



“Minimum Effort—Maximum Results”

Your Rewards

Knowledge of defense against attackers

The thrill of learning this fascinating art

A strong coordinated body

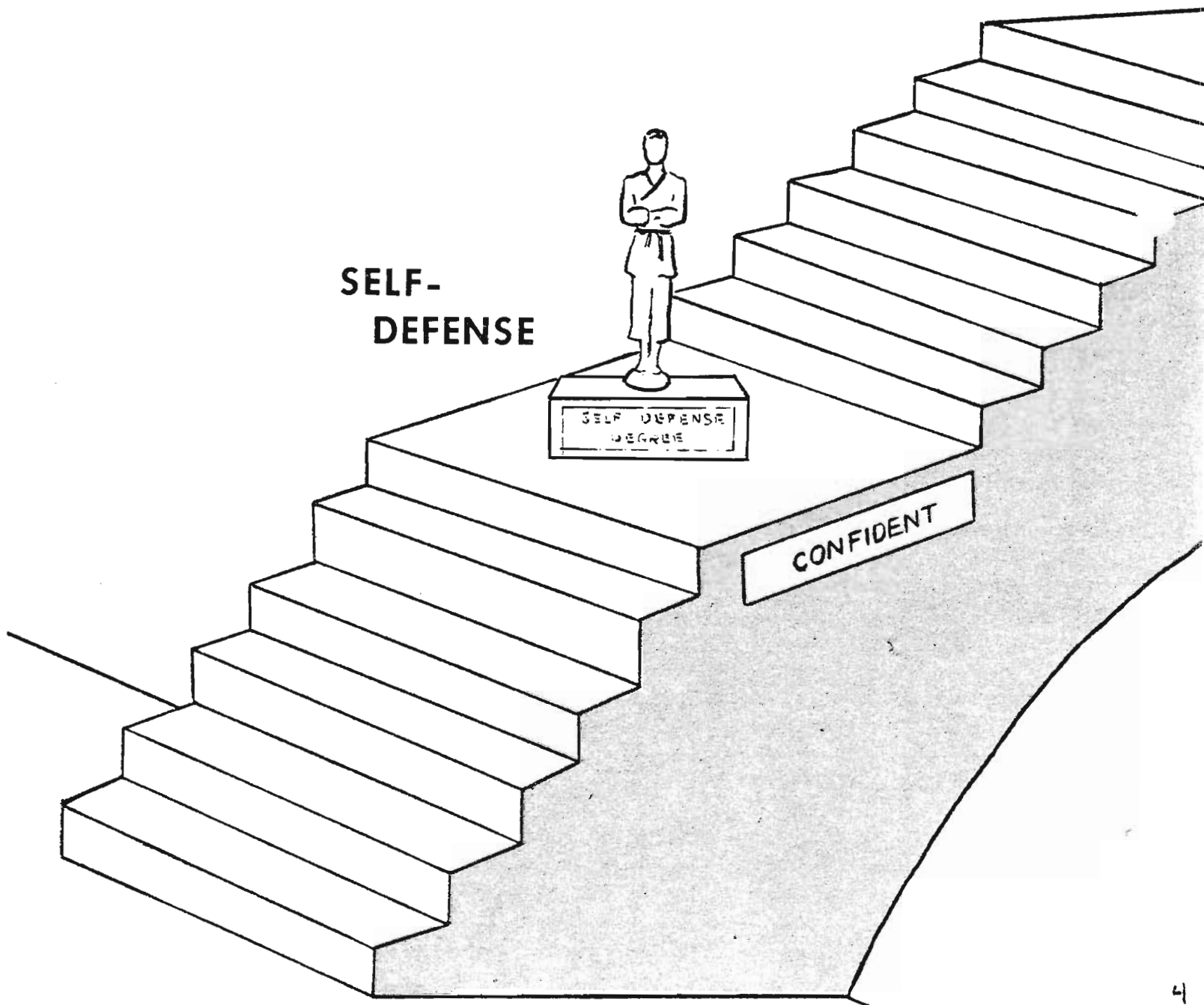
Confidence and belief in yourself

**BROWN
BELT**

**SELF-
DEFENSE**

SELF DEFENSE
DEGREE

CONFIDENT



BLACK BELT



BLACK BELT
TROPHY

OUTSTANDING



BROWN BELT
TROPHY

EXCELLENT

YOUR RESULTS ARE

Guaranteed

WITH OUR FIVE POINT PLAN

1. A health and body-building program.
2. A personally planned course.
3. A visual-aid training program.
4. Individual attention from qualified instructors.
5. Periodic tests and progress checks.

INTRODUCTION

May we congratulate you on having the vision, the courage and the power of self-direction to enroll in your course of instruction. You are setting out on a bold, worthy and fascinating program of self-improvement.

There are probably a dozen different systems of Oriental hand-to-hand fighting, all of them allied. The best known that has been brought to a peak of development are judo, karate, taekwondo, ju-jutsu or ju-jitsu and kenka. Due to a vast amount of publicity in recent years, there has developed many misconceptions about these arts. There is no so-called quick, easy way to proficiency - progress depends entirely upon the student and the teacher.

Taekwondo and karate deals primarily with blows directed to vulnerable areas -- strikes with fist, open hand, fingers, knee, elbows, foot, and head. Although judo is based on the martial arts of Japan, it is practiced as a sport and has been accepted by the AAU. Combat judo makes use of blows but is primarily a system of throwing an assailant to the ground, holding him, and if necessary, inflicting incapacitating injury or unconsciousness. Our school system of self-defense employs a combination of techniques to bring you what we feel to be the finest course of self-defense (Kenka) the world has ever known.

The question is often raised as to whether or not a judoka (judo person) or karateka (karate person) could defeat a boxer. Each has the ability for close-in fighting, using whatever skills they possess. The obvious answer would be that whichever applies his techniques first would win, however, such an answer is inconclusive because the boxer has learned