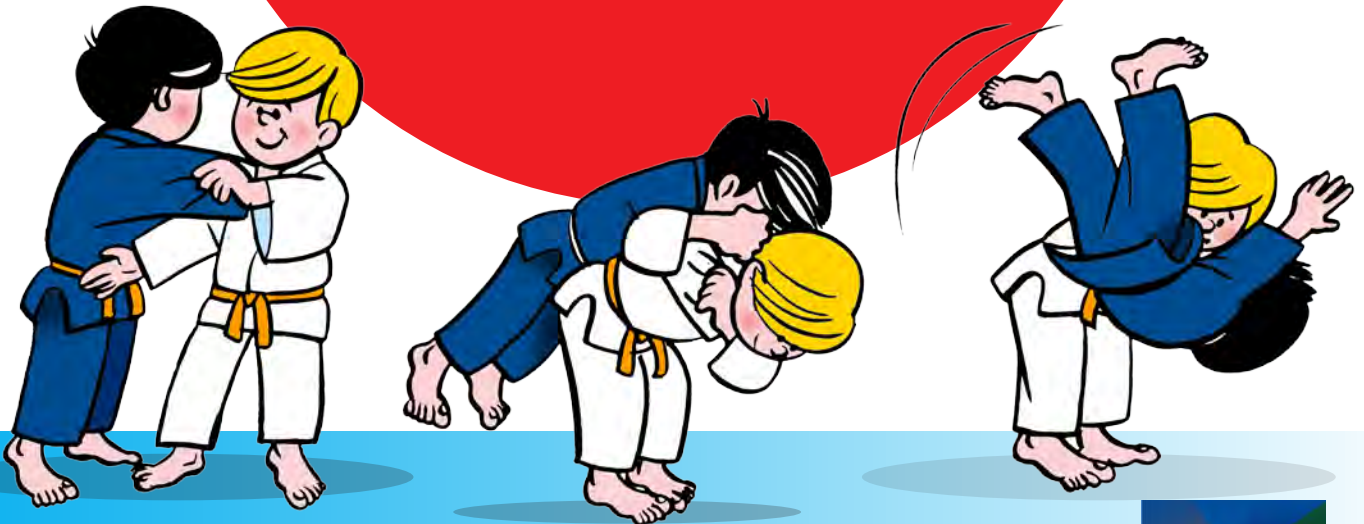


柔道

LEARNING JUDO



MANUAL OF JUDO



INTRODUCTION

INTRODUCTION

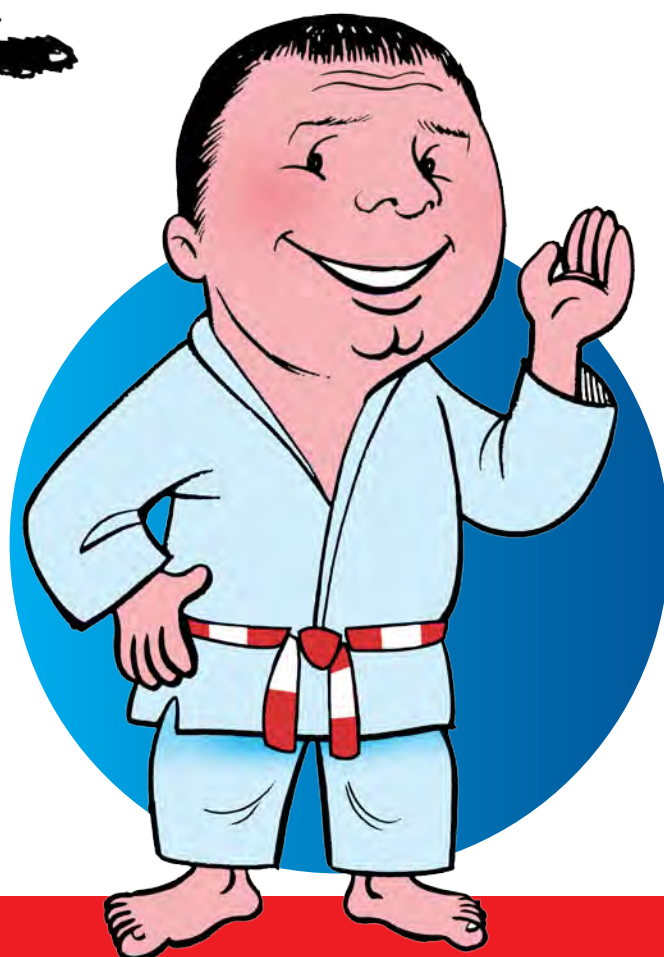


GIANCARLO MANGINI THE DRAWER

Born in Pola, international cartoonist, caricaturist, journalist, he's been working for many magazines all over the world: Usa, Spain, Japan, Cuba, Great Britain, Nicaragua. Once baseball player of the national team, he is very involved in Martial sports too.

GIORGIO SOZZI THE AUTHOR

Born in Cremona (Italy) (1940-2012), Judo Teacher 8° dan, journalist, writer. He spent most of his life promoting the practice of judo as a means of improving society. He was very interested in didactics for children and in teaching judo to people with disability. "Learning judo" was edited for the first time in 1982. He's been edited 23 times till now.



JU
DO



ONCE UPON A TIME, IN A FAR AWAY COUNTRY CALLED JAPAN, THERE WAS A LITTLE TOWN CALLED MIKAGE. THERE LIVED A VERY SMART BOY, WHO LOVED STUDYING AND WHO HAD MANY INTERESTS IN SEVERAL SUBJECTS.

THIS BOY, WHOSE NAME WAS JIGORO KANO, WAS SO GOOD IN SCHOOL THAT HE RECEIVED THE TITLE OF "GIFTED CHILD". HE WAS ALSO VERY POLITE AND FRIENDLY, BECAUSE HE WAS BROUGHT UP BY HIS PARENTS TO RESPECT VALUES OF PEACE AND HONESTY.

BUT ONE DAY THE YOUNG JIGORO MET THE BULLYING AND THE VIOLENCE. IN FACT, WHILE HE WAS WALKING HOME FROM SCHOOL, HE CAME ACROSS A BAND OF YOUNG BULLIES, WHO ATTACKED HIM AND WHO KNOCKED HIM DOWN ON THE GROUND. JIGORO WAS VERY SMALL AND WEAK AND HE COULD NOT STAND UP TO THE BULLIES.

BUT YOUNG JIGORO HAD A STRONG CHARACTER AND THAT DAY HE SAID TO HIMSELF HE WOULD NEVER SUFFER SUCH AN HUMILIATION AGAIN.

IN 1877 JIGORO STARTED A TRAINING PERIOD UNDER THE LEAD OF FUKUDA HACHINOSUKE, A MASTER OF JU-JITSU.

JIGORO'S BODY BECAME STRONGER AND STRONGER, AND HIS MIND BECAME VERY CLEAR.

JIGORO BECAME SO MUCH INTERESTED IN THE ART OF FIGHTING THAT AFTER SOME YEARS OF LEARNING, IN 1882, HE CREATED HIS OWN PERSONAL WAY OF WRESTLING.

JIGORO COMBINED TOGETHER ALL THROW TECHNIQUES AND CONTROL TECHNIQUES THAT HE HAD LEARNED SINCE 1877. HE UTILIZED JU-JITSU TRADITIONAL TECHNIQUES, BUT HE ELIMINATED THE USE OF WEAPONS AND ALL THE TECHNIQUES HE CONSIDERED DANGEROUS. HE PUT TOGETHER TRADITIONAL TECHNIQUES AND WESTERN MORE MODERN FIGHTING TECHNIQUES.

JIGORO WANTED TO CREATE A METHOD OF EDUCATION, THAT COULD BE USED TO IMPROVE SOCIALIZATION AND SELF-ESTEEM. HIS METHOD HAD TO BE A WAY OF LIFE, USEFUL FOR SOCIETY.

JIGORO GAVE HIS OWN METHOD THE NAME OF "JUDO".

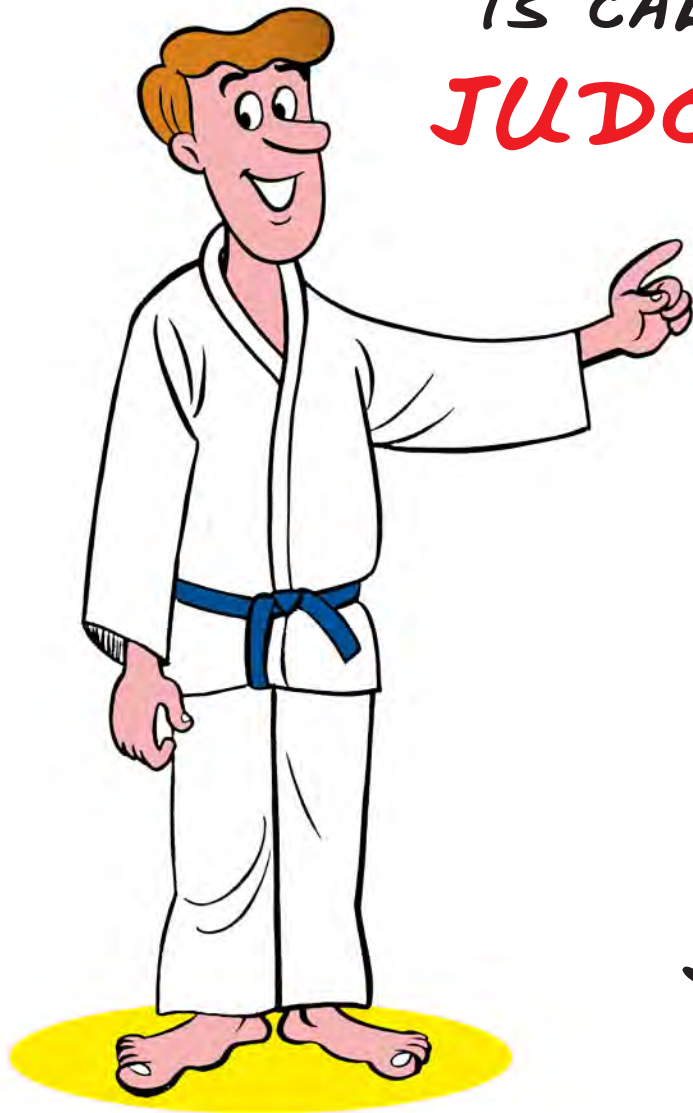
IN 1882, WHEN HE WAS 23, JIGORO KANO FOUNDED HIS SCHOOL, THE "JUDO KODOKAN" AND HE CREATED HIS FIRST DOJO, INSIDE THE BUDDHIST TEMPLE OF EISHO.

HE HAD 9 PUPILS AT ALL, TRAINING ON 12 MATS!

SO, THE LIFE EXPERIENCE OF KANO GENERATED JUDO. JIGORO KANO HAD PHYSICAL AND MENTAL BENEFITS BY PRACTICING THIS VERY INTERESTING AND AMUSING DISCIPLINE. THIS IS THE REASON WHY HE WANTED JUDO TO BE PRACTICED ALL OVER THE WORLD, SO THAT ALL THE PEOPLE COULD ENJOY THE SAME BENEFITS. AND SO IT WAS!

A JUDO PLAYER
IS CALLED

JUDO-KA

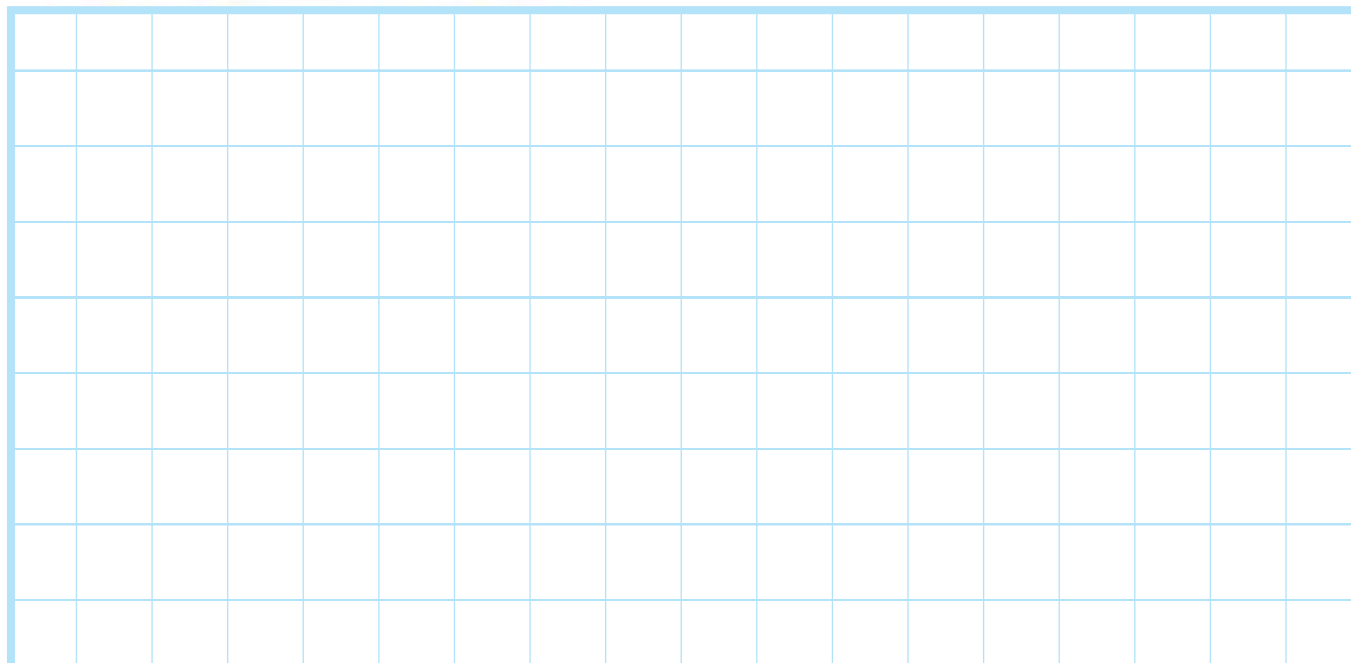


INSERT THE MISSING
LETTERS:

J _ DO _ A

J _ D _ _ A

J _ _ _ _ _



A JUDO PLAYER
IS CALLED

JUDO-KA

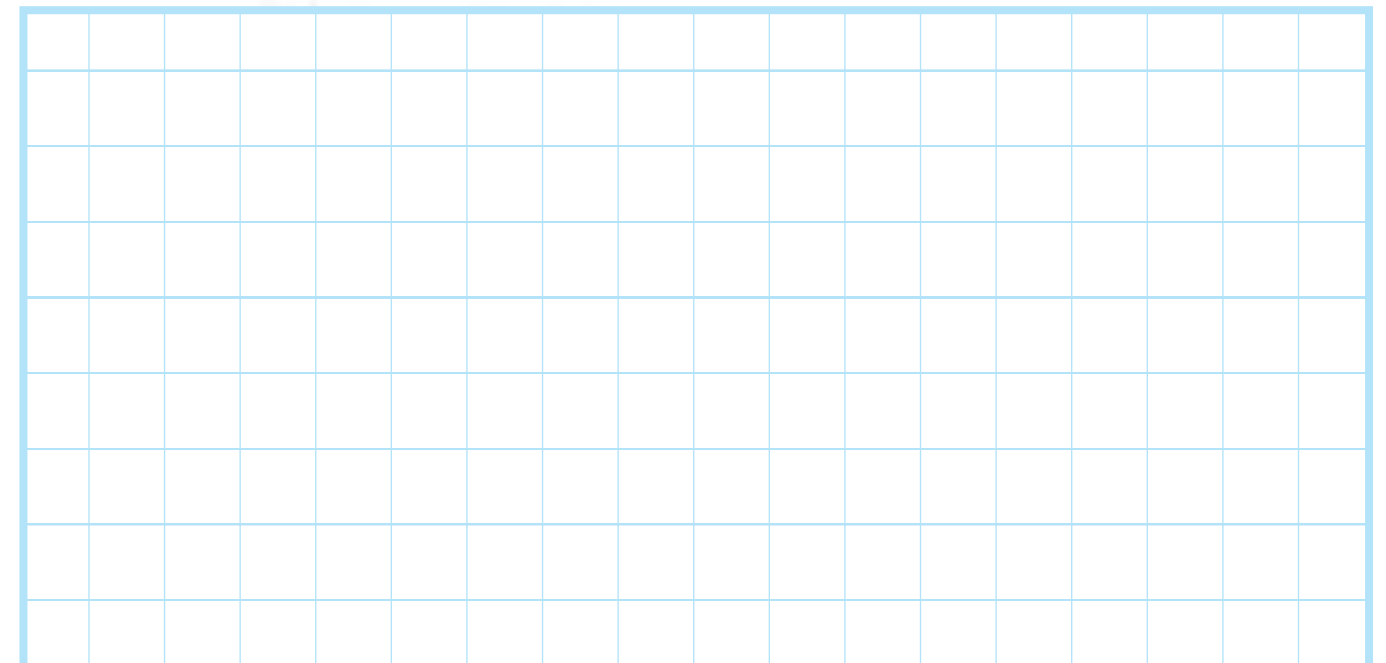


INSERT THE MISSING
LETTERS:

