

Student Handbook

Welcome to

DELEON JUDO CLUB



Website: www.deleonjudoclub.com

Contact: Henry Kaku, Head Instructor
hkaku@sbcglobal.net



Our Philosophy	3
History of Judo	4
Experienced Instructors	6
Sensei Santiago Deleon – Sandan (3 rd Degree Black Belt)- Retired 2007 ..	6
Head Sensei Henry Kaku – Yondan (4 th Degree Black Belt)	6
Assistant Sensei Haru Ono – Sandan (3 rd Degree Black Belt)	6
Assistant Sensei Davin Tillman – Nidan (2 nd Degree Black Belt)	6
Assistant Sensei Jason Sotelo – Nidan (2 nd Degree Black Belt)	6
Assistant Sensei Brenda Strech – Nidan (2 nd Degree Black Belt).....	7
Assistant Sensei Carl Hallberg – Shodan (1 st Degree Black Belt)	7
Assistant Sensei Darren Reyes– Shodan (1 st Degree Black Belt).....	7
Sempei	7
Erika Mihalca – Shodan (1 st Degree Black Belt).....	7
Ion (Mickey) Mihalca - Brown Belt, Ikkyu.....	8
Ryan Sorensen – Brown Belt, Ikkyu	8
General Class Information	9
Basic Safety Rules	9
Basic Judo Etiquette	9
How to Tie Your Obi (belt)	11
How to Fold Your Judo Gi	12
Judo Terms	13
Pronunciation Guide	13
Counting	13
Common Terms.....	13
Judo Referee’s Hand Signals	15
Rank Advancements	19
Uniforms & Merchandise.....	19
Additional Resources	19
Student responsibility	20

Our Philosophy

Our mission is to impart to our students not only the physical skills of Judo, but its philosophy and traditions.

Judo, or "The Gentle Way" is a martial art developed by Dr. Jigoro Kano, which makes use of the principles of leverage, balance, movement and making use of the opponent's strength. It uses the opponent's power and weight to work against them and thereby to subdue your opponent.

The main principles of Judo are "Maximum Efficiency" and "Mutual Welfare and Benefit." The goal of maximum efficiency teaches the judoka (or student) to use the least amount of physical strength necessary to throw an opponent. This is accomplished by proper use of technique and timing. The goal of mutual welfare and benefit is an extension of Dr. Kano's belief that Judo could help the individual become a better member of society. Dr. Kano felt that the personal discipline that Judo taught would extend beyond the dojo into daily life and could allow the judoka to become a more productive member of society.

We try to introduce students to Judo as a lifetime pursuit, a skilled art requiring infinite perfecting. By introducing traditional Judo etiquette and teaching the Japanese terms of the techniques we also introduce our members to the sports cultural roots, and as practiced worldwide.

For many of us, a Judo Dojo is a place of stability and community, where people watch out for you, in and out of the dojo.

* All new students are asked to visit our website to download the entire handbook and study it. If the judoka is under 18 years old, parents are asked to help.

History of Judo

Professor Jigoro Kano developed judo from a martial art called Jujutsu (also spelled Jujitsu). Professor Kano opened the Kodokan Dojo in Tokyo, Japan in the year 1882 and started to train students in Nippon-Den-Kodokan-Judo. Judo, which means the "gentle way", is not only concerned with attack and defense techniques but the physical conditioning and total health that could be attained from its practice. The meaning of the word *Ju* (gentleness) denotes not resisting the strength of the opponent, adapting to it, and taking advantage of it by turning it to one's own advantage. The meaning of the word *Do* (way) denotes not just methods or techniques, but also signifies strict moral principles, which are essential in striving for "Self-Perfection as a human being". The judo principle can be best expressed by the words left by Professor Kano (as translated in Keiko Fukuda, *Born for the Mat* (1973, pp. 9):



"The aim of judo is to utilize physical and mental strength most effectively. Its training is to understand the true meaning of life through the mental and physical training of attack and defense. You must develop yourself as a person and become a useful citizen to society."