to fight according to certain rules and only uses his fists. A judo-karate student is taught to express proper conduct with a respectful and gracious manner and to avoid fighting if at all possible. But, if they must fight there can be no rules and they commit themselves completely. Dirty? -- no, there can be no play when a person may be fighting for their very life. They have but one objective -- to win !

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Our school system is in keeping with the rules and regulations of the Oriental martial arts and judo, karate, taekwondo, ju-jutsu or ju-jitsu and kenka. It is our earnest wish that we may lead you and others to a healthier and fuller life through the practice of judo, karate, taekwondo, ju-jutsu, ju-jitsu and kenka.

At the termination of this training you will probably be astonished at how much you have gained from it. You will have progressed far more than you now dream possible. For the rest of your life you very likely may look back on this course as one of the turning points in your life.

Congratulations and good luck,

Thurl McClanahan, Regional Director
International Registered Black Belt
Judo, Karate, Taekwondo, Ju-Jutsu or
Ju-Jitsu and Kenka



Introduction

JIGORO KANO

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Our school system is in keeping with the rules and regulations of the Kodokan in Tokyo, Japan. It is our earnest wish that we may lead you and others to a healthier and fuller life through the practice of Kodokan judo and karate.

At the termination of this training you will probably be astonished at how much you have gained from it. You will have progressed far more than you now dream possible. For the rest of your life you very likely may look back on this course as one of the turning points in your life.

Congratulations and good luck,

Thurl McClanahan, Regional Director
Registered Black Belt
Judo Black Belt Federation of America
Kodokan Judo University, Tokyo, Japan
Karate Black Belt Association, Japan

A Brief History of Judo

Judo is a modification of jujitsu, an ancient martial art in Japan. Jujitsu was originally developed by the Chinese as a bare-handed defense against an armed man. The Japanese refined it and restricted its use to the well-born.

