

MARTIAL ARTS COLLEGE OF CLAYTON

MACC

BOOK ONE

JUDO AND TAEKWONDO

FOR YOUNG STUDENTS

– 10<sup>TH</sup> KYU REQUIREMENTS –

YELLOW BELT

Theodore Angelo Povinelli

World Taekwondo Federation Kukkiwon No. 05023240

Korean Judo Association Certification No. 1542

STUDENT NAME: \_\_\_\_\_



MARTIAL ARTS COLLEGE OF CLAYTON

MACC PRESS

"MACC BOOK ONE JUDO AND TAEKWONDO FOR YOUNG  
STUDENTS"

COPYRIGHT JUNE 2009

6348 S. ROSEBURY, CLAYTON MISSOURI 63105

UNITED STATES OF AMERICA



## ACKNOWLEDGEMENTS

I WOULD LIKE TO THANK SUSAN GARVERICK, 3<sup>RD</sup> DEGREE BLACK BELT IN TAEKWONDO, AND THE STUDENTS ADRIENNE BAKER AND ISABELLA POVINELLI FOR ALL THEIR HELP IN CREATING THIS BEGINNER'S BOOK ONE OF JUDO AND TAEKWONDO FOR YOUNG STUDENTS.

THEODORE ANGELO POVINELLI  
JUNE 2009



ISABELLA  
POVINELLI



SUSAN  
GARVERICK



ADRIENNE  
BAKER

“There is nothing so strong as gentleness;  
and nothing so gentle as true strength.”

Frances de Sales

## YELLOW BELT TEST

JAPANESE WORDS		Score	EXERCISE	No. Req	Score
REI			JUMPING JACKS	10	
KYOSKEI			PUSH UPS (REGULAR)	10	
SENSEI			BICYCLE THRUSTS	10	
DOJO			PUSH UPS (MODIFIED)	10	
TORI			SITUPS	10	
UKE			STRETCHING	10	
MATE			MOUNTAIN CLIMBS	10	
HAJIME			JUMPING (SIDE-TO-SIDE)	10	
JUDOKA			JUMPING (SCISSORS)	10	
JUDOJI			<b>FALLING</b>		
<b>KOREAN WORDS</b>			SIDE	10	
CHARYO	KIHAP		BACK	10	
KYUNGYE			<b>THROWING</b>		
SUNSHANG			IPPON SEOI OTOSHI	5/5	
DOJANG			O SOTO GARI	5/5	
SHIJAK			<b>HOLDING</b>		
GUEMAN			KESA GATAME	3/3	
DOBOK			ESCAPE TECHIQUES	7	
<b>NUMBER COUNTING</b>			<b>PUNCHING</b>		
<b>JAPANESE</b>	<b>KOREAN</b>		<b>FRONT STANCE</b>		
ICHI	HANA		<b>KICKING</b>		
NI	DUL		AXE KICK	10/10	
SAN	SET		FRONT SNAP KICK	10/10	
SHI	NET		ROUND HOUSE KICK	10/10	
GO	DASOT		<b>BLOCKING</b>		
ROKU	YASUT		LOW		
NANA	ILGOP		SIDE		
HACHI	YODOL		HEAD		
KYUU	AHOP		<b>SCORE</b>		
JUU	YUL		<b>INSTRUCTOR SIGNATURE</b>		

## MACC BOOK ONE JUDO AND TAEKWONDO FOR YOUNG STUDENTS

– 10<sup>TH</sup> KYU REQUIREMENTS –

YELLOW BELT

STUDENT \_\_\_\_\_

START DATE \_\_\_\_\_

TEST DATE \_\_\_\_\_

INSTRUCTOR \_\_\_\_\_

## TABLE OF CONTENTS

WHAT IS JUDO?	8
WHAT IS TAEKWONDO?	9
MARTIAL ARTS COLLEGE OF CLAYTON	10
KOREAN WORDS	12
JAPANESE WORDS	13
TIE YOUR BELT	14
FALLING	15
FALLING BACKWARD	15
FALLING LEFT/RIGHT	15
BALANCING (KUZUSHI)	16
THROWING	17
O SOTO GARI (OUTER REAPING THROW)	17
IPPON SEOI OTOSHI (KNEELING THROW)	18
HOLDING	19
KESA GATAME (SCARF HOLD)	19
KICKING	20
AXE KICK	20
FRONT SNAP KICK	21
ROUND HOUSE KICK	22