Judo is considered to be a scientific and rational sport. Although all modern sports possess scientific attributes, judo, especially, is a sport with *waza* and movements based on scientific principles. The Japanese saying, *ju yoku go o seisu* (gentleness controls strength), aptly expresses judo's essence, which is based on physics and its scientific application of force principles. Use of strength against strength is not judo. To overcome a force with another force exceeding the opposing strength is nothing more than the use of strength and *waza* is not required. Judo, however, is mastering the skill of *waza* to readily fell an opponent using a force much less than the opponent's strength. In other words, the 'waza' takes advantage of the opponents force by using the physics principle for one's own benefit. If pushed, one moves back without resistance. If the opponent retreats, then one advances. A smaller person can throw a larger person through this application.

The phrase *sei ryoku zen yo* expresses the essence of judo's rational attribute. '*Seiryoku*' refers to mental and physical forces and '*zenyo*' means to put to good use. Together *sei ryoku zen yo* means to use one's own mental and physical forces to accomplish worthwhile goals most efficiently. This is to say, for performing any task (physical or otherwise), there will be a precise opportunity (or timing) when one's effort can most effectively be applied. The judo training is to master the alertness to detect such an opportunity and seize that instance to exert oneself to use one's own force

most effectively. By learning and mastering the judo's essence from experience, we can always maintain composure, make decisions clearly, and foster self-esteem throughout our living in this complex society.

...translated from Matsutaro Shibasaki, Judo (1974, pp. 11-12)

Experienced Instructors

Sensei Santiago DeLeon - Sandan (3rd Degree Black Belt)- Retired 2007

Sensei DeLeon is a 3rd degree black belt instructor with over 26 years of teaching experience. Sensei Santiago DeLeon started DeLeon Judo Club in 1970 through USJA.

Head Sensei Henry Kaku - Yondan (4th Degree Black Belt)

Sensei Kaku holds a 4th degree black belt in Judo. He has been studying Judo for over 40 years and has taught for over 15 years. He has competed and placed in the top 4 in many National Judo competitions, High school Nationals, AAU Nationals, and many other State and regional competitions and was a member of the Varsity Judo Team for SJSU, the top collegiate Judo Team. Sensei Kaku is a life member of the United State Judo Federation (USJF) and U.S. Judo Association (USJA). Sensei Kaku is a certified USA Judo National Coach and a certified Regional Referee with USJF.

Sensei Kaku also has a teaching credential, having taught Math and worked as a high school counselor for several years and is currently a substitute teacher in the Petaluma area schools and for Sonoma County Office of Education.

Assistant Sensei Haru Ono - Sandan (3rd Degree Black Belt)

Haru started Judo in 1976, earning his 1st degree black belt in 1978. From 1978-1982, Haru competed in High School and Collegiate tournaments in Japan and was promoted to 2nd degree black belt in 1981. From 1997-1998, Haru continued competing in Hong Kong and was also a coach of Hong Kong Judo Kan Yudanshakai. Haru earned his 3rd degree black belt in 1998. Haru joined our club in January of 2012.

Assistant Sensei Davin Tillman - Nidan (2nd Degree Black Belt)

Davin began his training with DeLeon Judo Club in 1992 at the age of 5 years old. At the age of 20 in 2008 he received his rank of Shodan and in 2011 received his Nidan from USJF. He has also studied Judo with Santa Rosa Jr. College and has competed in many local and regional tournaments placing in the top 3 numerous times. Davin is a certified Regional Referee with USJF.

Assistant Sensei Jason Sotelo - Nidan (2nd Degree Black Belt)

Jason has studied Judo since the age of 4 years old. He started his Judo training at the Rohnert Park P.A.L. Judo Club, under Sensei Terry Kelly 7th Dan. After a break in

Judo he joined the SRJC Judo, where he continues to study to earn his black belt. He received his Black Belt, Shodan, in November 2008 after almost 30 years of Judo experience from USJA and his Nidan in 2012 from USJF. He is a certified coach with USA Judo association and is a certified USJF Regional Referee.

Assistant Sensei Brenda Strech - Nidan (2nd Degree Black Belt)

Brenda began Judo in 1989, and in 2007 joined DeLeon Judo Club. She comes to us with many years of experience both in competition and Judo knowledge. Brenda earned her Shodan in 2009. Brenda serves on the Board of Directors for Keiko Fukuda Joshi Judo Inc., which runs an annual judo camp for women. Brenda is a life member of USJF, a certified National coach and a National referee with USA Judo (the governing body of Judo for US International Olympic Committee).