In feudal Japan, the only weapons were hands, bows and arrows, knives, clubs, sticks, staves, swords, and spears. Toward the end of the Tokugawa era (1576-1876) a great change occurred in the types of weapons and methods of fighting. Dr. Jigoro Kano, a student of many of the old masters, realized that the arts of empty hand fighting techniques were disappearing. In June, 1882, he established the Kodokan in Tokyo, and set out to revive, organize and scientifically systematize a course of instruction. Our self-defense course is based upon those techniques and today's AAU sport judo is that system as developed by Kano in the intervening years.

Fundamental Principles of Attack and Defense

FUNDAMENTALS AND PRINCIPLES. There are a number of fundamentals and principles in self-defensive measures. Some must be observed at all times, others used in special situations. Where one begins and the other leaves off is difficult to define and can only be determined by the user. Application often is separated only by a split second. To acquire alertness, quickness, or adaptability in varied physical situations which might unexpectedly arise, the beginner or advanced trainee must develop or maintain a sound foundation in the mechanics and principles of Judo. Essential fundamentals and principles are:

1. Relaxation. This is the keeping of mental or physical tension at a minimum by "giving way" to resistance. This practice tends to increase self-control and adaptability in combative measures performance.
2. Psychological Time. This is a means of creating the element of surprise by temporarily distracting the adversary's attention through subtle psychological or physical means for preparation of attack, counterattack, or control.
3. Leverage. The grasping of clothing or the application of the fulcrum-lever principle against the adversary's weaker muscles, joints, or off-balance positions serves as a means of leverage in the control or handling of individuals.
4. Footwork. Correct shifting of the feet insures both balance and strong counterattacking positions. Crossing the legs must be avoided. The effective controlling of the adversary is dependent upon proper footwork.
5. Timing. The principle of physical timing is to attack at the split second when weight, momentum, and strength are gathered for use against itself.
6. Balance. Mental balance or stability is a state of mind that is necessary before physical balance can be achieved. Physical balance must be retained by you and destroyed in the adversary. Destruction of the adversary's balance while applying offensive or defensive measures, such as throws, blows, parries, chokes, or joint lock leverages, requires simultaneous action in the direction of off-balance positions. A sudden blow, deflection, push, or pull applied against any of the off-balance points illustrated in figure 1 will weaken or break body balance. Once the adversary has been placed off-balance, he should not be allowed to regain it.

Techniques of Attack and Defense

1. THROWS (tachiwaza) -- the most important and largest phase of judo; the art of throwing your opponent into the ground.
2. HOLDS (osaekomi) -- immobilizing your opponents body on the ground.
3. CHOKES (shimewaza) -- making your opponent submit by strangulation.
4. LOCKS (kansetsuwaza) -- making your opponent submit by bending and twisting of the joints or bones.
5. BLOWS (atemiwaza) -- are not practiced in sport judo but are most valuable in self-defense. Atemiwaza is demonstrated only by indicating vital spots of the body and how to strike them. Almost the same as karate.
6. KARATE (open hand) -- the techniques of striking, punching, kicking and thrusting. These can be practiced as a sport after certain training.

Glossary of Japanese Terms

Pronunciation:

- a = as in father, America
- e = as in education
- i = as in easiest
- o = as in old, oath
- u = as in pull, full (pronounced as oo in soon)