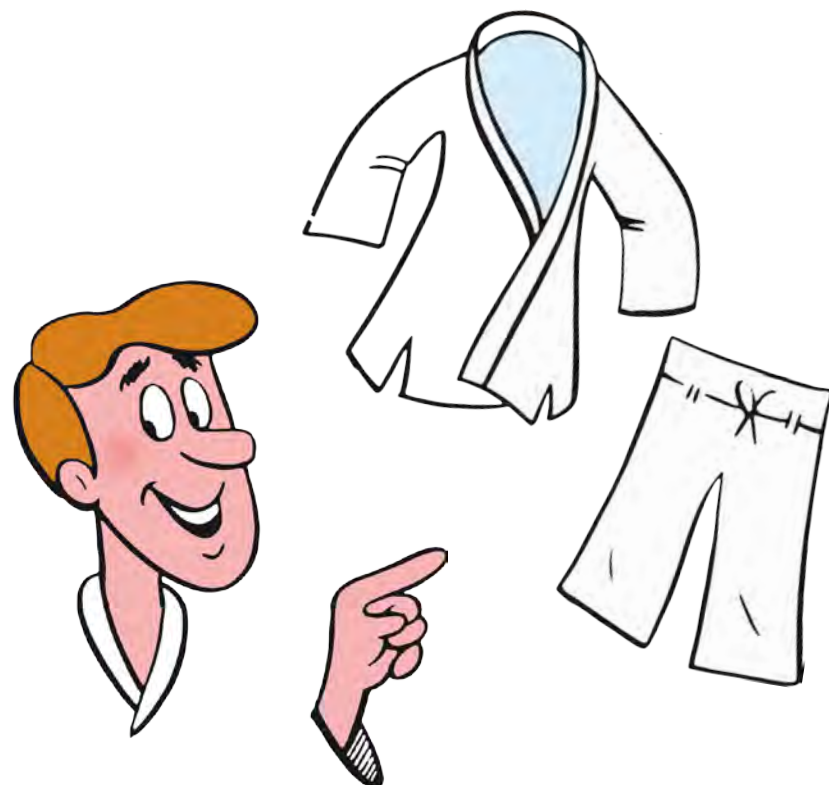
J _ DO _ A

J _ D _ _ A

J _ _ _ _ _



JUDOKA'S CLOTHING AND ACCESSORIES



WHAT IS JUDOGI?
JUDOGI IS THE
JUDOKA'S
DRESS

RECOPY THE SENTENCE

WHAT IS OBI?
OBI IS THE
JUDOKA'S
BELT

RECOPY THE SENTENCE

WHAT DOES ZORI MEAN?
ZORI ARE THE SLIPPERS
WE USE
IN JUDO

RECOPY THE SENTENCE



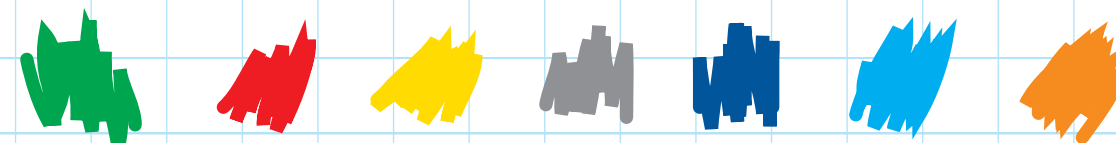
paint
and learn

JUDO-GI



JUDOGI CAN BE BLUE OR
WHITE:

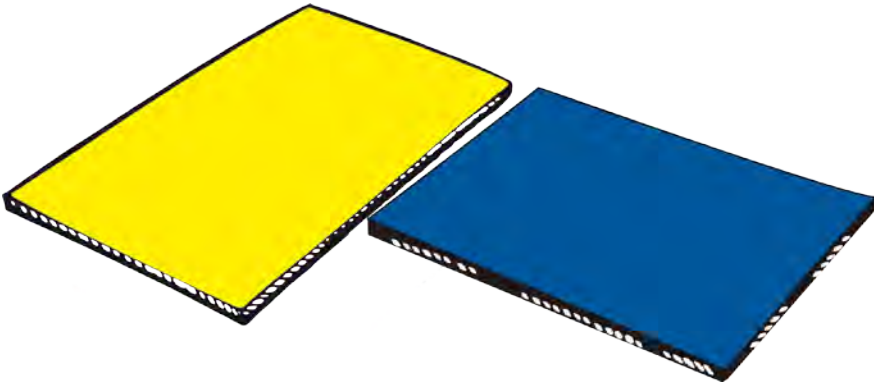
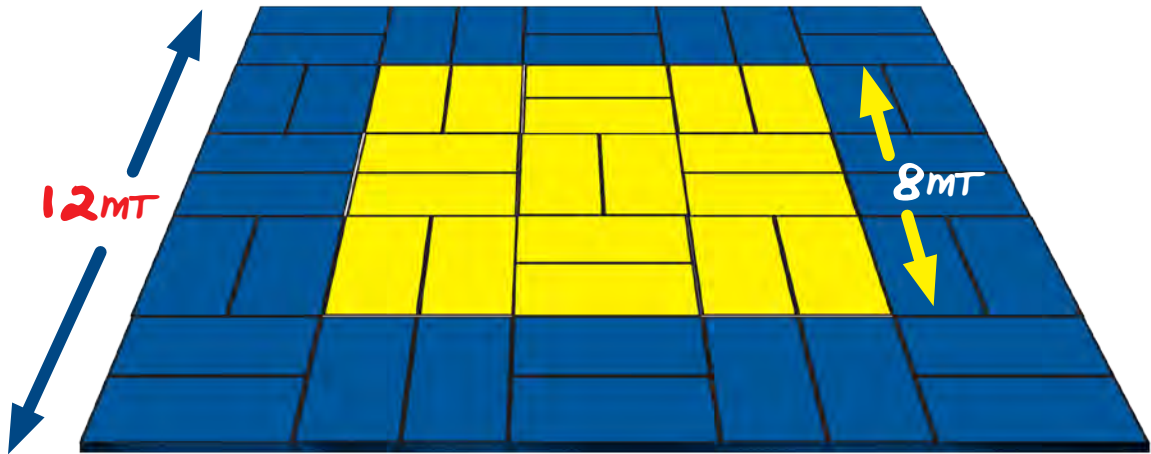
CHOOSE THE RIGHT COLOUR



DOJO AND TATAMI WHERE YOU PRACTICE JUDO

DOJO IS THE GYM WHERE YOU PRACTICE JUDO
IN THE DOJO THERE IS A MAT,
THAT IS CALLED

TATAMI

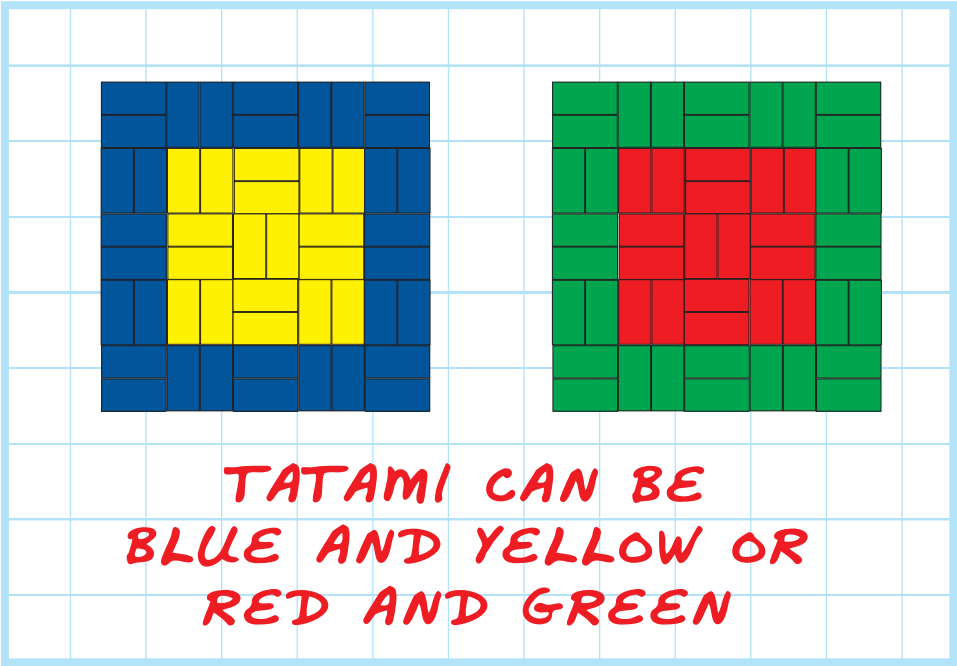


TATAMI
(MAT)

T _ T _ M _
T _ _ A _ _
_ _ _ _ _

DOJO
(GYM)

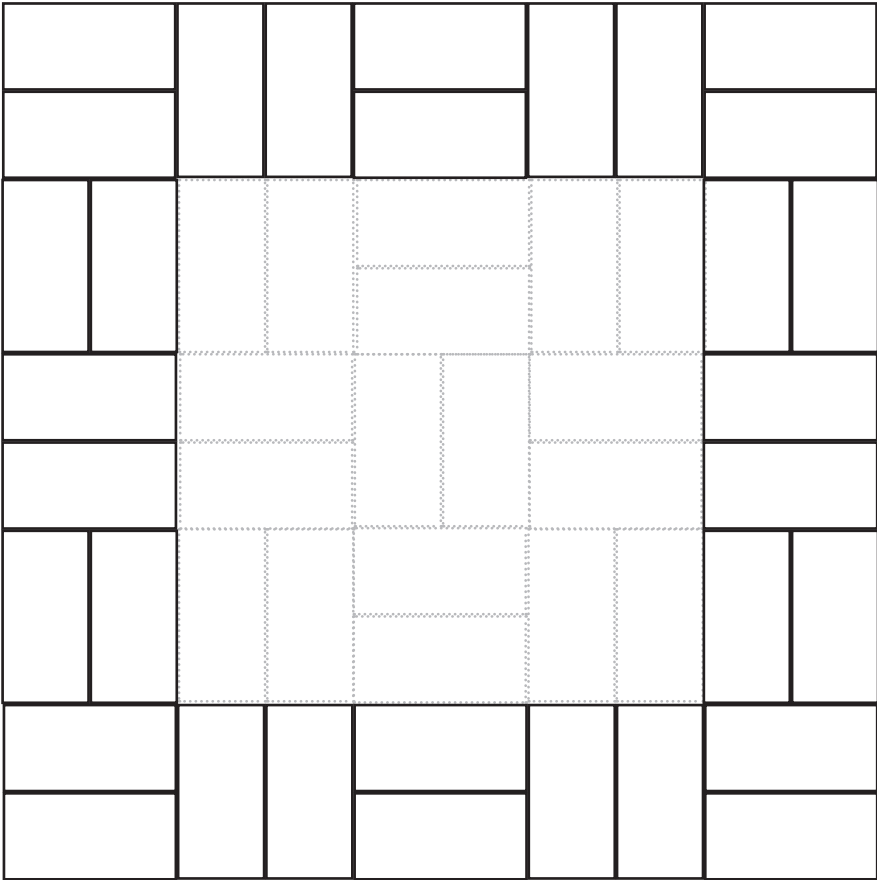
D _ J _
D O _ _
_ O _ _
_ _ _ _



TATAMI CAN BE
BLUE AND YELLOW OR
RED AND GREEN

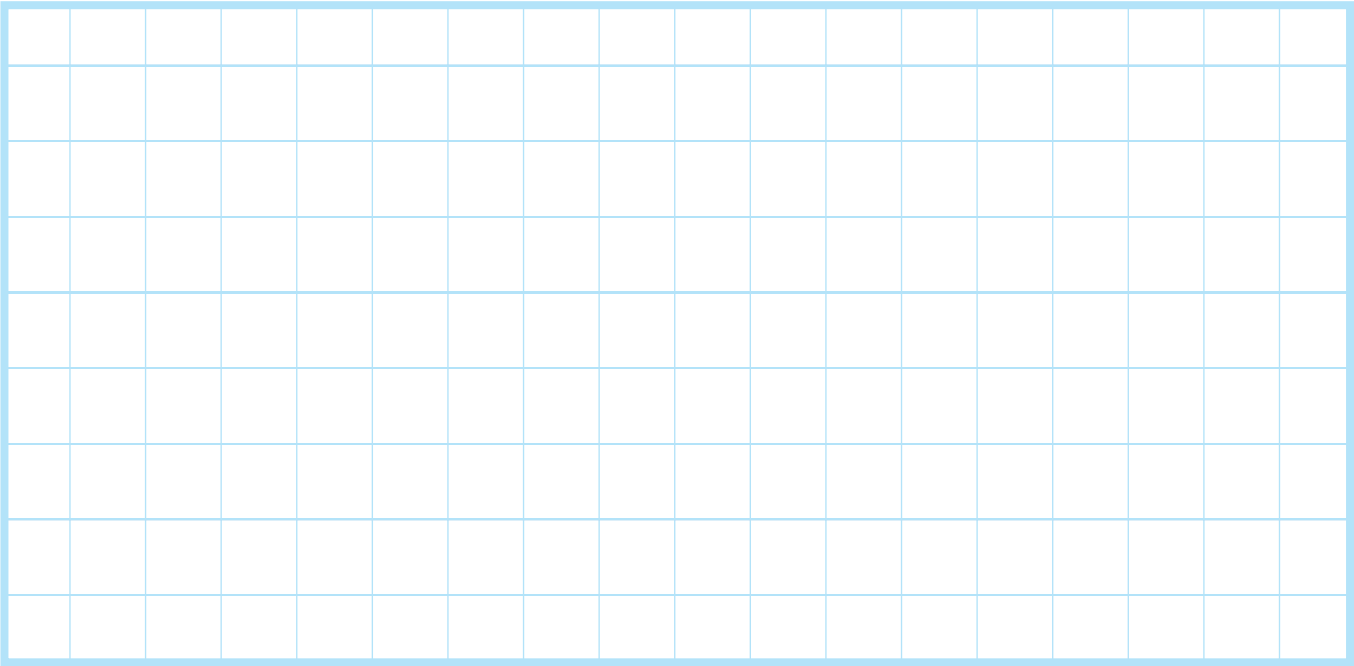
paint
and learn

TATAMI



TATAMI
(MAT)

T _ T _ M _
T _ _ A _ _
_ _ _ _ _



DRESS THE JUDO GI AND TIE THE JUDO BELT (OBI)