Assistant Sensei Carl Hallberg - Shodan (1st Degree Black Belt)

Carl has studied Judo since 2007 at DeLeon Judo Club. Prior to Judo, he studied Tae Kwan Do where he holds a Black Belt. He also studied Kenpo/Kickboxing for more than 6 years and was an assistant instructor. Carl is a life member of USJF and is a certified USA Judo coach and a certified Regional Referee with USJF.

Assistant Sensei Darren Reyes- Shodan (1st Degree Black Belt)

Darren began his martial arts career at the age of 5 studying Kali, the Filipino martial art (stick fighting). He then began taking Tae Kwon Do for 2 yrs at College of San Mateo. Darren began his Judo career at age 9 with Ben Palacio in Daly City for about a year. At the age of 21 at Sacramento State, he took 2 semesters of Judo, and then with Sacramento Judo club. He joined DeLeon Judo club in 2008 and earned the rank of Shodan in 2013.

Sempei

Erika Mihalca - Shodan (1st Degree Black Belt)

Erika started Judo in 2007 and quickly captured many National Titles. She is 2 time Jr. Winter National Champion and USJA/USJF Jr. National Champion. In 2012, she was ranked #2 Nationally in the IJF -63kg (International Judo Federation) division. In addition, she has earned more than 40 top 3 finishes in many local and regional and state tournaments.

Ion (Mickey) Mihalca - Brown Belt, Ikkyu

Mickey began his martial arts career in Shotokan Karate in Romania while in high school. He studied Karate for several years before coming to the United States and continued his karate in 1986 with ASK (Association for Shotokan Karate) in Santa Rosa, earning his Shodan in 1990 and his Nidan in 1994. He joined DeLeon Judo club in 2008.

Ryan Sorensen - Brown Belt, Ikkyu

Ryan began his Judo career at the age of 7 yrs old with Sensei Jim DeLeon. He has been continuously learning Judo without any break in his studies. He leads the warm up for the entire dojo, and has continuously helped with many operations of the club.

In addition to these instructors, DeLeon Judo club has other Judo Instructors visiting us, sensei Robert Garrido, Sensei Shannon Seitz, Sensei Sayaka Mastumoto (2008 Olympian), and also other visiting Martial Arts instructors from Mark Tabata (JuJitsu) and Hans Goto 7th Dan (Aikido).

General Class Information

- Practice Days:** Tuesday and Thursday
- Time:** **5:30 – 7:00pm** for all students
7:00 – 8:30pm by appointment only
- Location:** Petaluma Teen Center (At the fairgrounds)
- Duration:** Year round excluding major holidays
- Ages:** 6 and up

For all judo practiced in the Dojo (training area or school) good manners and respect must be shown to the instructors (senseis) and to each other

Basic Safety Rules

- Gi must be kept clean (do not bleach Gi or wash belt)
- Long hair must be pulled back with soft hair tie (no metal or hard plastic)
- No jewelry (no exceptions)
- Fingernails and Toenails **MUST** be cut short
- When sitting on the side, sit with your legs in anza or seiza position and facing the center of the mat, watching what is happening on the mat.
- **NO** fighting or “Randori” will take place except under the direction of the instructor.

Basic Judo Etiquette

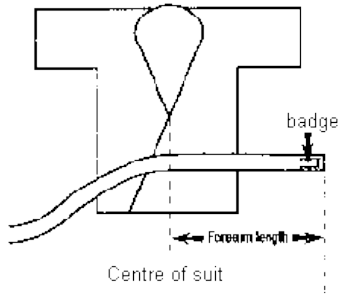
Any student behaving in a disrespectful or dangerous manner will be asked to leave the floor. Loss of temper or bad language will not be tolerated for any reason.