Ashi	Leg
Barai	Sweep
Chugaeri	Forward Summersault
Dojo	Judo Exercise Hall
Dan	Black Belt Holder
Eri	Lapel or Collar
Goshi	Hip or Loin Waist
Guruma	Wheel
Gyaku	Reverse
Hiza	Knee
Hantai	Decision or Reverse
Hadari	Left
Hon	Natural
Hikiwake	Draw
Harai	Sweep
Hajime	Start or go
Hadaka	Naked
Hara	Abdomen
Hasami	Scissors
Henka	Variation
Ippon	One Point
Judo	Art of Gentleness
Judoka	A Judo Player
Judogi	A Judo Uniform
Jigotai	Defensive Posture
Jikan	Time
Kodakan	Tokyo Institute of Judo
Kata	Form Practice or Shoulder
Kuzushi	Position of Broken Balance
Take	Execution of Throw
Kiai	Occult Shout
Kesa	Scarf
Ko	Small or Minor
Kyu	Grade Below Dan
Kuzure	Broken or Breakdown
Kubi	Neck
Kami	Top or Upper Part
Kogeki	Attack
Koshi	Hip -- Loin -- Waist
Migi	Right
Maitta	I'm Beaten
Mata	Thigh
Makikowi	Roll in or Winding
Montei	Disciple or Pupil
Morote	Both Hands
Mate	Wait
Newaza	Groundwork
Nage	Throw
O	Big or Great
Obi	Belt or Sash
Osoto	Outer
Osaekomi	Holding
Osaekomi -- Toketa	Hold Broken
Rei	Bow
Randori	Free Practice

Kodokan Promotion Standards

The following promotional standards are based on the official Kodokan Requirements and will be used as the basis for advancement in our Kodokan Judo department.

Rok-Kyu (6th kyu): Any person of unquestionable moral character, regardless of age, accepted by a nationally affiliated Judo activity as a student. Must declare intentions to study diligently and should possess motivation for study of Judo.

Go-Kyu (5th kyu): Sufficient study of Ukemi (falling) with the ability to demonstrate with a reasonable degree of skill. Basic katame waza (grappling technique), (a) kesagatame, (b) yoko shiho gatame. Basic hand waist and foot techniques (a) seoinage, (b) ogoshi, (c) okuriashi barai. Background and history of development of Kodokan Judo knowledge with the awakening of the Judo Spirit. Contest experience on limited basis. Some knowledge of terminology.

Yon-Kyu (4th kyu): Continuation of junior rank qualities with reasonable proficiency in the following: Hane goshi, Osoto-gari, Tai-otoshi, Kata-gatame. Minimum of three contests required.

San-Kyu (3rd kyu): Continuation of study with ability to demonstrate nage-waza (throwing technique) on left and right sides. Additional techniques; Sotomakikomi, Harai-goshi, Kouehigari, ouchigari, kami-shiho-gatame, okuri-eri-jime, juji-gatame, introduction to Kansetsu-waza (joint locks) under supervised practice only. Katame-waza ability to point of application with confidence in contests. Should demonstrate a desire to teach junior judo exponents. Terminology to a fluent degree. Minimum of four contests.

Ni-Kyu (2nd kyu): The next two grade requirements must be met in a local dojo before the judoka is recommended to the governing Yudanshakai for the final promotion. Proficiency and continuation of development of Tokui (pet Technique) for left and right sides. Complete fluency exists in holding techniques, choking techniques, and joint locking techniques. Teaching abilities must begin to develop at this stage and should be encouraged under Yudansha supervision. The spirit of Judo must be developed. Contest successes and extensive contest work. Fluency with Judo terminology. Ability to perform Uke for formal Nage-no-kata. Minimum of five contests required. Additional throws: Ashi-guruma, hiza-guruma, deashi-barai, uchimata, yokagake, ushirogoshi, ukiqaza, ude-garami, ude-gatam, hiza-gatamemi.

Ik-kyu (1st kyu): Continuation of junior rank requirements with practice stressed on both sides. Katame waza should include ability to fluently use all categories with Kansetsu-waza restricted to practice only as directed by Yudansha. Teaching responsibility must be assumed at this level with complete knowledge of conducting formal class practice. Should have displayed at this point a desire to promote further development of Kodokan Judo through his actions and attitudes. Should have some supervised referee and judgement of match training. Completely conversant with common Judo terminology. Ability to perform Uke and Tori for formal Nage-no-kata. (nine techniques.) Minimum of five contests.