PANTS



JACKET



BELT

HOW TO TIE AN OBI



PANTS

P _ N T _
P _ _ _ S
P _ _ _ _

JACKET

J _ C _ E _
J _ _ K _ _
J _ _ _ _ _

BELT

B _ L T
B _ _ T
B _ _ _



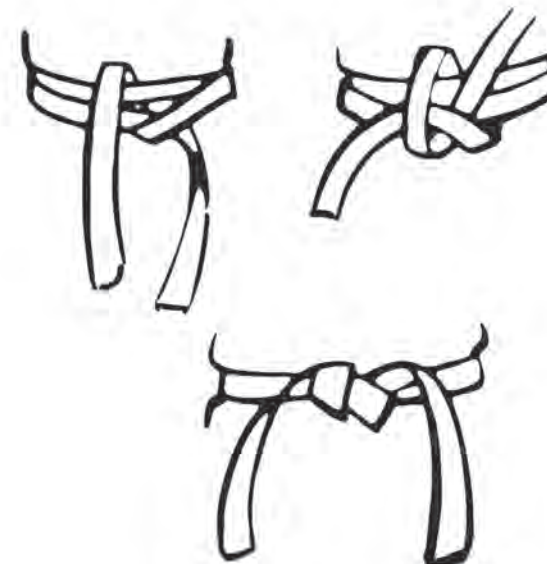
PANTS



JACKET



BELT



PANTS

P _ N T _
P _ _ _ S
P _ _ _ _

JACKET

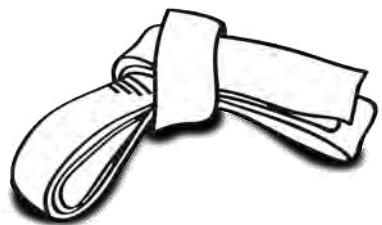
J _ C _ E _
J _ _ K _ _
J _ _ _ _ _

BELT

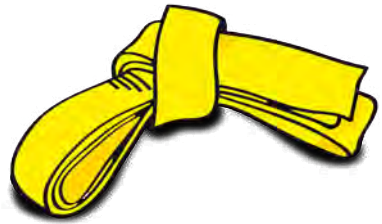
B _ L T
B _ _ T
B _ _ _



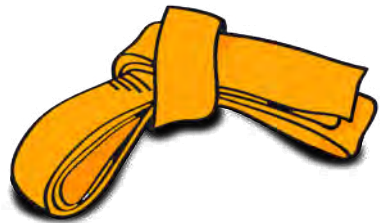
BELTS CAN BE OF DIFFERENT COLOURS:
IT DEPENDS ON THE LEVEL OF EXPERTISE



WHITE W _ I _ E
W _ _ _ _



YELLOW Y _ L L _ W
Y _ _ _ _



ORANGE O _ A _ G E
O _ _ _ _



GREEN G _ E E _
G _ _ _ _



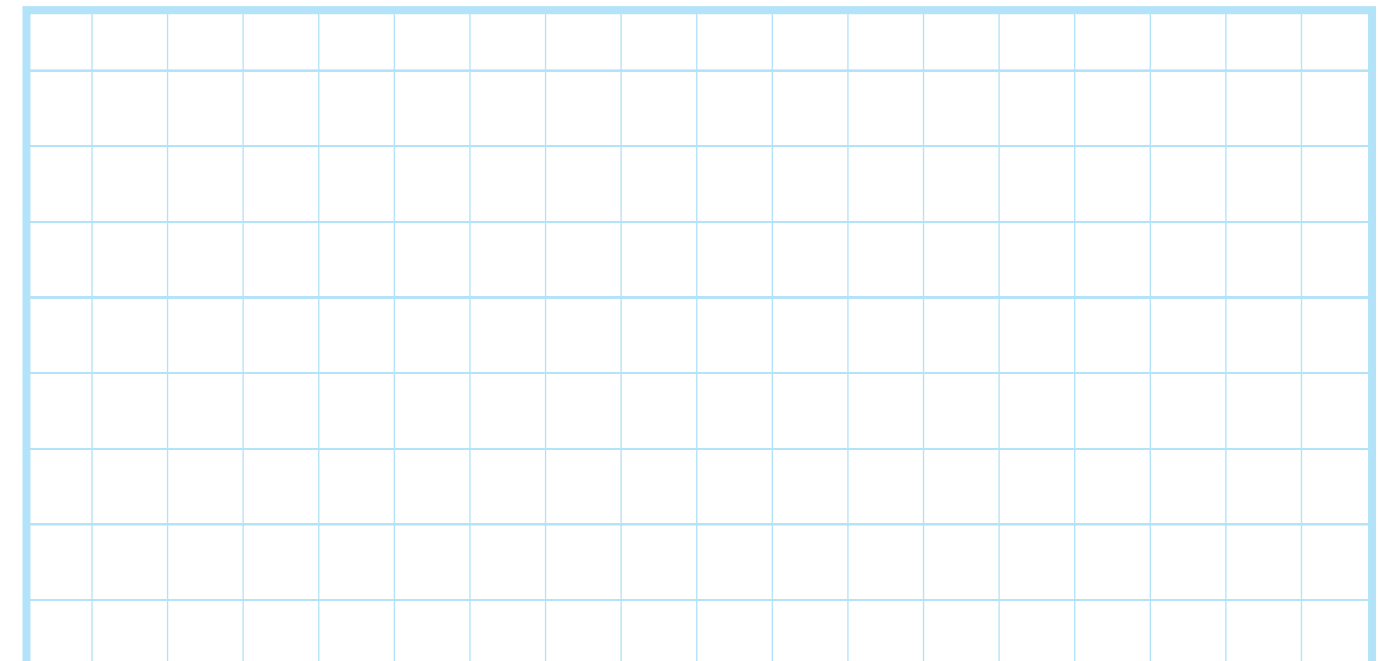
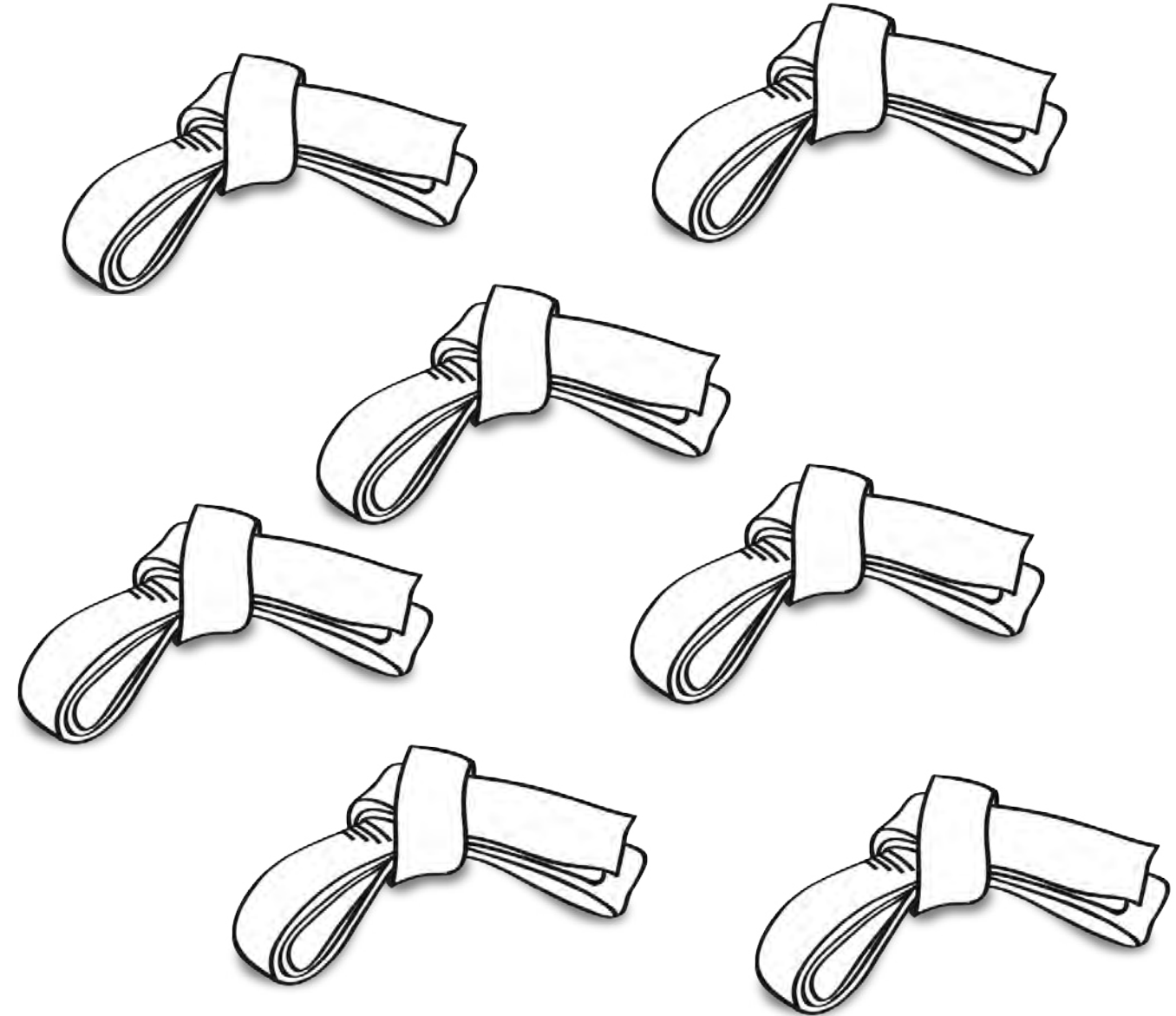
BLUE _ L _ E
B _ _ _ _