- When entering the Dojo (the training area), you should bow slightly

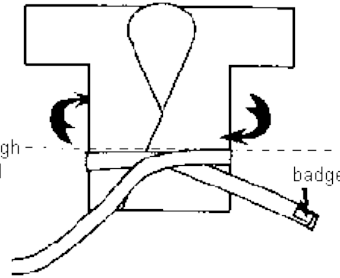
- When you enter and leave the mat, face the center of the mat and bow. (shoes are never allowed on the mat)
- When called to order, form a line with the highest grade on the right hand side. When all students are the same grade, then the eldest student will be on the right hand side.
- At all times, in the Dojo, the Black belt instructors will be addressed as Sensei (teacher) and assistant instructors as Sempei.
- Always ask permission from the Sensei to be excused off of the mat.
- When sitting on the side, always check your Gi and make sure it is straightened and your belt is tied.
- Parents are free to watch the lesson but are requested not to speak to or distract the students during a lesson.
- When facing a partner for sparring or to apply a technique, bow to each other at the beginning and at the end.
- Listen to the instructors, and do not talk when the instructors are giving instructions.1

How to Tie Your Obi (belt)

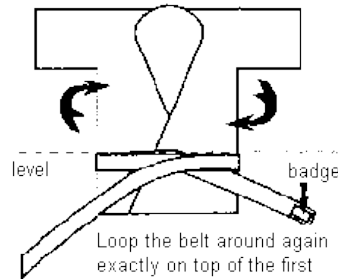
Here is a diagrammatic guide on how to tie your obi (belt). There are several ways in which belts can be tied but this is the Ishin Ryu way. Please remember never wash your belt, and to fold it use as shown on the sheet how to fold your dogi, this will ensure your belt is maintained in tip top condition during its lifetime.



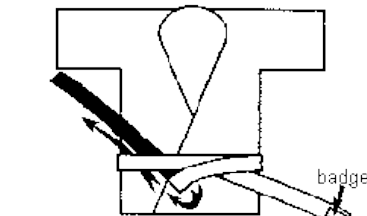
Hold the belt onto the suit as shown in the diagram. The forearm measurement should give the belt equal lengths at the end of tying, but is only a rough guide. Junir belts tend to be longer and experimentation is required to achieve equal lengths at the end of tying



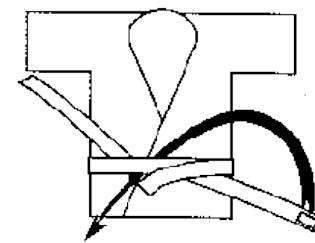
Hold the belt in the centre and loop the loose end around once keeping the belt as level as possible



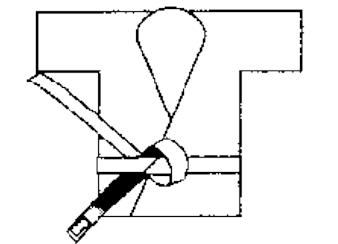
Loop the belt around again exactly on top of the first loop. Feel around behind you to make sure of this



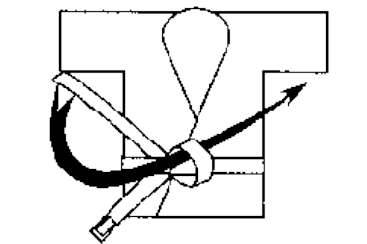
Loop the loose end under all the previous loops as shown pulling reasonably tight to tighten the belt around you comfortably yet firmly



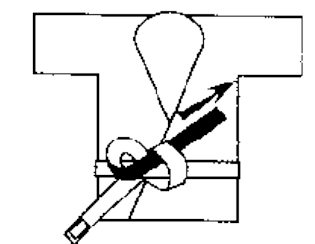
Loop the badge end underneath the outside loop as shown