COURSE OUTLINE
SELF-DEFENSIVE PROFICIENCY COURSE

SUBJECT	CYCLE	LESSONS
FUNDAMENTALS AND PRINCIPLES OF ATTACK AND DEFENSE	I	6
CHOKES AND DEFENSE AGAINST REAR AND FRONTAL BODY ATTACKS	II	6
DEFENSE AGAINST KNIFE AND CLUB	III	4
DEFENSE AGAINST PISTOL AND SHOTGUN OR RIFLE	IV	4
THROWING, COUNTERS, COMBINATIONS, AND CONTROL MANEUVERS	V	5
SELF-DEFENSIVE PROFICIENCY TEST	V	1

SELF-DEFENSIVE PROFICIENCY TEST

1. OBJECTIVE. To test your knowledge and ability to demonstrate fundamental self-defense principles and techniques. You must be able to perform these as if your life were dependant upon their use.
2. REFERENCE. SDP-156, and parts of Kodokan Judo system for judging contests.
3. TESTING AIDS.
 - a. Self-defensive facilities.
 - b. Dummy weapons (pistols, knives, clubs, mannequin).
 - c. Regulation judo uniform.
 - d. Personal course plan.
4. METHOD OF TESTING. Physical participation and written examinations.
5. OUTLINE.
 - a. Regulation self-defense test.
 - b. Each student will attain a minimum score of 70%. If less than 70% satisfactory ratings are attained, the lessons will be repeated and the individual will be re-tested. Instruction and retesting will continue until the standards are attained.
 - c. Any student who wishes to advance to a Kodokan Judo Degree (Belt Rank) must attain a minimum score of 80%. If less than 80% satisfactory ratings are attained, the lessons will be repeated and the individual will be re-tested. Instruction and retesting will continue until the standards are attained.
 - d. Individual test results and any required participation will be entered not only on the personal course form 156, but also a record will be made available to the Japan Black Belt Association upon the request of an authorized representative.

CYCLE I
FUNDAMENTALS AND PRINCIPLES OF ATTACK AND DEFENSE.
(Time: 6 Lessons)

1. OBJECTIVE. At the completion of these lessons you will have the knowledge and demonstrative use of the fundamentals and principles of attack and defense.
2. REFERENCES. Defensive measures (Judo), Training Film 2-103, part IV, reels F, G, and E; Kodokan Judo, and multiple Judo and Karate from our reference library.
3. TRAINING AIDS.
 - a. Self-defensive facilities.
 - b. Regulation judo uniforms.
 - c. Training charts on sensitive striking points, vulnerable areas, and Kodokan judo charts.
 - d. Training films.
 - e. Striking equipment.
4. METHODS OF PRESENTATION.
 - a. Lecture.
 - b. Demonstration.
 - c. Participation.

Date					LESSON 1 a. Orientation lecture. b. Warmup drills. c. Discussion of Principles. d. The technique of off-balancing. e. On-Guard positions. (1) Standing (2) Ground fighting f. Dodging the adversary's attack. g. Randori
Inst.					
REMARKS					

Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Lecture. d. Karate delivery of blows to vulnerable areas. (1) Frontal position. (a) Straight kick to stomach or groin. (b) Side kick to stomach, groin, and outside of knee. (c) Edge of hand to side of neck. (d) Knuckle to throat.
Inst.					
REMARKS					

Date					LESSON 3 a. Repeat lesson 2. b. Introduce lesson 4.
Inst.					
REMARKS					

CYCLE II
CHOKES AND DEFENSE AGAINST REAR AND FRONTAL BODY ATTACK.
(Time: 6 Lessons)

1. OBJECTIVE. At the completion of these lessons you will have knowledge and demonstrative use of offensive chokes and defense against rear and frontal body attacks.
2. REFERENCES. Defensive measures (Judo), Training Film 1-2986, part IV, reels A and B; part III, reels G and F. Combination Judo & Karate from our reference library.
3. TRAINING AIDS.
 - a. Self-defensive facilities.
 - b. Regulation judo uniforms.
 - c. Training charts on rear and frontal body attacks.
 - d. Training films.
4. METHODS OF PRESENTATION.
 - a. Lecture.
 - b. Demonstration.
 - c. Participation.