BROWN B _ O _ N
B _ _ _ _



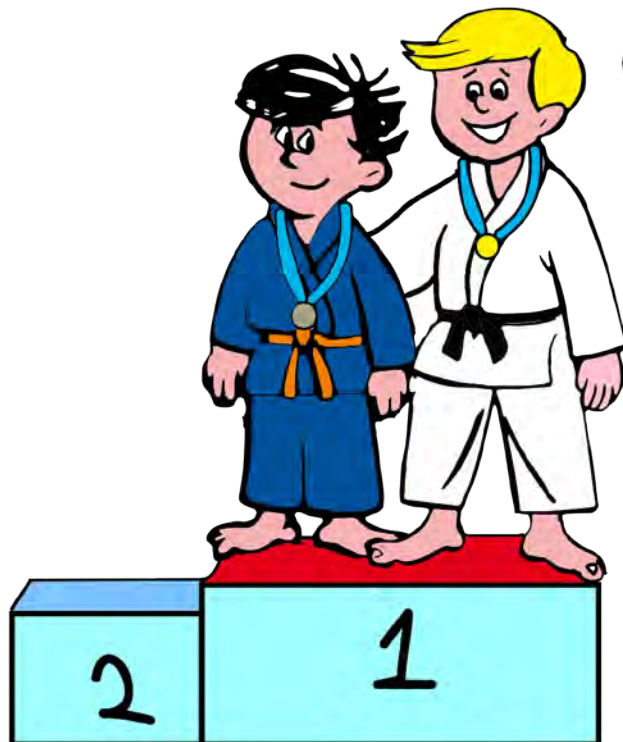
BLACK B _ A C _
B _ _ _ _





FRIENDSHIP

F-I-N-D-H-I-
F--N--H--
F-----



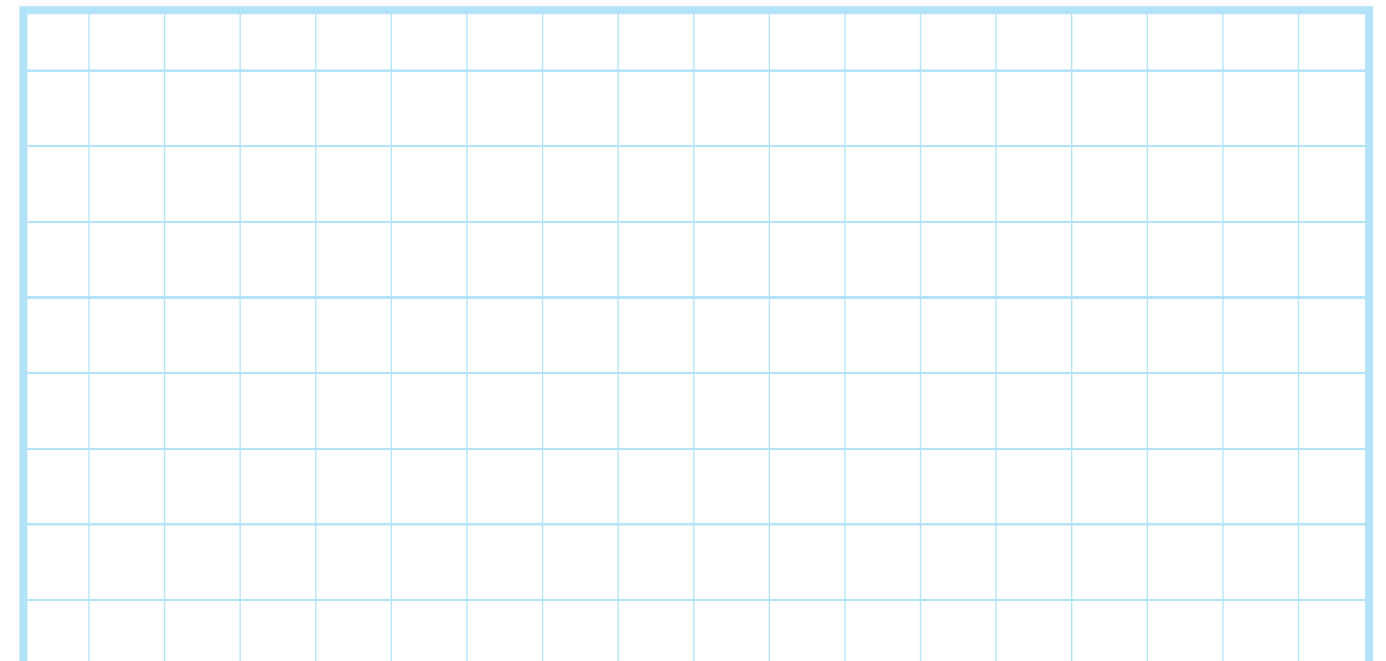
MODESTY

M-D-ST-
M--E-T-
M-----



SINCERITY

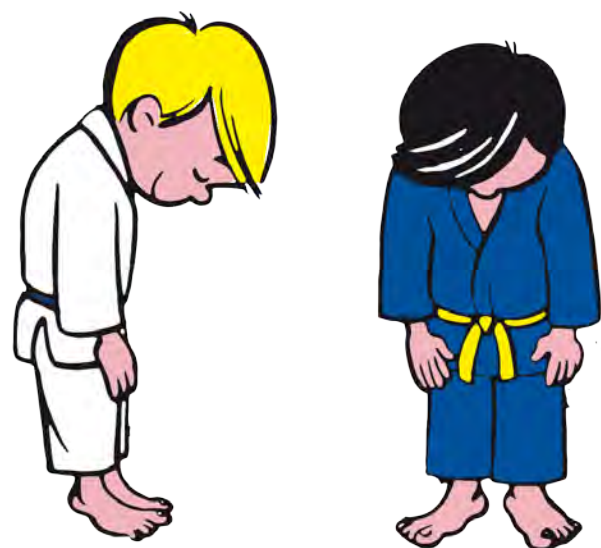
S-N-E-R-TY
S--C-R-TY
S-----





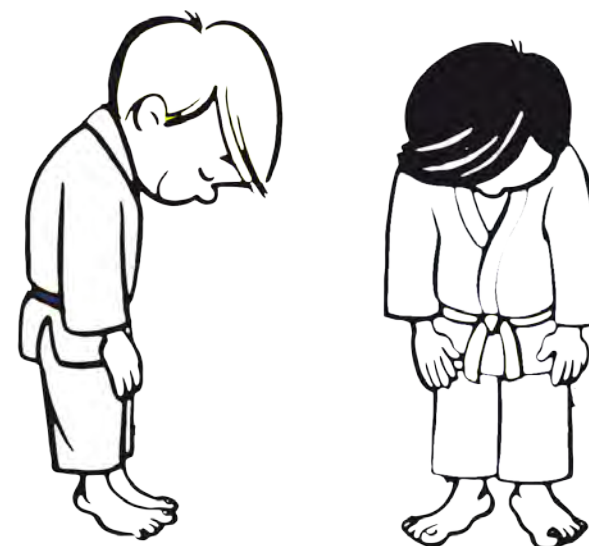
POLITENESS

P _ L _ T E _ E S _
P _ _ _ T _ _ E _ _
P _ _ _ _ _ _ _ _ _



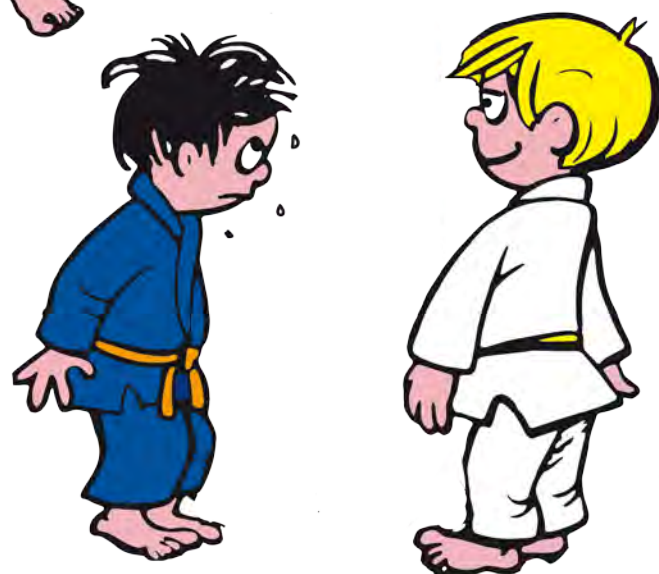
POLITENESS

P _ L _ T E _ E S _
P _ _ _ T _ _ E _ _
P _ _ _ _ _ _ _ _ _



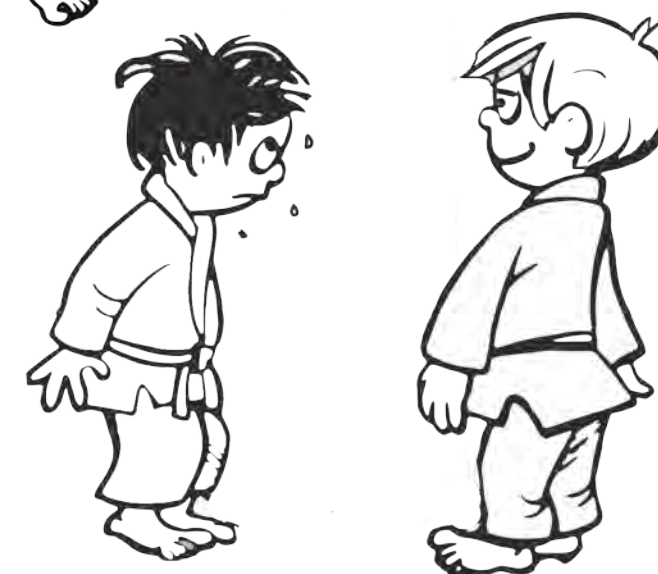
COURAGE

C _ U _ A _ E
C _ _ R _ G _
C _ _ _ _ _ _
_ _ _ _ _ _ _



COURAGE

C _ U _ A _ E
C _ _ R _ G _
C _ _ _ _ _ _
_ _ _ _ _ _ _



RESPECT

R _ S _ E C _ T
R E _ _ _ C T
R _ _ _ _ _ _
_ _ _ _ _ _ _

RESPECT

R _ S _ E C _ T
R E _ _ _ C T
R _ _ _ _ _ _
_ _ _ _ _ _ _

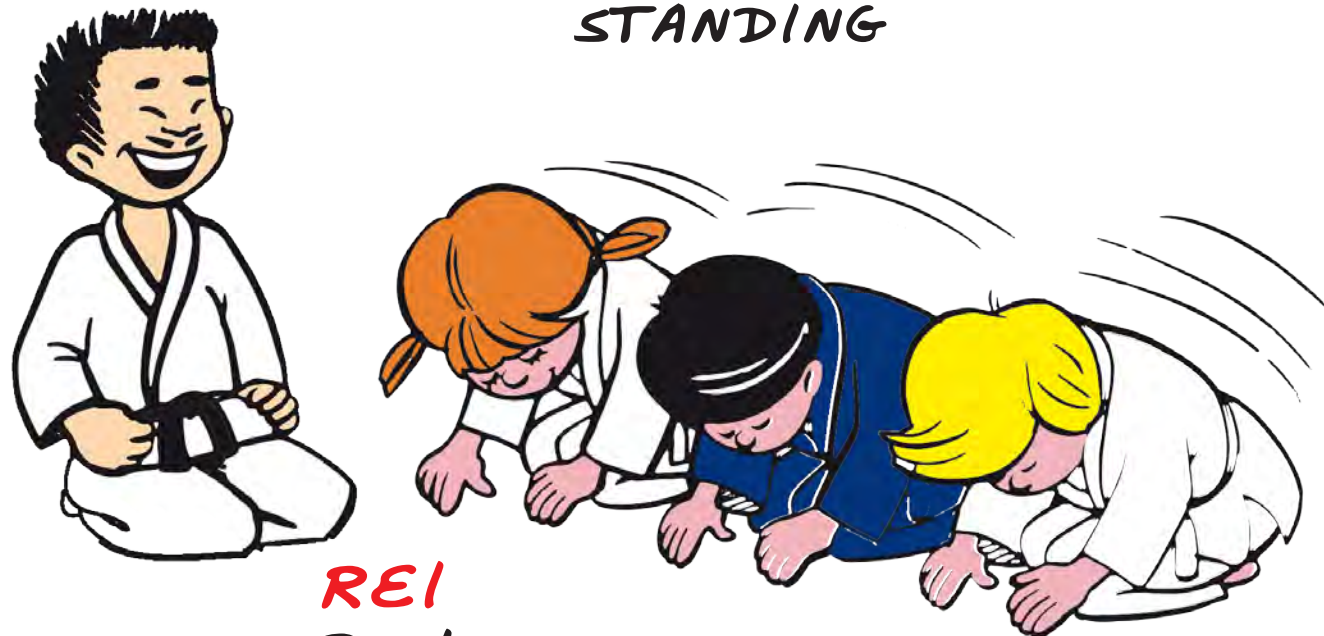


JUDO RULES

YOU HAVE TO GET ON THE MAT WITH BARE FEET. ON THE MAT, YOU MAKE THE JUDO SALUTATION TO THE MASTER AND TO FRIENDS. THE SALUTATION IS

CALLED "REI"