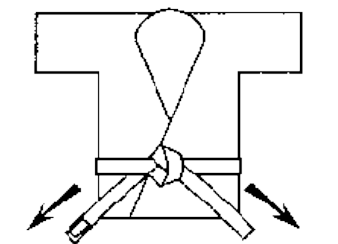
The result should look like this



Loop the loose end through as shown pulling reasonably tight

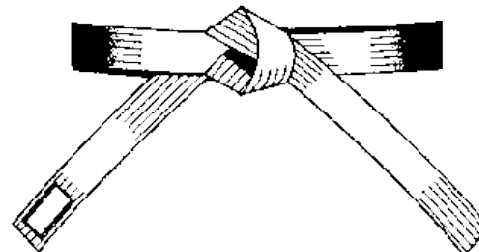


This diagram shows the operation in more detail



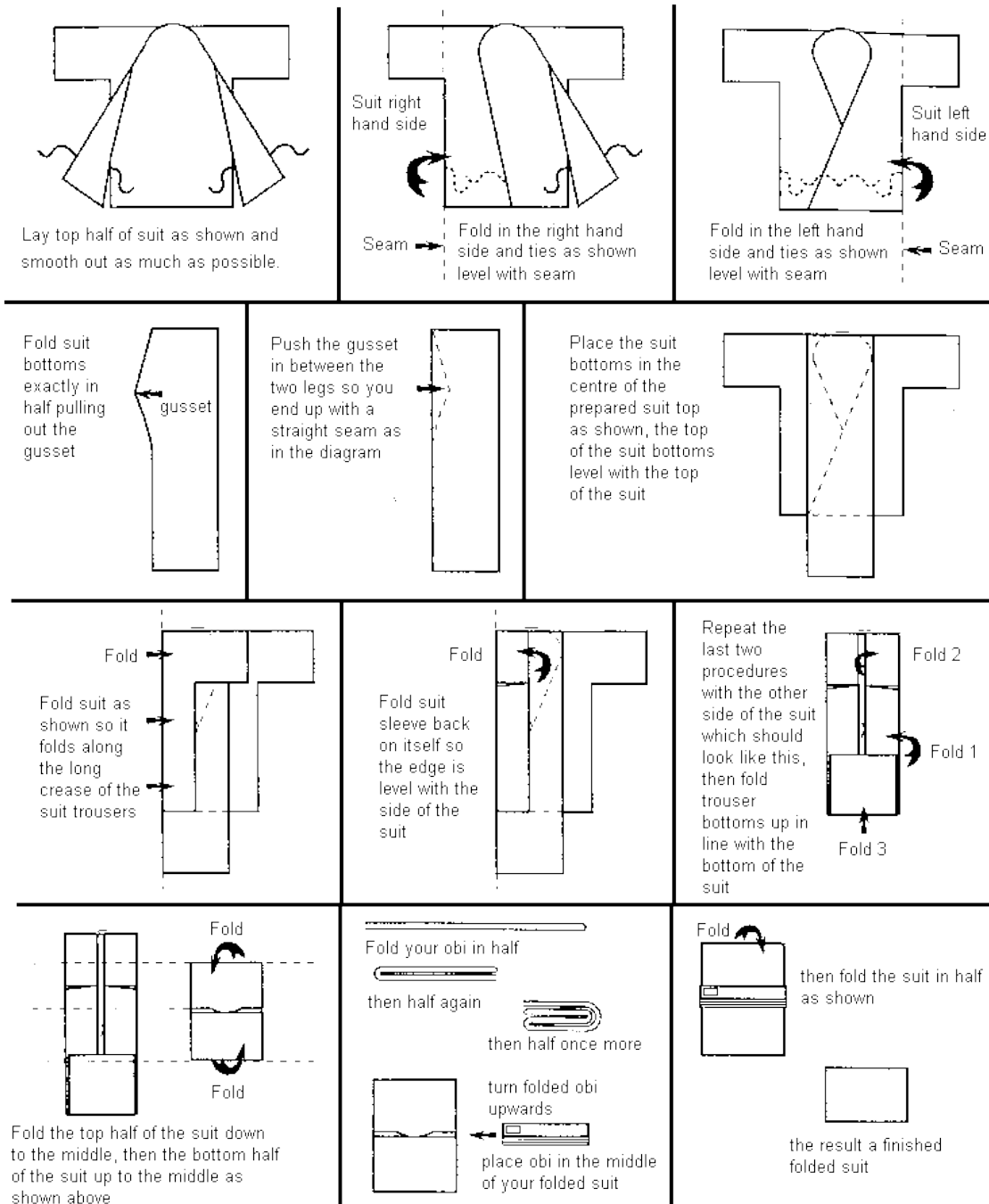
Pull down and out then adjust knot until it resembles the diagram

The finished result, note the detail on the knot showing how the finished obi should look



How to Fold Your Judo Gi

Here is a diagrammatic guide on how to fold your suit. It will ensure that your suit is kept in tip top condition. It also means your suit takes up the minimum of space, and is less susceptible to creasing. It is recommended that throughout the folding procedure you smooth out any creases that form, this will give a better end result.