Date					LESSON 1 a. Orientation lecture. b. Warmup drills. c. Review of Cycle I. d. Introduction to chokes.
Inst.					
REMARKS					
Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Chokes. (1) Offensive rear, front and ground cross-collar (rear forearm). (2) Defense, front cross-collar (prevention of pressure, followup, knee blow to groin, scoop throw). d. Break-a-ways. e. Randori.
Inst.					
REMARKS					
					LESSON 3 a. Warmup drills. b. Review of lesson 2. c. Lecture. d. Chokes. (1) Rushing, Sidestep -- sidekick or hand blow to open vulnerable areas. (2) Leg tackle. Elbow blow to back of neck. e. Break-a-ways. f. Randori.
Inst.					
REMARKS					
Date					LESSON 4 a. Warmup drills. b. Review of lesson 3. c. Defense against rear body attack (blow, scoop throw counter only). (1) Rear strangle. Block, elbow blow to groin, and rechoke. (2) Rear body lock under the arms. Stamp to arch, followup with scoop throw. (3) Full nelson. Block, stamp, scoop throw with followup by falling to ground. d. Randori.
Inst.					
REMARKS					
Date					LESSON 5 a. Warmup drills. b. Review of lesson 4. c. Lecture. d. Continuation of lesson 4. (1) Side headlock: Block, stamp arch, fist blow to groin, and scoop throw. (2) Review of weaker techniques. (3) Questions and answers. e. Randori -- standing and ground.
Inst.					
REMARKS					
Date					LESSON 6 a. Warmup drills. b. Review of lesson 4. c. Test. d. Training film. e. Randori. f. Special attention to weaker areas.
Inst.					
REMARKS					

CYCLE III
DEFENSE AGAINST KNIFE AND CLUB.
(Time: 4 Lessons)

1. OBJECTIVE. At the completion of these lessons, you will have the knowledge of and the ability to demonstrate the defense against a knife or club.
2. TRAINING AIDS.
 - a. Self-defense facilities.
 - b. Regulation judo uniform.
 - c. Training charts on knife and club defense.
 - d. Dummy knives, clubs, and long sticks.
 - e. Training film 1-203, part VI, reel D.
3. METHODS OF PRESENTATION.
 - a. Lecture.
 - b. Demonstration.
 - c. Participation.

Date					LESSON 1. a. Orientation lecture. b. Warmup drills. c. Review of Cycle I. d. How your opponent will use the knife and defense against same. (1) Explanation: (a) Grasp, stance, and footwork. (b) Knife cuts, slashes to vulnerable areas (rear and frontal positions). (c) Safety ranges. (d) Stick defense (long and short). (e) Obscuring knife attacker's vision and blows. e. Randori.
Inst.					
REMARKS					

Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Defense against: horizontal slash to the face and chest. (1) Outside or inside slip to slash, sidekick blow to vulnerable area. (2) Roll away, straight heel kick to vulnerable area. d. Randori.
Inst.					
REMARKS					

Date					LESSON 3 a. Warmup drills. b. Review of lesson 2. c. Defense against: Upward thrust to the midsection. (1) Sidestep, inside cuff-hand, knee blow to vulnerable area. (2) Outside cuff-sidekick to vulnerable area. d. Mixed randori-style karate, knife, and club fighting.
Inst.					
REMARKS					

Date					LESSON 4 a. Warmup drills. b. Review of lesson 3. c. Mid-term test. d. Training film. e. Mixed randori-style karate, knife, and club fighting.
Inst.					
REMARKS					