AND CAN BE MADE KNEELING OR STANDING

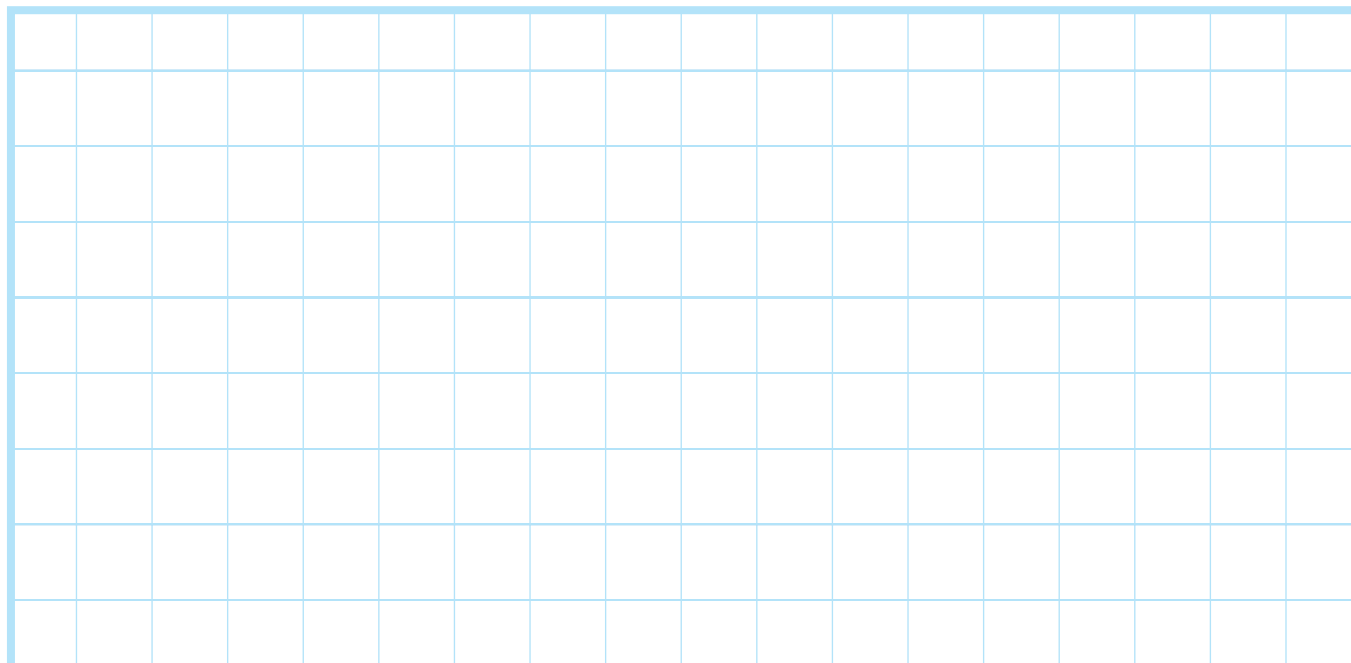


REI

R _ I

R _ _

_ _ _



paint
and learn

SALUTATION

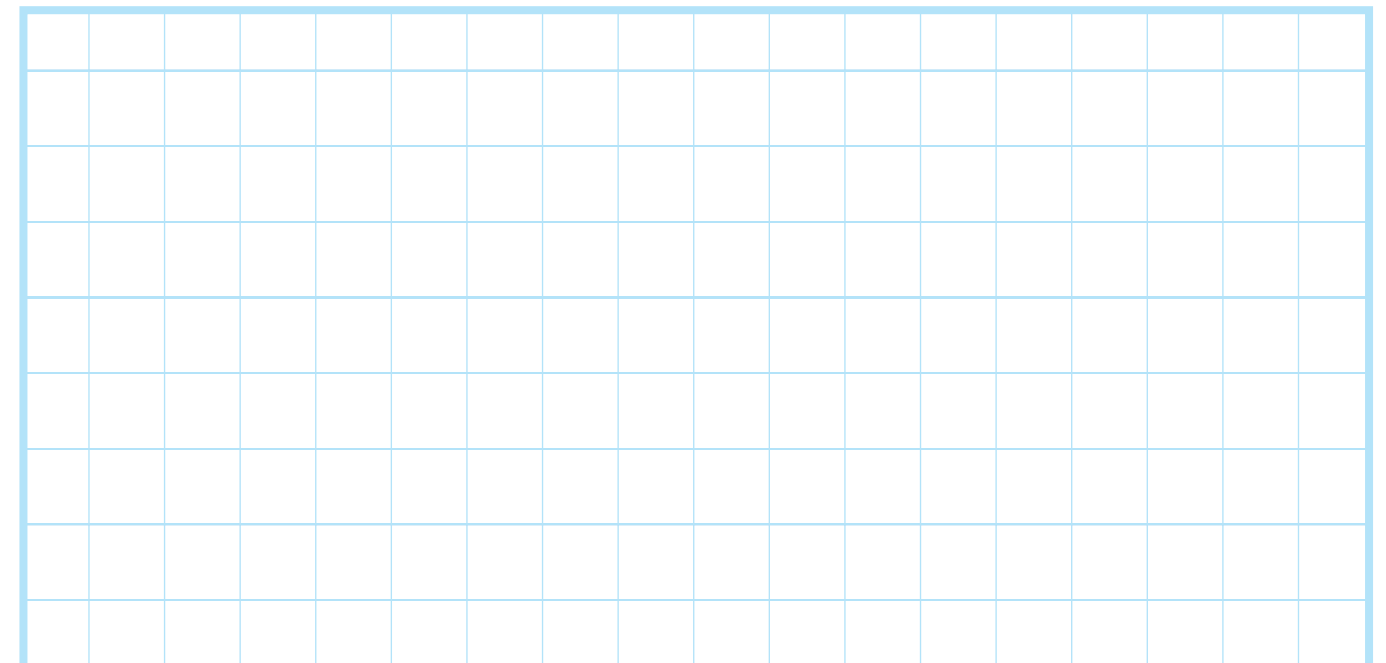


REI

R _ I

R _ _

_ _ _



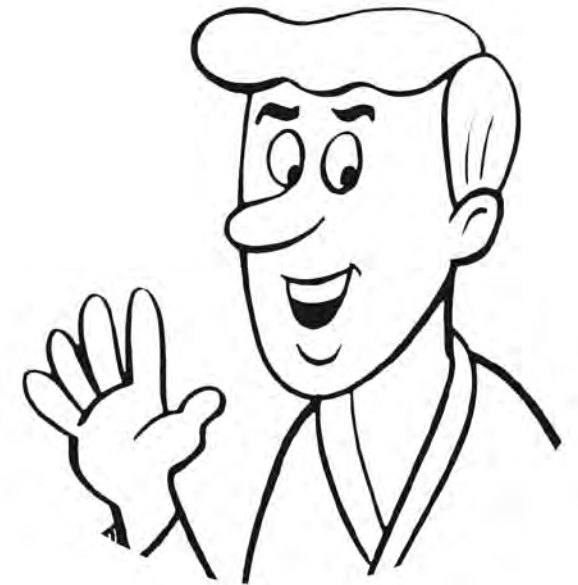


GRIPS

-R-PS

G--P-

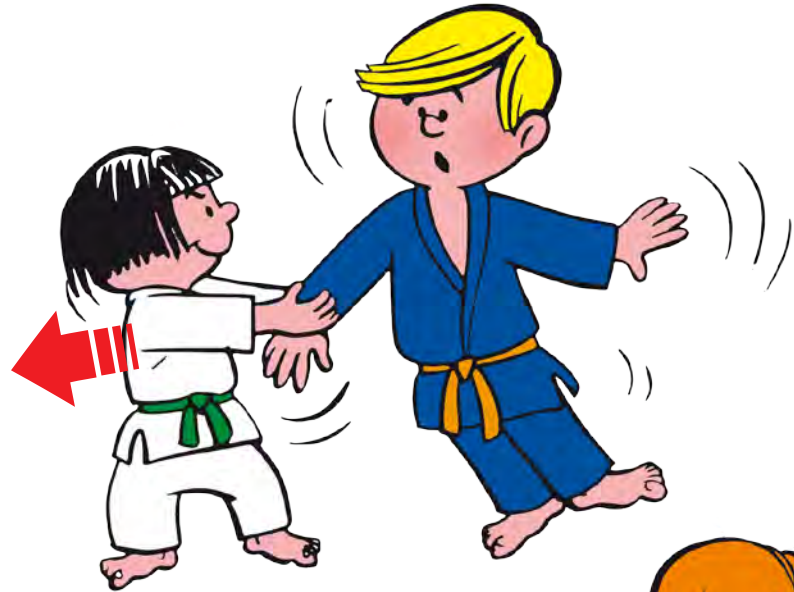
G-----



GRIPS
_R_PS
G__P_
G_____

KUZUSHI BREAKING BALANCE

KUZUSHI BREAKING BALANCE



BREAKING

B-E-KI-G

B _ _ _ K _ _ G

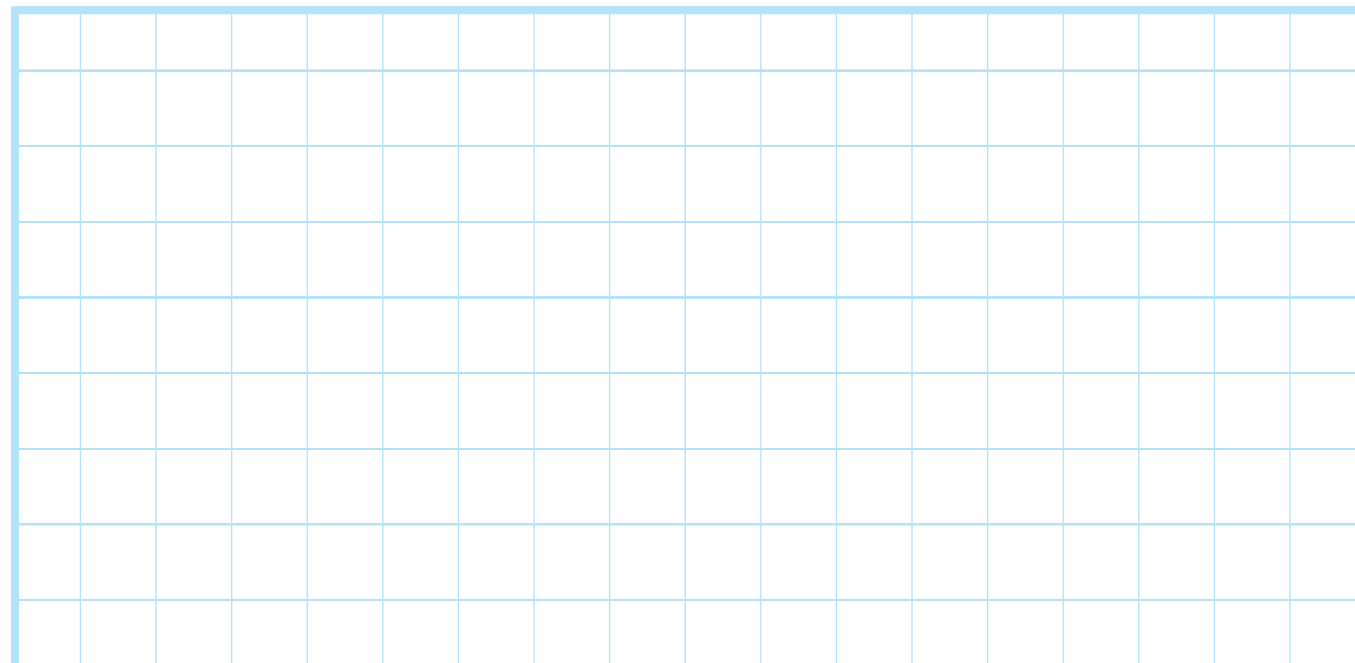
B _ _ _ _ _

BALANCE

B-L-N-E

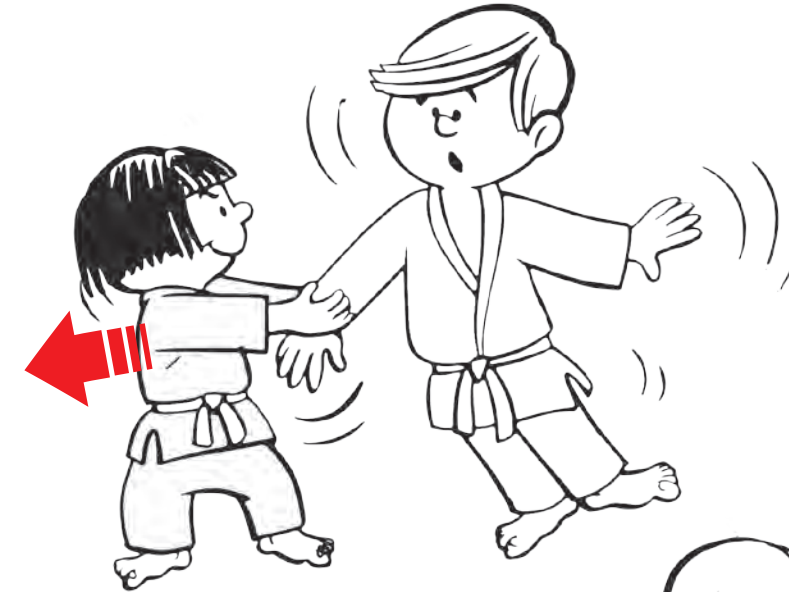
B-L-C-

B _ _ _ _ _



**paint
and learn**

BREAKING BALANCE



BREAKING

B-E-KI-G

B _ _ _ K _ _ G

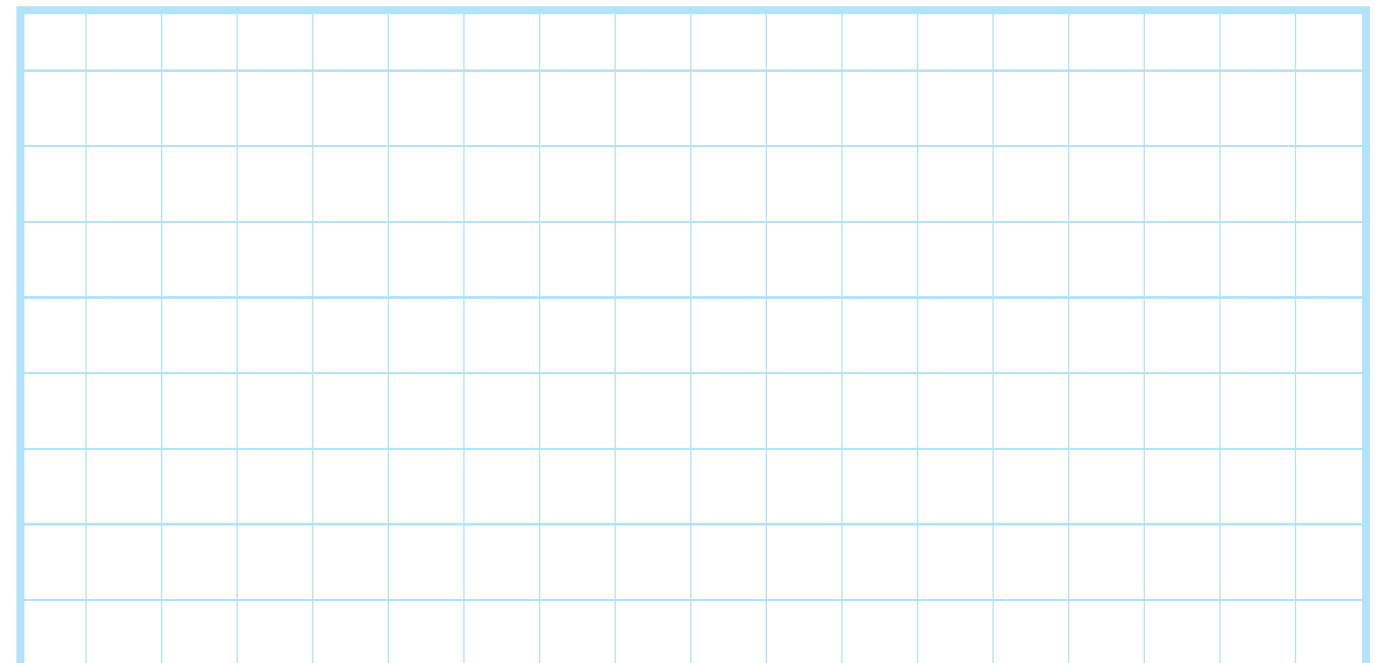
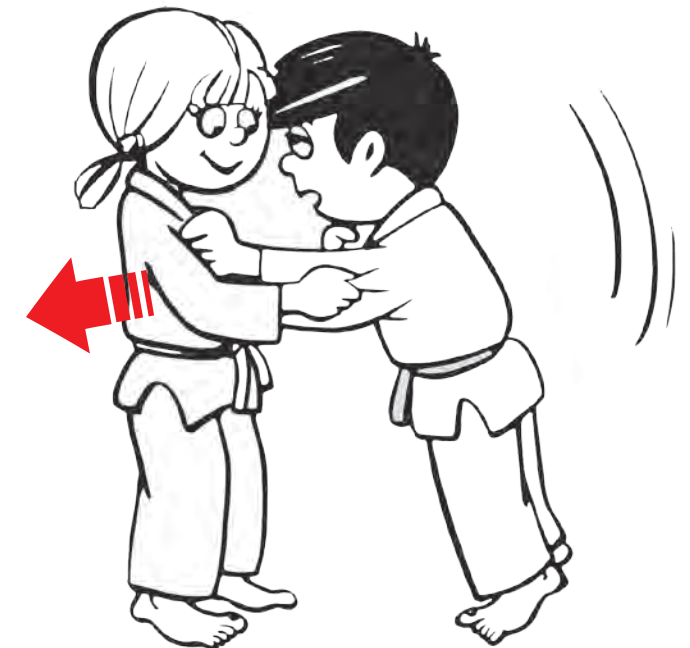
B _ _ _ _ _