Judo Terms

Pronunciation Guide

Letter	Pronunciation
A	aa
E	eh
I	ee
O	oo
U	uu

Counting

1	Ichi
2	Ni
3	San
4	Shi
5	Go
6	Roku (loku)
7	Hichi
8	Hachi
9	Ku
10	Ju

Common Terms





Anza	Sit cross-legged
Ashi	Foot
Dan	Black belt rank
Dojo	School or training hall
Eri	Collar or lapel
Hajime	Begin






Happo no Kuzushi	Kuzushi in 8 directions
Judogi or Gi	Judo practice uniform
Judoka	One who studies Judo
Kake	Completion or execution of technique






Kata	Forms or Shoulder
Katame no kata	Forms of grappling
Ki o tsuke	Attention
Kiai	To gather spirit with a shout
Kodokan	Judo institute in Tokyo where Judo was founded
Kuzushi	Unbalancing the opponent
Kyu	Student rank
Matte	Stop
Nage	Throw
Nagekomi	Repetitive throwing practice
Obi	Judo belt
Randori	Free practice
Rei	Bow





Seiza	Formal kneeling posture
Shiai	Contest
Tori	Person performing a technique
Tsukuri	Entry into a technique, positioning
Uchikomi	Repeated practice without completion
Uke	Person receiving the technique
Ukemi	Breakfall techniques
Waza	Technique
Yoshi	Resume action, continue
Yudanshakai	Black belt association. We belong to Central Coast (CENCO)

Judo Referee's Hand Signals

<p>Referee: Signaling an Ippon Score Ippon</p>	 A black and white illustration of a male referee in a dark suit and white shirt. He is standing with his right arm raised high, palm facing forward, and his mouth open as if shouting.
<p>Referee: Indicating Wazari Score Wazari</p>	 A black and white illustration of a female referee in a dark suit and white shirt. She is pointing her right arm horizontally to the left. The word "WAZA-ARI" is written in a curved path above her right arm.
<p>Referee: Indicating a Yuko Score Yuko</p>	 A black and white illustration of a male referee in a dark suit and white shirt. He is pointing his right arm horizontally to the left.
<p>Referee: Signaling an Koka Score Koka</p>	 A black and white illustration of a male referee in a dark suit and white shirt. He is holding his right hand up to his face with the palm facing forward, fingers spread.

<p>Wazari awasete Ippon: Judoka has one wazari and then scores another wazari. The referee will announce Wazari awasete Ippon</p>	
<p>Nullifying a previous score Nullifying Score</p>	
<p>Referee: Signaling Matte (Break) Matte</p>	
<p>Referee: Indicating the start of Osaekomi (pin) Start of Osaekomi</p>	
<p>Referee: Indicating "Toketa" . The osaekomi (pin) is nullified. Toketa</p>	

<p>Referee: Indicating matte (break) in newaza (matwork)</p> <p>Matte in Newaza</p>	
<p>Side judge: Indicating that the action was inbounds</p> <p>In bounds</p>	
<p>Side Judge: Indicating action was "out of bounds"</p> <p>Out of bounds</p>	
<p>Side Judge: Nullifying a score/action</p> <p>Nullifying a Score</p>	
<p>Referee: indicating non-combativity (stalling penalty)</p> <p>Non-combativity - Shido</p>	

<p>1st Medical Charge to the contestant needing medical attention</p> <p>Medical Charge</p>	
<p>Referee indicating to the judoka to fix his/her judogi.</p> <p>Fix Judogi</p>	
<p>Referee: Indicating he wants both judoka's to stop moving</p> <p>Sonomama!</p>	
<p>Referee: Indicating "Yoshi" for both contestants to begin action.</p> <p>Yoshi</p>	

Rank Advancements

The following is general guidelines, which will be used by the Senseis.

The standards for qualifying for rank promotions are recorded in considerable detail, and their basic points include the following:

1. Technical Level of Judo
2. Character as a person
3. Understanding of Judo
4. Application to Your Life
5. Achievements in Judo

The specification of the rank promotion system is meant to encourage the improvement of your character and nature through the moral training of Judo in the traditional Kodokan style. Rank advancement should signify not only technical proficiency, but your level of advancement in issues of morality and character development, and contributions to society, community, and the greater world around you. For this reason, the observations, which are made during practice and shiais, will determine your advancement.