CYCLE IV
DEFENSE AGAINST PISTOL AND SHOTGUN OR RIFLE.
(Time: 4 Lessons)

1. OBJECTIVE. At the completion of these lessons, you will have a knowledge of and the ability to demonstrate the defense against pistol and shotgun or rifle.
2. REFERENCES. Combative Measure (Judo) Training Film 2-328, part II, reel F., Judo handbook, section D, pp. 198-206.
3. TRAINING AIDS.
 - a. Self-defense facilities.
 - b. Regulation judo uniform.
 - c. Training charts on use and defense against gun or rifle. Pistols and rifles.
4. METHODS OF PRESENTATION.
 - a. Lecture.
 - b. Demonstration.
 - c. Participation.

Date					LESSON 1 a. Orientation lecture. b. Warmup drills. c. Review of Cycle II. d. Explanation: (a) Caution and approach. (b) Shakedown. Arms high overhead, spread-eagle, kneeling, and wall search. e. Pistol disarming. (a) Safety range, line of fire, psychological timing. (b) Pistol or rifle pointed outside center line of stomach. f. Randori -- standing and ground.
Inst.					
REMARKS					
Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Pistol disarming. (a) Pistol or rifle pointed inside center line of stomach. (b) Pistol or rifle pointed against back. d. Break-falls. e. Randori -- standing and ground.
Inst.					
REMARKS					
Date					LESSON 3 a. Warmup drills. b. Review of lesson 1. c. Repeat lesson 1. d. Randori -- standing and ground.
Inst.					
REMARKS					
Date					LESSON 4 a. Warmup drills. b. Review of lesson 2. c. Repeat lesson 2. d. Randori -- standing and ground. e. Test.
Inst.					
REMARKS					

CYCLE V
THROWING, COUNTERS, COMBINATIONS, AND MANEUVERS FOR CONTROL.
(Time: 6 Lessons)

1. OBJECTIVE. At the completion of these lessons, you will have a knowledge of and the ability to demonstrate throwing, counters, combinations, and maneuvers for control.
2. REFERENCES. Self-defense measures (Judo) Training Film 1-4981, part III, reels D, E, C, J, K, L, M, and O; part II, reels, A, B, and C: Part V, reel B, Kodokan Judo, and The Sport of Judo.
3. TRAINING AIDS. a. Self-defense facilities.
b. Regulation judo uniform.
c. Training charts on throwing, counters, combinations, and maneuvers for control.
4. METHODS OF PRESENTATION. a. Lecture.
b. Demonstration.
c. Participation.

Date					LESSON 1 a. Orientation lecture. b. Warmup drills. c. Review. (1) Fundamentals and principles of attack and defense. (2) Chokes and defense against rear and frontal body attack. (3) Defense against knife and club. (4) Defense against pistol, rifle, and shotgun.
Inst.					
REMARKS					
Date					LESSON 2 a. Warmup drills. b. Review of lesson 1. c. Throwing, counters, combinations, and maneuvers for control. (1) Arm-drag progressed into rear forearm choke. (2) Counter to rear forearm choke. Shoulder back throw. (3) Hip throw. Against front body attack. (4) Lateral drop. Against the low grappler's position. (5) Wing-locking. (a) Against rear forearm choke. (b) Against rear body locks (over arms, under arms). d. General randori (falling, throwing to include leg, hip, shoulder, back, and falling-to-the-side throwing techniques). Counters to ground hold-downs and chokes.
Inst.					
REMARKS					
Date					LESSON 3 a. Warmup drills. b. Review. c. Randori.
Inst.					
REMARKS					
Date					LESSON 4 a. Warmup drills. b. Review. c. Randori.
Inst.					
REMARKS					
Date					LESSON 5 a. Warmup drills. b. Review. c. Randori.
Inst.					
REMARKS					
Date					LESSON 6 a. Final test.
Inst.					
REMARKS					