BALANCE

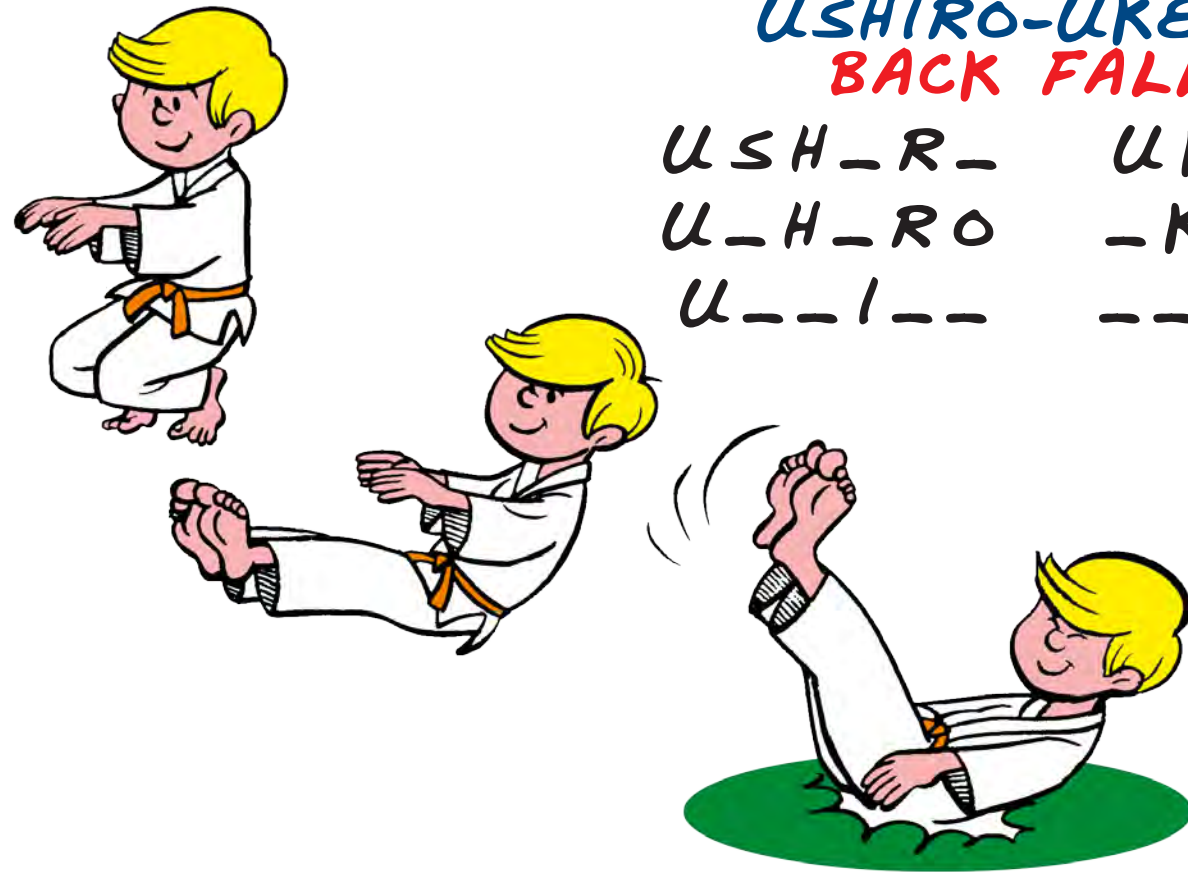
B-L-N-E

B-L-C-

B _ _ _ _ _

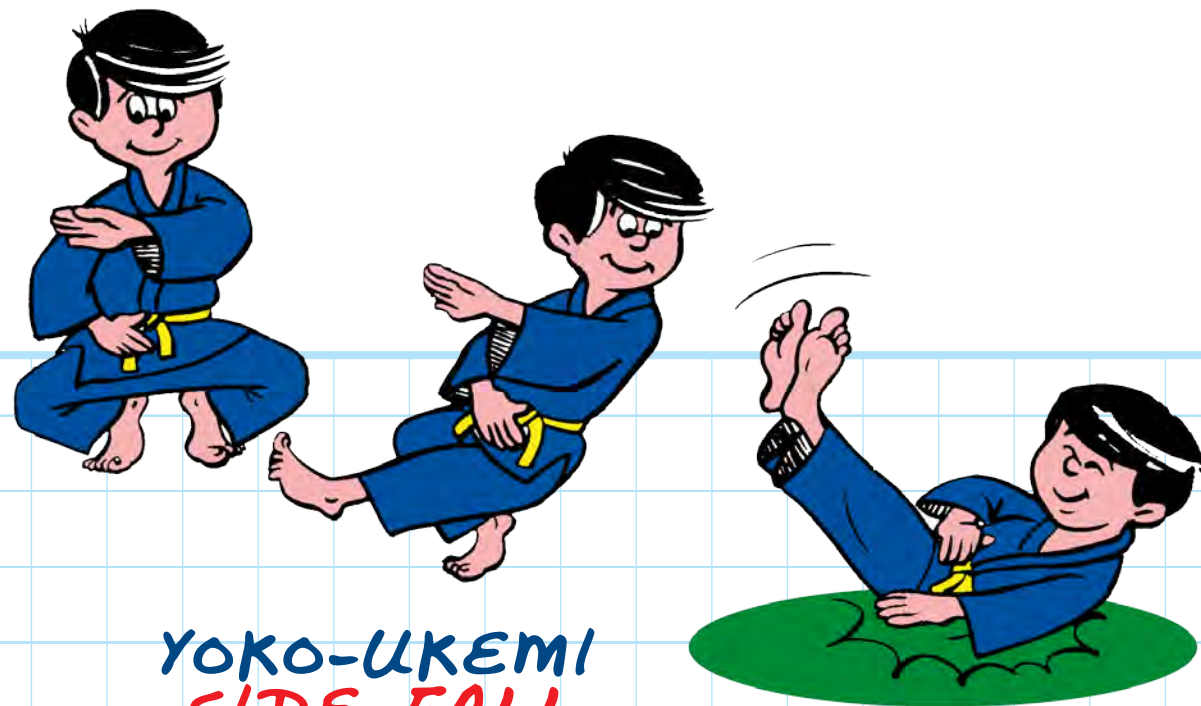


UKEMI FALLS



USHIRO-UKEMI BACK FALL

USH-R- UK---
U-H-RO -K-M-
U--I-- --E--

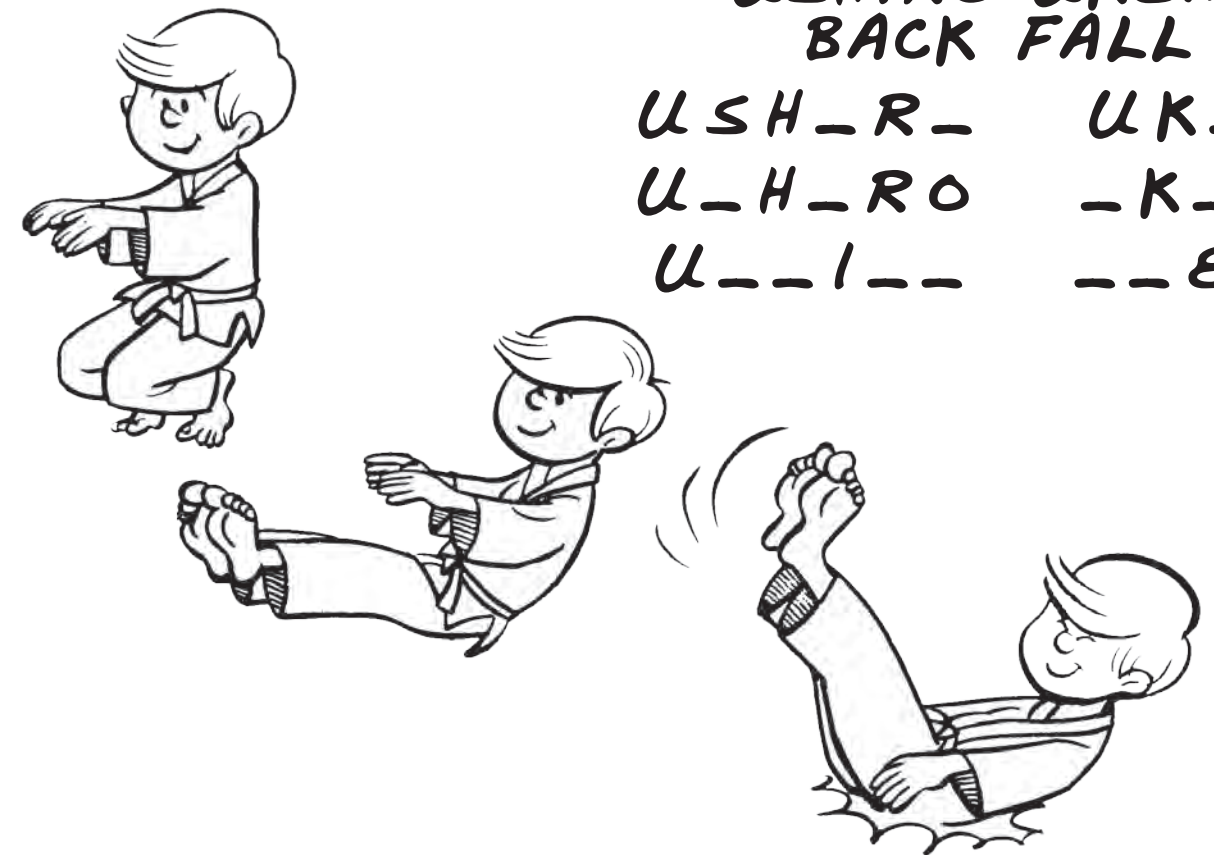


YOKO-UKEMI SIDE FALL

Y-K- UK---
Y--O- K--I
Y--- U-----

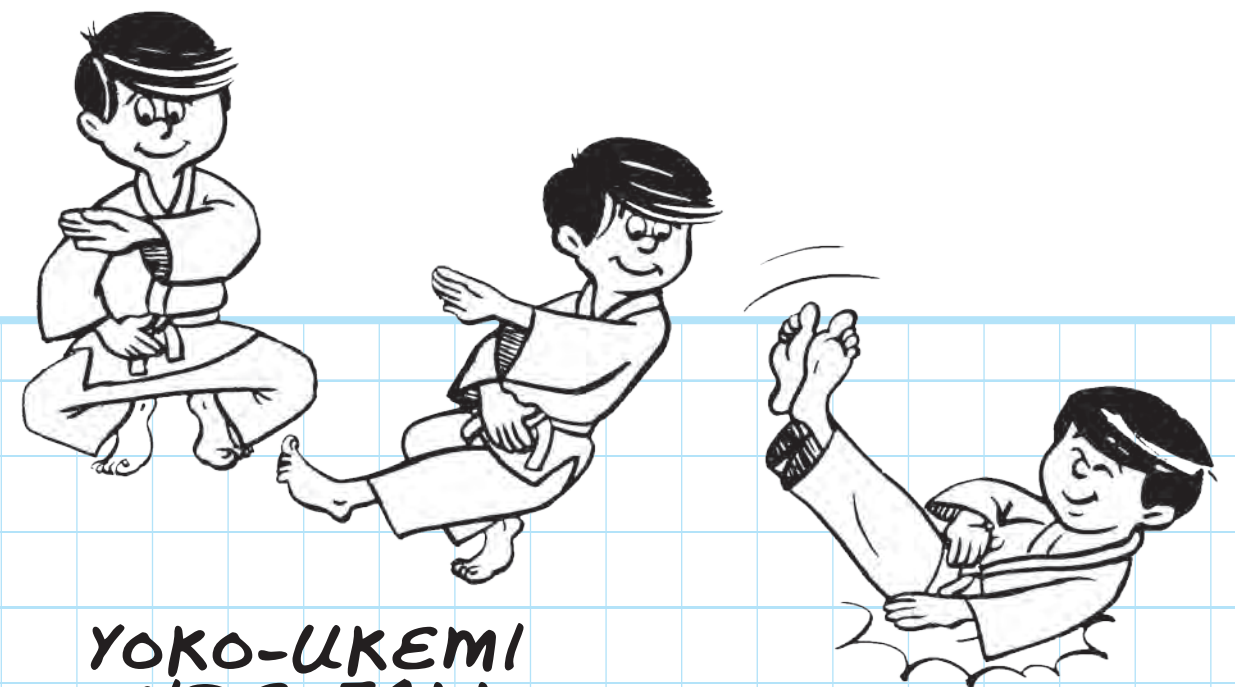
paint
and learn

USHIRO AND YOKO UKEMI



USHIRO-UKEMI BACK FALL

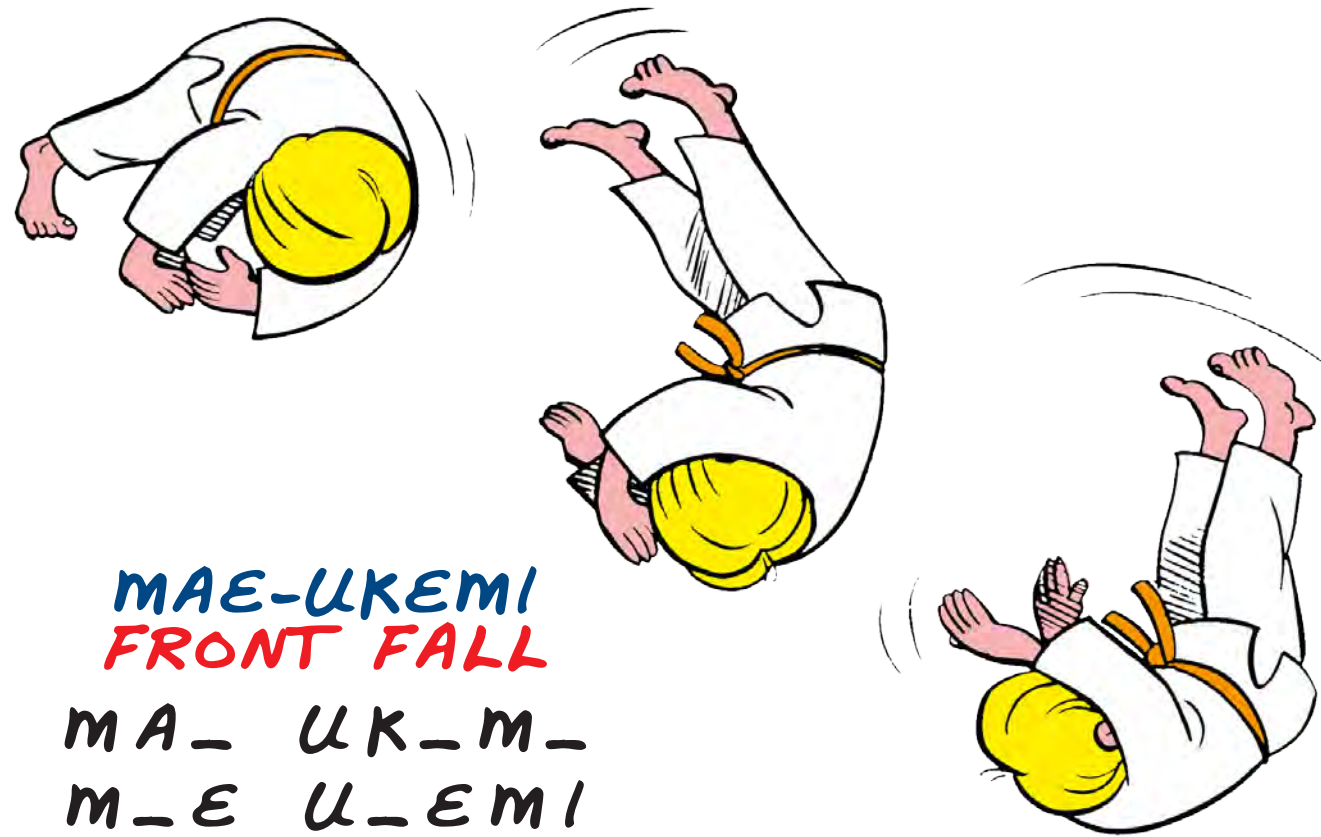
USH-R- UK---
U-H-RO -K-M-
U--I-- --E--



YOKO-UKEMI SIDE FALL

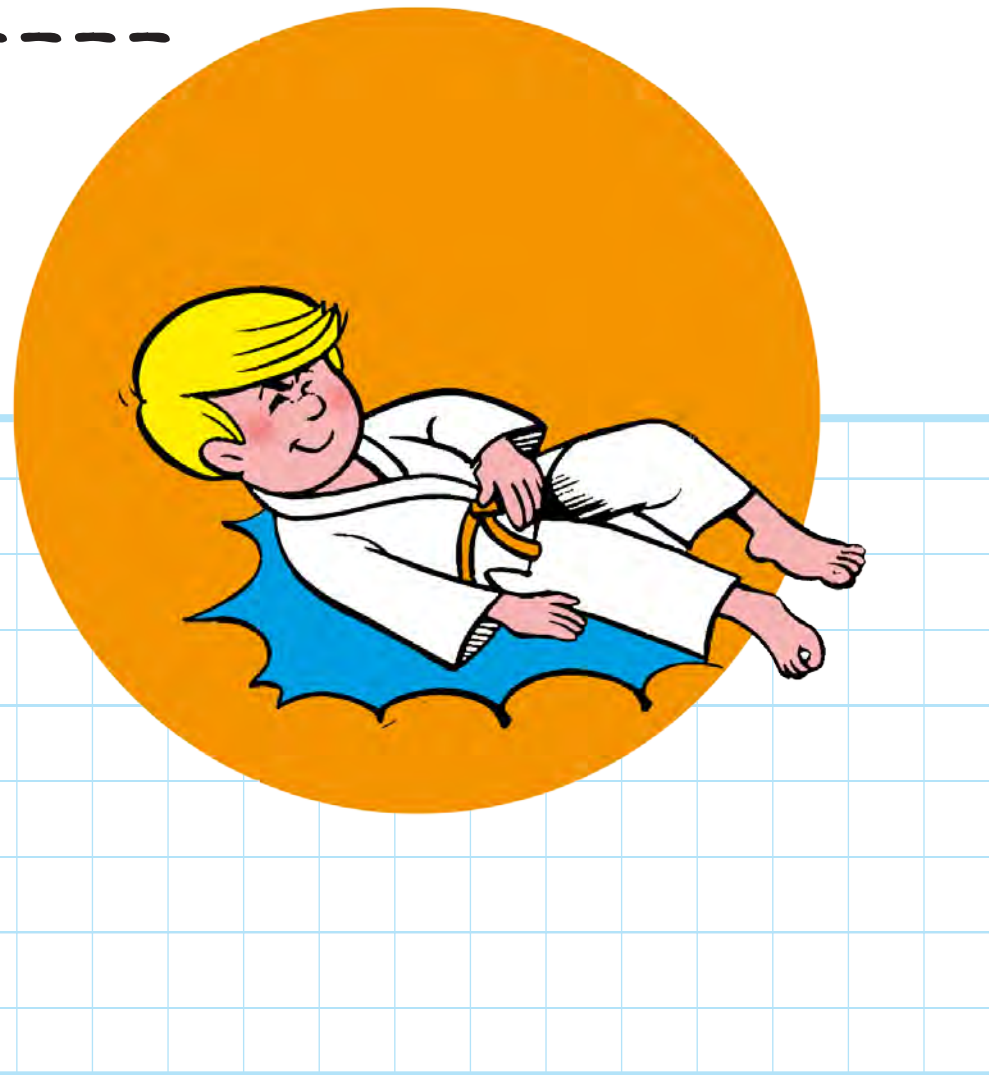
Y-K- UK---
Y--O- K--I
Y--- U-----

UKEMI FALLS



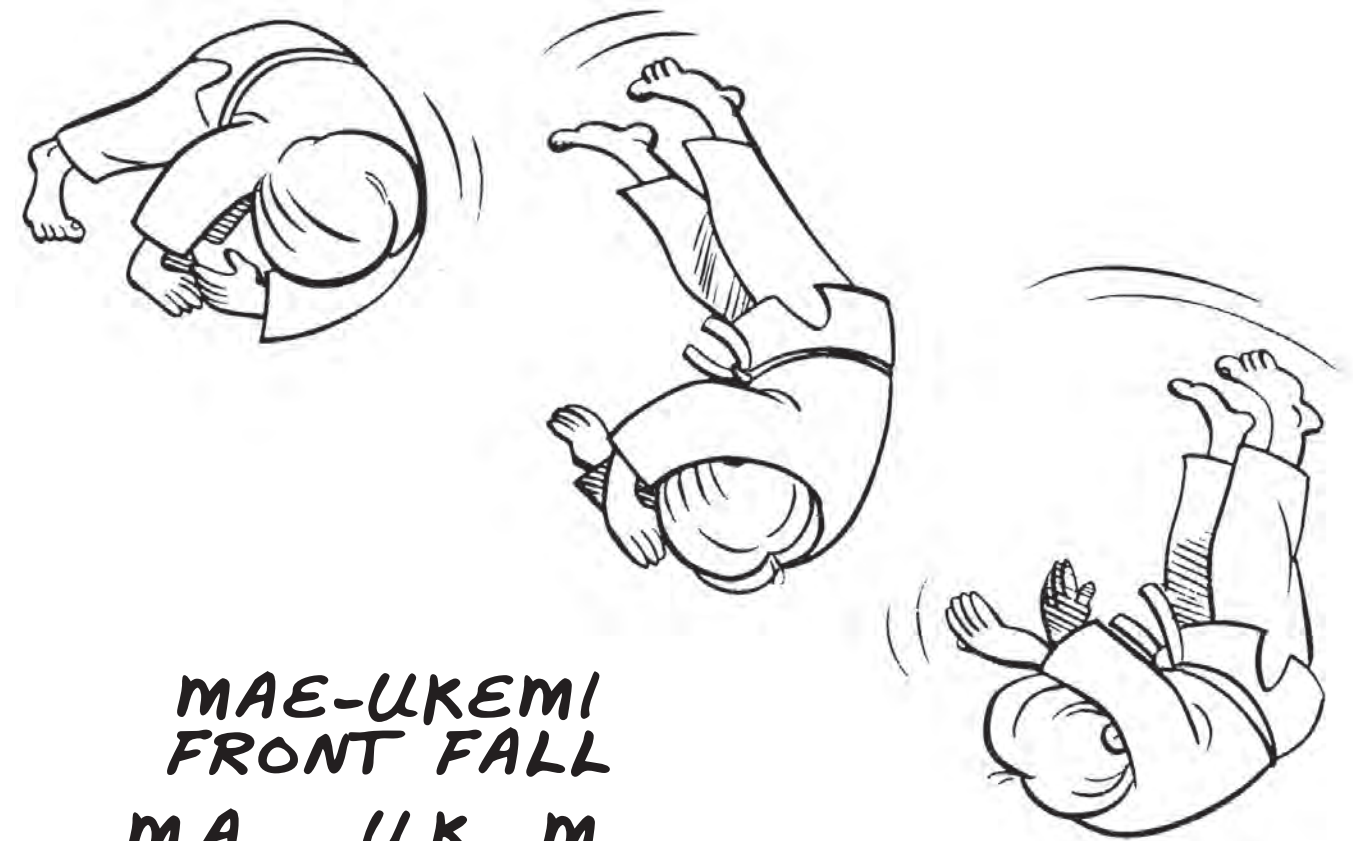
MAE-UKEMI
FRONT FALL

MA_ UK_M_
M_E U-EMI
M-- U-----



paint
and learn

MAE UKEMI



MAE-UKEMI
FRONT FALL

MA_ UK_M_
M_E U-EMI
M-- U-----





BODY

B _ D _

B _ _ Y

B _ _ _

POSITIONS

P _ S _ T _ O _ S

P _ _ _ _ I O _ _

P _ _ _ _ _ _ _ _



BODY

B _ D _

B _ _ Y

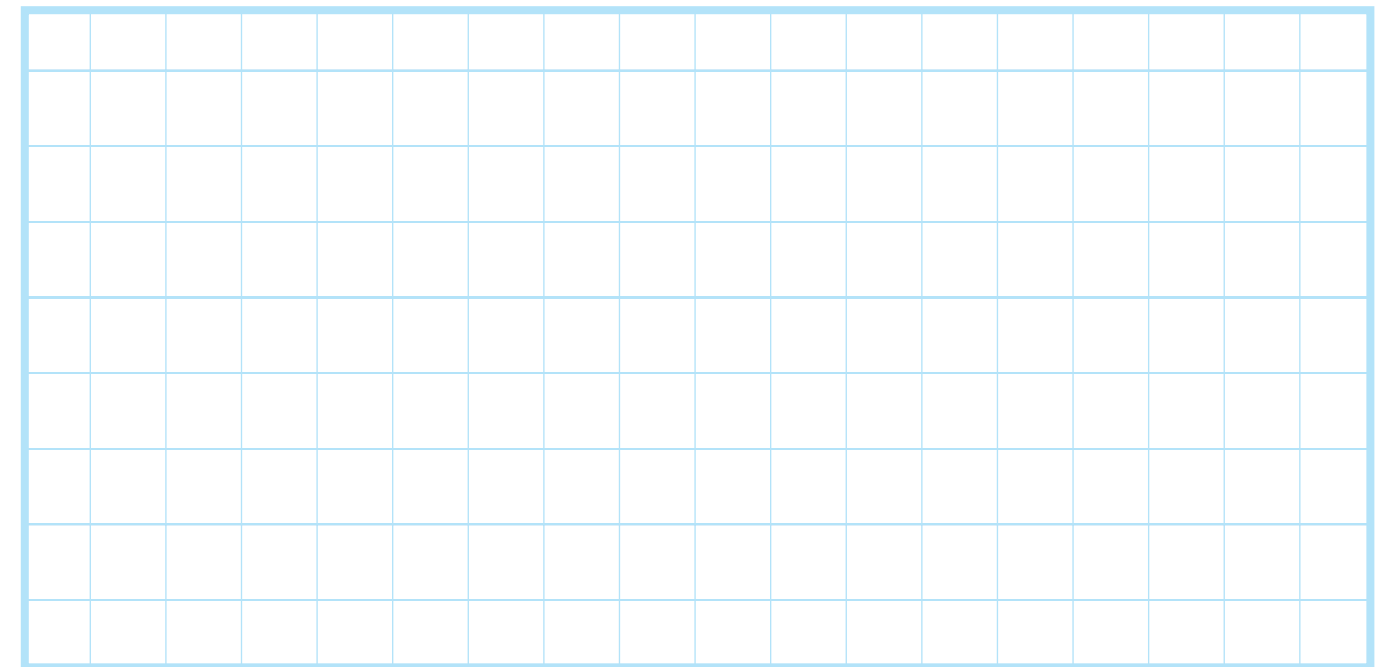
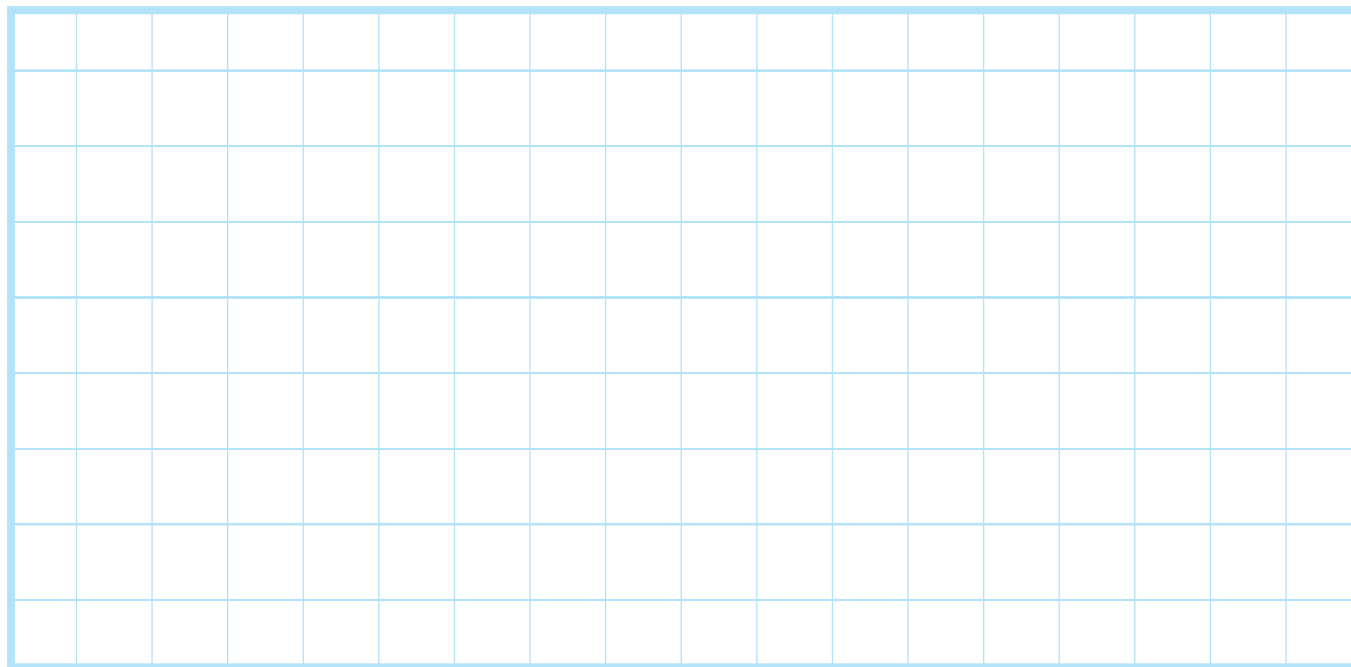
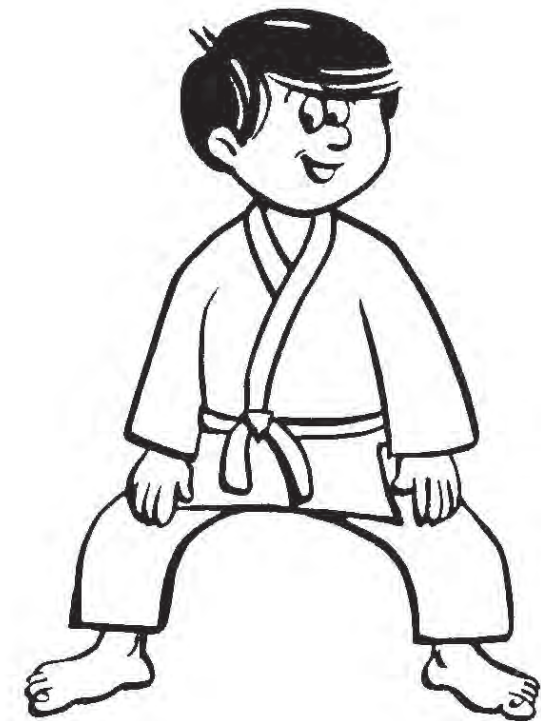
B _ _ _