Uniforms & Merchandise

Judo uniforms can be purchased through the club. Make checks payable to DeLeon Judo Club

Additional Resources

Additional resources can be found online:

www.deleonjudoclub.com

www.cencojudo.com

www.usjf.com

www.judoinfo.com

Student responsibility

1. Observe the dojo. See if you might fit in with the style of instructions given by the senseis. Know the dojo's proper etiquette, such as bowing when coming into or leaving the dojo or bowing onto or off of the mat. Wearing proper footwear to maintain cleanliness.
2. Only you know how your body works. Are you in top shape or somewhat out of shape? Are you just getting over an illness? Do you take medications such as inhalers, or are you a diabetic? Does your body ache? Knowing yourself and your limits is important to both you and the senseis. If there are issues inform the senseis so they can assist you in working out properly.
3. You are responsible for how you work out with other students. Do not overpower younger, weaker or less experienced students. You are responsible for your partner as well as your own well-being and it is important to not injure others or yourself. In Judo "Jita Kyoei" means mutual benefit and welfare. This means we learn from one another and not maintaining mutual benefit and welfare in training is counter to what Judo stands for.
4. If for any reason you aren't certain you can train safely, it's your responsibility to stop.
5. The student as well as the senseis are responsible for making sure the dojo is safe and clean. Check your surroundings before and while working out. If the problem requires more attention or care than you can provide, such as the need for mat sterilization, inform a sensei and offer your assistance in resolving the matter.
6. When on the mat and a sensei is giving instructions, be quiet and listen so that you are not rude or prevent others from learning/hearing (such as talking to friends).
7. Even outside of the dojo, it is your responsibility to learn more whenever possible. Think of things you have learned in class that you can work on at home (Do not practice throwing/grappling techniques at home). Reading books and watching videos are great tools promote better technique and overall understanding of Judo.



DELEON JUDO CLUB

Petaluma, CA



Student Application

Please complete and return to the Sensei by the next class

Date

					Date				
Name (First, MI, Last)									
Address									
City		State		Zip					
Phone		Email							
Student's Date of Birth						Sex		Male <input type="checkbox"/>	Female <input type="checkbox"/>
Mother's Name (If under 18)					Email				
Home Phone					Cell Phone				
Father's Name (If under 18)					Email				
Home Phone					Cell Phone				
Prior judo experience/rank									
Other martial art experience/rank									
Why are you interested in judo?									

Membership Fee Schedule

Club Tuition Monthly Payment - \$50/member

Payment Information: Monthly tuition is due on the first practice of every month (Tuesday or Thursday).

Annual Insurance Membership (Choose one of the memberships)

United States Judo Federation (USJF) \$50.00/year

United States Judo Association (USJA) \$50.00/year (Discounts for 3 or more family)

Medical Issues/Physical Limitations

I have issues that the instructor should be aware of (i.e. Asthma, epilepsy, heart problems, allergies, medications, learning disabilities, or any other limiting issues)

Emergency Contact Information			
Contact's Name		Relationship	
Home Phone		Cell Phone	

READ THE FOLLOWING CONTRACT CAREFULLY – IT LIMITS OUR LIABILITY

I, the undersigned applicant of **The DeLeon Judo Club/ Sensei DeLeon and Sensei Kaku** (hereafter called "**Club**"), acknowledge that I am applying for instruction in a martial art involving strenuous exercise and personal body contact. I acknowledge that the **Club** carries no insurance against injury to any of its students. As a condition to being admitted to the **Club** as a student, I assume the risk of all injury and do hereby hold the **Club**, its employees and agents harmless from any and all liability (including attorney's fees and costs) for all claims, actions or damages due to injuries suffered by me or caused to third parties by me, arising out of activities involving Judo, or any variation thereof, whether occurring on the premises of the **Club** or elsewhere, excepting only those claims, actions or damages caused by gross negligence or intentional act or mission of any of them.

The undersigned further authorizes the **Club** to photograph or video the Participant during Activities and/or Excursions and to use such photograph(s) or video(s) in brochures, newspapers, or other media describing or depicting the **Club**.

I agree to abide by the rules of the **Club** and to follow explicitly all instructions given by the instructors during the course of my instruction.

Date: _____ Signature: _____

If under eighteen (18) years of age, parent or guardian must sign below.

I, the undersigned, as parent or guardian of the above applicant, certify that I have read the above application and consent to the applicant's receiving the instruction applied for and I agree to the provisions of the contract for myself and the said applicant.

Date: _____ Signature: _____