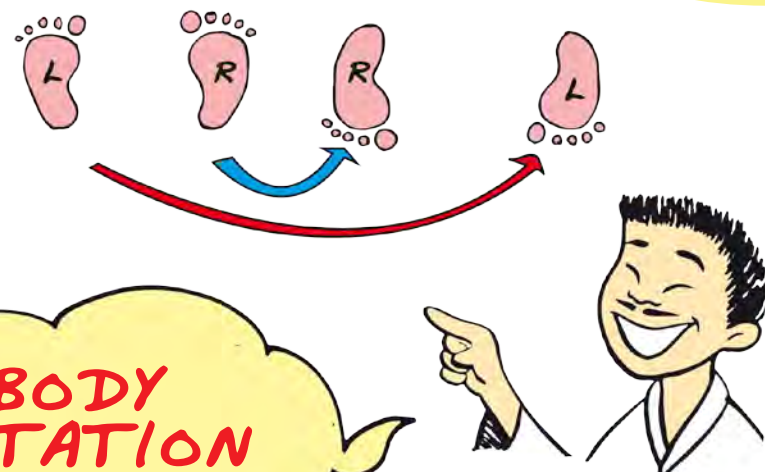
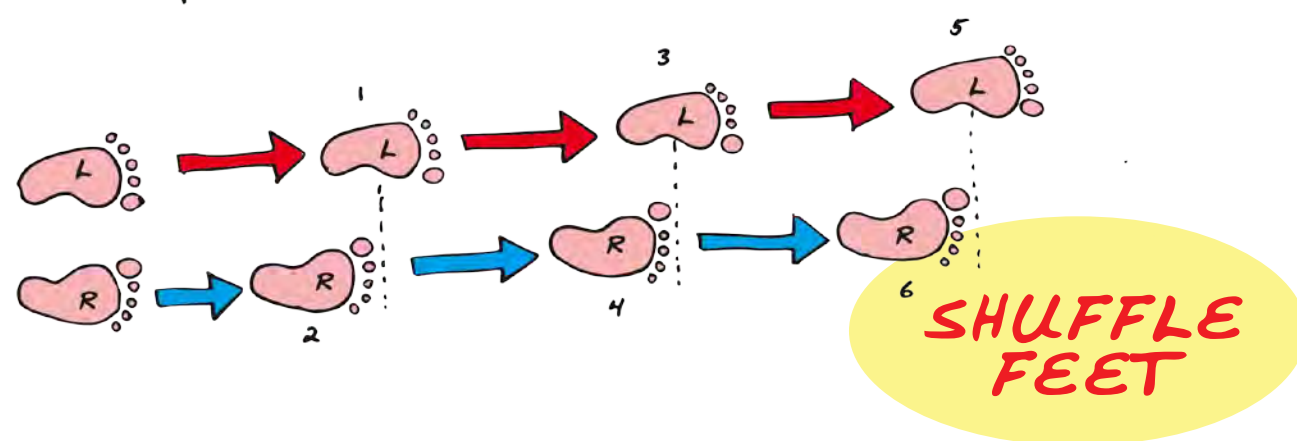
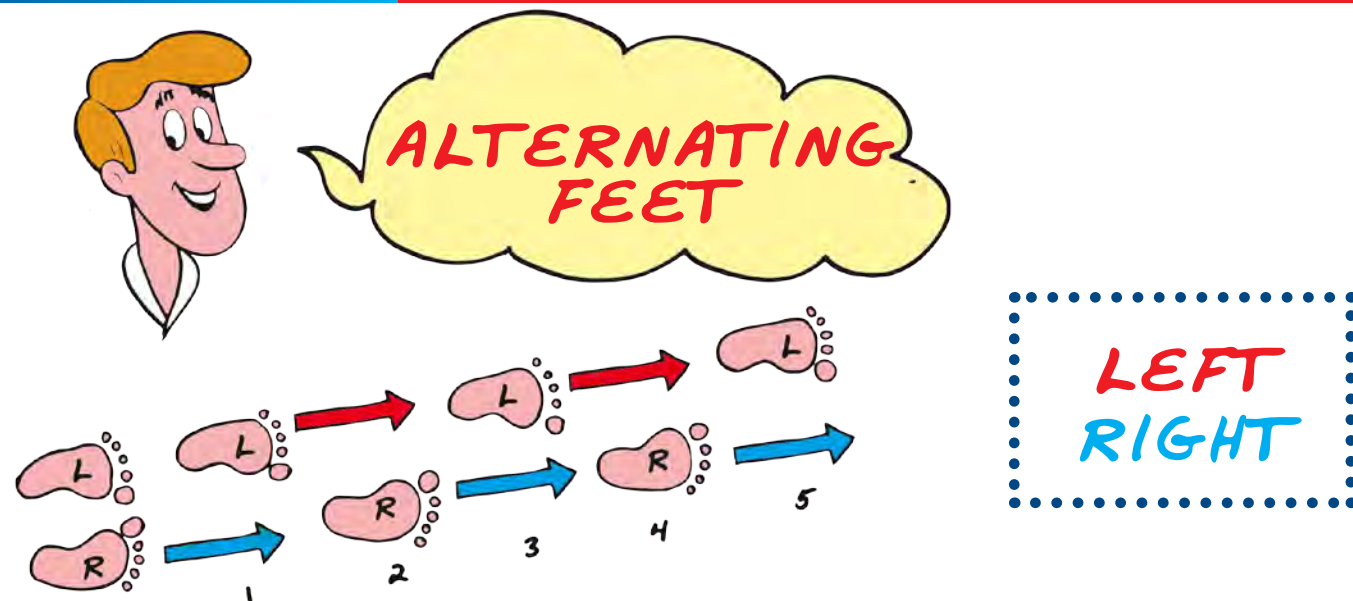
POSITIONS

P _ S _ T _ O _ S

P _ _ _ _ I O _ _

P _ _ _ _ _ _ _ _



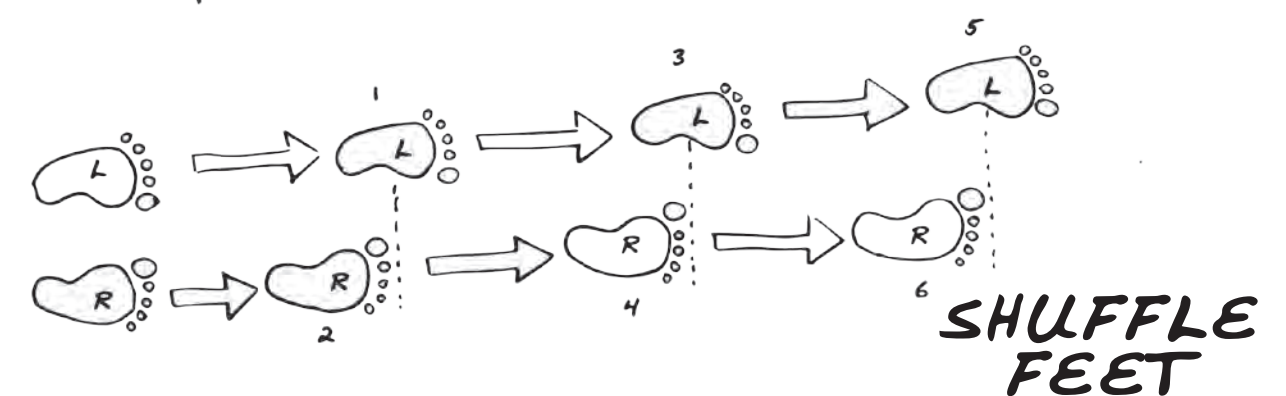
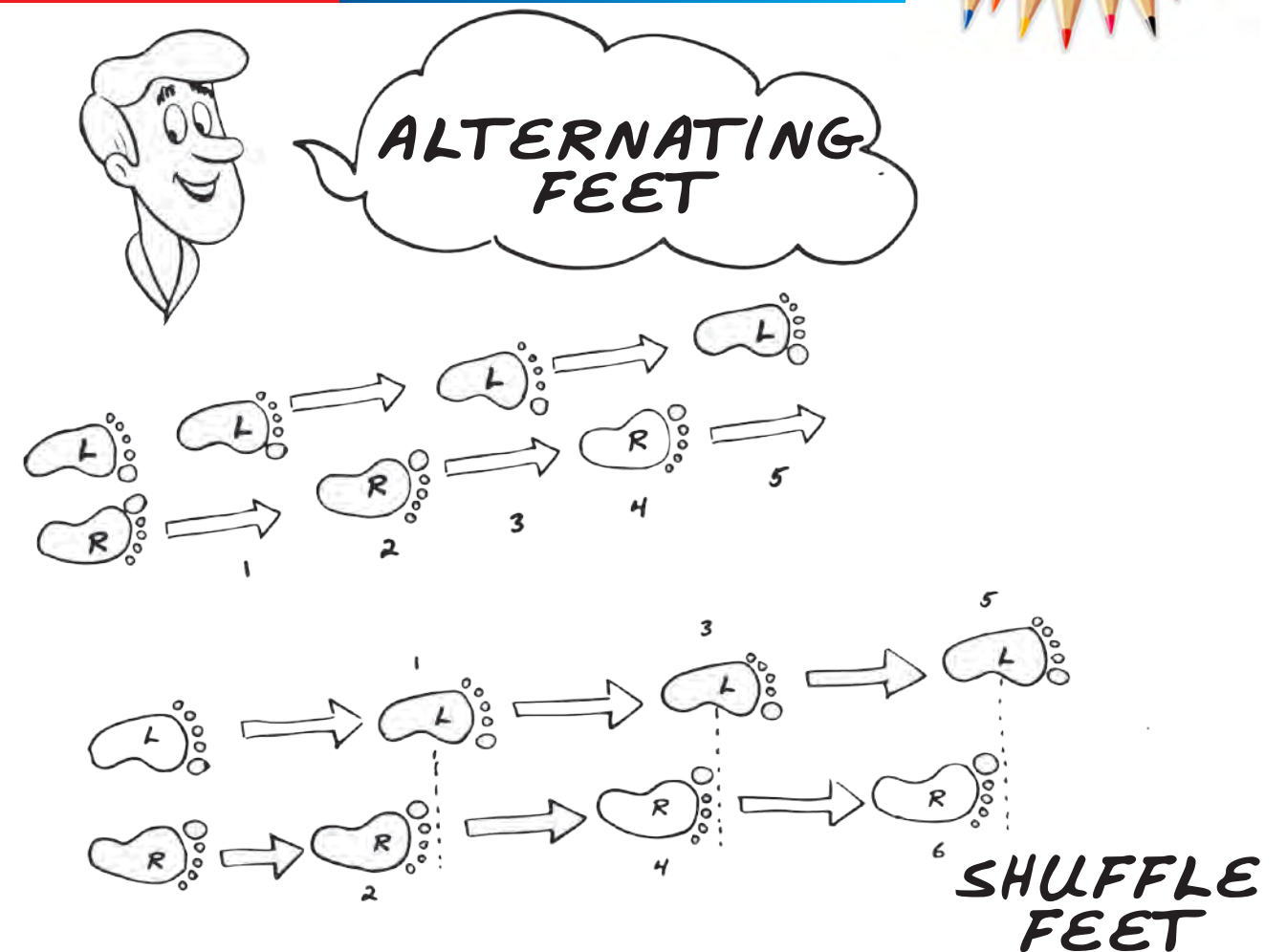


MOVEMENTS

M_V_E_E-T_S

M__E____S

M_____

BODY
ROTATION

MOVEMENTS

M_V_E_E-T_S

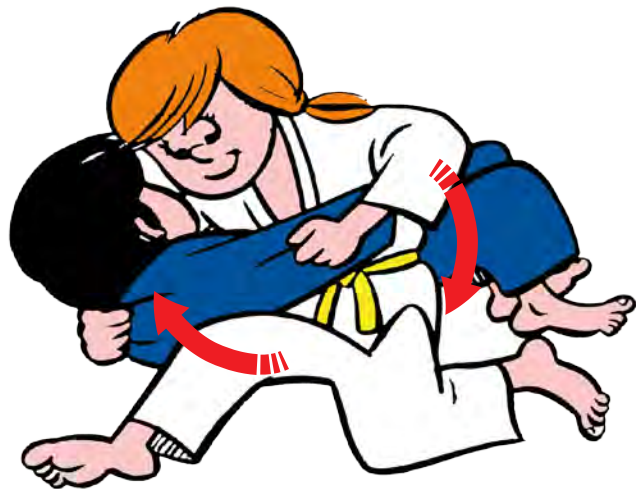
M__E____S

M_____

HON KESA GATAME FUNDAMENTAL SCARF HOLD

FUNDAMENTAL SCARF HOLD

HON = FUNDAMENTAL
KESA = SCARF
GATAME = HOLD



FUNDAMENTAL SCARF HOLD

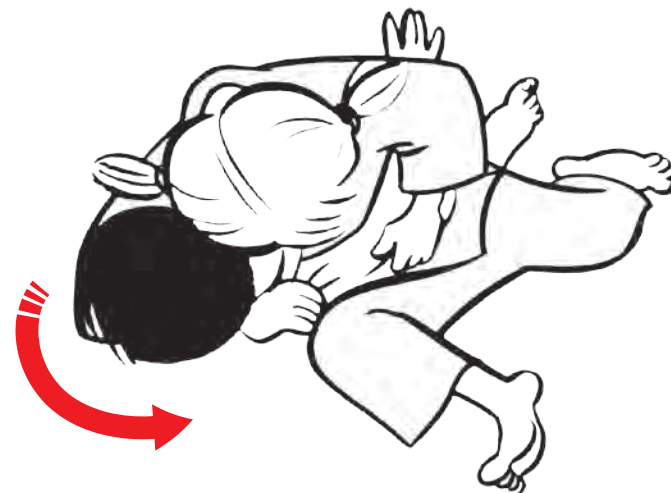
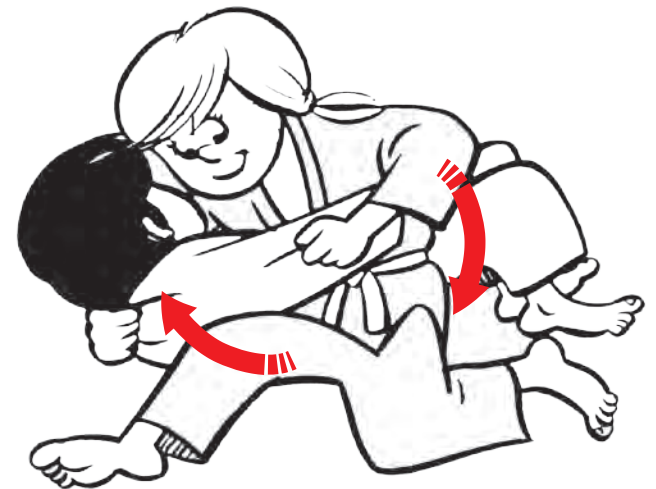
F_ND_ME_T_--
SC--F H-L-

F _ _ _ _ _
S _ _ _ _
H _ _ _ _

**paint
and learn**

FUNDAMENTAL SCARF HOLD

FUNDAMENTAL SCARF HOLD



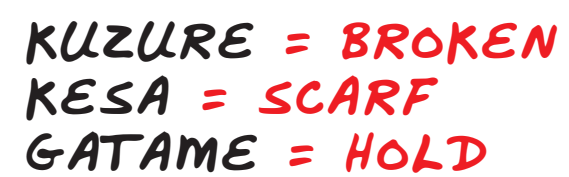
FUNDAMENTAL SCARF HOLD

F_ND_MET_
SC_F H_L_

F _ _ _ _ _
 S _ _ _
 H _ _ _

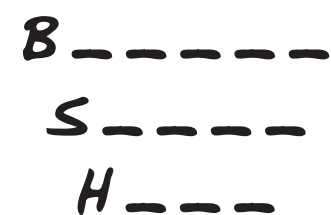
A full-page view of a blank sheet of graph paper. The grid consists of small squares formed by thin, light blue lines. The paper has a white background and a thick blue border around the edges.

BROKEN SCARF HOLD



BROKEN SCARF HOLD

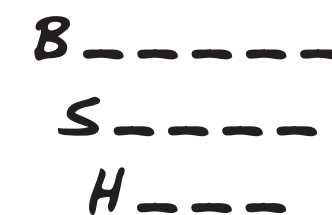
B-O-E-
SC--F H-L-

[illegible]

BROKEN SCARF HOLD



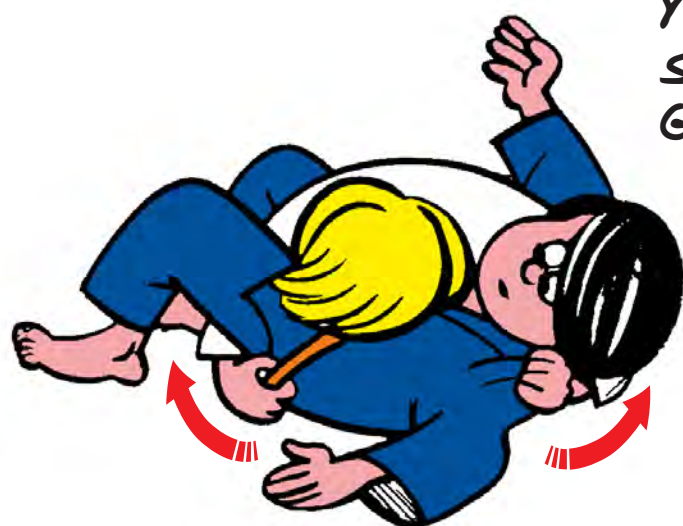
B-O-E-
S C - - F H - L -

[illegible]

YOKO SHIHO GATAME

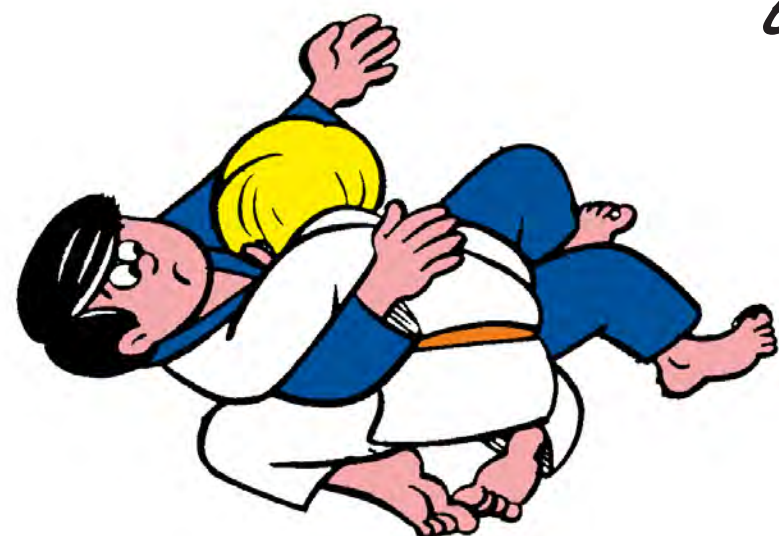
SIDE FOUR QUARTER HOLD

YOKO = SIDE
SHIHO = FOUR QUARTER
GATAME = HOLD

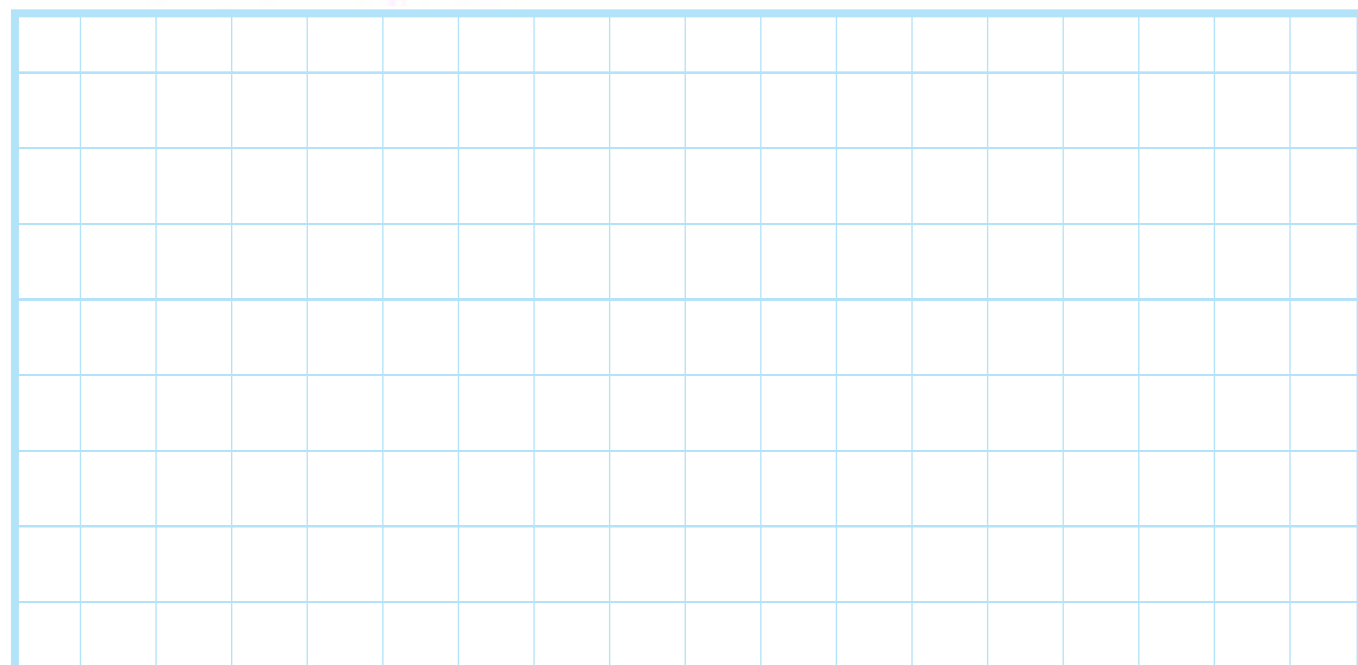


SIDE FOUR
QUARTER HOLD

S _ _ E F _ U _
Q _ _ R _ E _ H _ L _



S _ _ _
F _ _ _
Q _ _ _ _ _
H _ _ _



paint
and learn

SIDE FOUR QUARTER HOLD

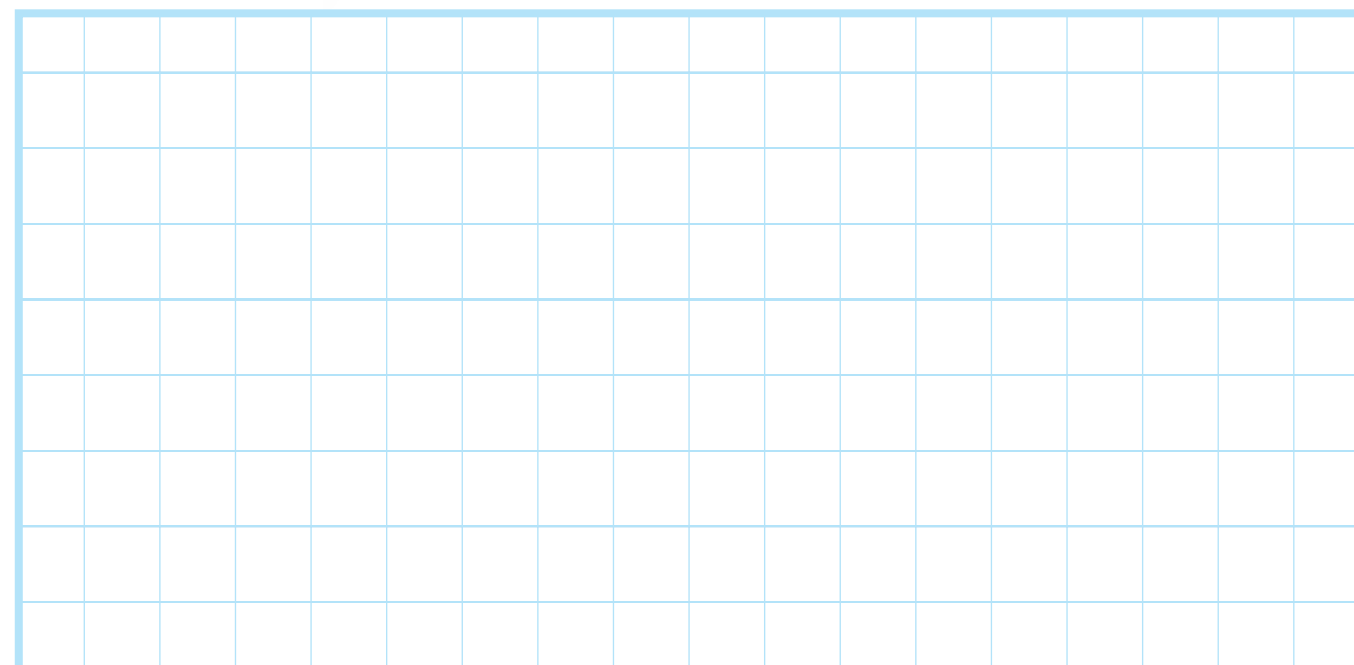


SIDE FOUR
QUARTER HOLD

S _ _ E F _ U _
Q _ _ R _ E _ H _ L _



S _ _ _
F _ _ _
Q _ _ _ _ _
H _ _ _



YOUR CHAMPIONS

ARSEN GALSTYAN

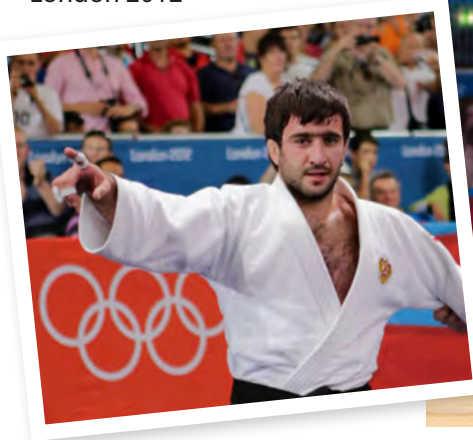
Olympic Champion 60 kg
London 2012



UCHI - MATA
INNER THIGH

MANSUR ISAEV

Olympic Champion 73 kg
London 2012



UCHI - MATA
INNER THIGH

IVAN NIFONTOV

Olympic Bronze 81 kg
London 2012



OKURI - ASHI - BARAI
DOUBLE FOOT SWEEP

YOUR CHAMPIONS

TAGIR KHAIBULAEV

Olympic Champion 100 kg
London 2012



SEOI - NAGE
SHOULDER
THROW

ALEXANDER MIKAHYLIN

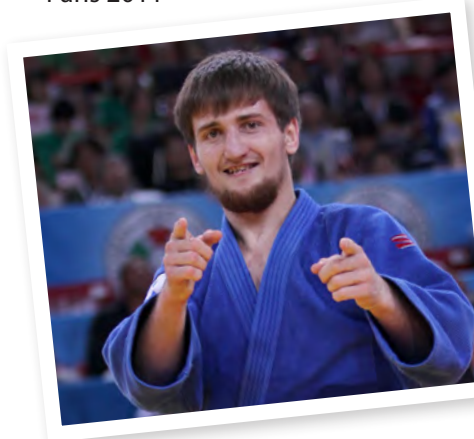
Olympic Silver over 100 kg
London 2012



TAI - OTOSHI
BODY DROP

MOGUSHKOV MUSA

World bronze 66 kg
Paris 2011



KO - SOTO - GARI
MINOR OUTER
REAPING

YOUR CHAMPIONS

NATALIA KUZITINA

European champ 52 kg
Budapest 2013

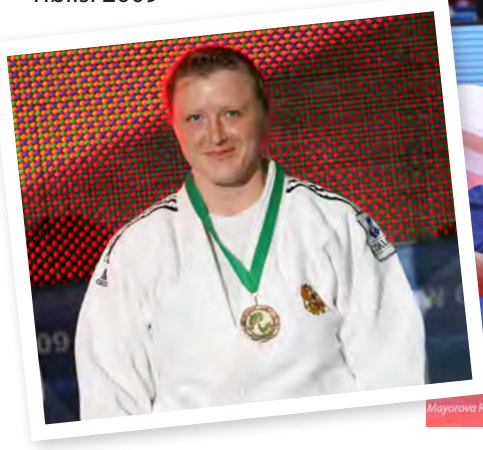


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ELENA IVASHENKO

European champ +78 kg
Tbilisi 2009

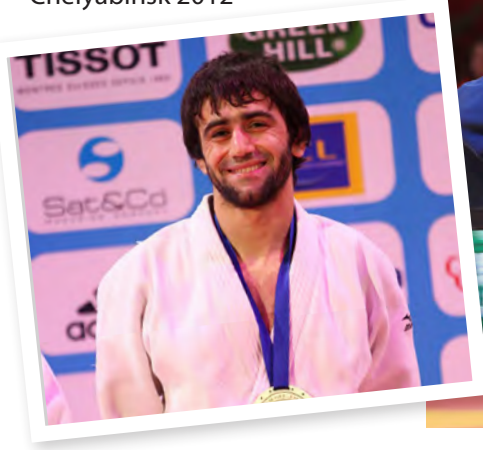


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BESLAN MUDRANOV

European champ 60 kg
Chelyabinsk 2012



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YOUR CHAMPIONS

ALIM GADANOV

European champ 66 kg
Chelyabinsk 2012

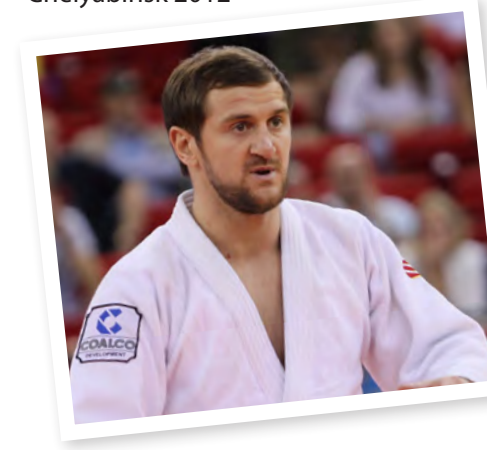


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SIRAZHUDIN MAGOMEDOV

European champ 81 kg
Chelyabinsk 2012



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World bronze 66 kg
Paris 2011



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