## ADDITIONAL CLASSES 31 + \_\_\_\_\_

CLASS NUMBER	INITIAL	CLASS NUMBER	INITIAL
CLASS 31		CLASS 46	
CLASS 32		CLASS 47	
CLASS 33		CLASS 48	
CLASS 34		CLASS 49	
CLASS 35		CLASS 50	
CLASS 36		CLASS 51	
CLASS 37		CLASS 52	
CLASS 38		CLASS 53	
CLASS 39		CLASS 54	
CLASS 40		CLASS 55	
CLASS 41		CLASS 56	
CLASS 42		CLASS 57	
CLASS 43		CLASS 58	
CLASS 44		CLASS 59	
CLASS 45		CLASS 60	

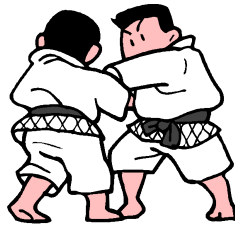
## CLASS 1-30

CLASS NUMBER	INITIAL	CLASS NUMBER	INITIAL
CLASS 1		CLASS 16	
CLASS 2		CLASS 17	
CLASS 3		CLASS 18	
CLASS 4		CLASS 19	
CLASS 5		CLASS 20	
CLASS 6		CLASS 21	
CLASS 7		CLASS 22	
CLASS 8		CLASS 23	
CLASS 9		CLASS 24	
CLASS 10		CLASS 25	
CLASS 11		CLASS 26	
CLASS 12		CLASS 27	
CLASS 13		CLASS 28	
CLASS 14		CLASS 29	
CLASS 15		CLASS 30	
		<b>!!! READY FOR TEST !!!</b>	

PUNCHING	_____	23
HOW TO MAKE A FIST	_____	23
PUNCH FROM THE HIP	_____	24
BOW AND ARROW PUNCHING	_____	25
BLOCKING	_____	26
LOW BLOCK	_____	26
SIDE BLOCK	_____	27
HEAD BLOCK	_____	28
FRONT STANCE (APKOOBI)	_____	29
EXERCISES	_____	30
EXERCISE TECHNIQUES	_____	31
CLASS CHART     1 - 31+	_____	34
YELLOW BELT TEST	_____	36

# WHAT IS JUDO?

- JUDO WAS CREATED IN JAPAN.
- JUDO MEANS THE GENTLE WAY.
- IN JUDO WE LEARN TO:
  - THROW BY GETTING UNDERNEATH THE CENTER OF GRAVITY
  - HOLD DOWN
  - OFF BALANCE
  - USE SMART TECHNIQUES -- NOT MUSCLES !!!



8

## • MOUNTAIN CLIMB

1. PLACE YOUR HANDS SHOULDER-WIDTH APART, RIGHT UNDERNEATH YOUR SHOULDERS
2. KEEP YOUR BODY STRAIGHT AND RISE UP ON THE BALLS OF YOUR FEET
3. KEEPING YOUR HANDS WHERE THEY ARE, JUMP WITH YOUR LEGS AND MOVE BOTH FEET SO THEY ARE RIGHT BEHIND YOUR HANDS
4. THEN JUMP BACK TO YOUR ORIGINAL POSITION



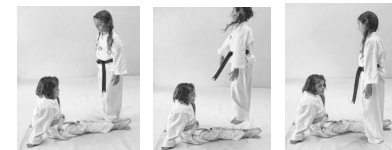
## • JUMPING (SCISSORS)

1. HAVE YOUR PARTNER SIT ON THE GROUND WITH THEIR LEGS SPREAD
2. STAND IN BETWEEN THEIR LEGS
3. AT THE SAME TIME, YOU ARE GOING TO JUMP AND THEN SPREAD YOUR LEGS WHILE YOUR PARTNER IS GOING TO BRING THEIR LEGS TOGETHER
4. AT THE SAME TIME, YOU ARE GOING TO JUMP AND BRING YOUR LEGS BACK TOGETHER WHILE YOUR PARTNER IS GOING TO SPREAD THEIR LEGS APART



## • JUMPING (LEFT-TO-RIGHT)

1. HAVE YOUR PARTNER SIT DOWN WITH BOTH LEGS STRAIGHT IN FRONT OF HIM
2. STAND TO ONE SIDE OF HIS LEGS, THEN WITH YOUR LEGS TOGETHER JUMP TO THE OTHER SIDE AND THEN BACK



33



- **PUSHUPS (MODIFIED)**

1. SPREAD YOUR LEGS APART AND PLACE YOUR HANDS ON THE GROUND SHOULDER-WIDTH APART
2. BEND YOUR ELBOWS AND DIP YOUR CHEST DOWNWARD SO THAT IT ALMOST BRUSHES THE GROUND
3. STRAIGHTEN YOUR ARMS TO LIFT YOUR HEAD UP INTO THE AIR, WHILE LEAVING YOUR HIPS CLOSE TO THE GROUND
4. RETURN TO THE BEGINNING POSITION



- **SITUPS**

1. HAVE YOUR PARTNER HOLD YOUR FEET DOWN WHILE YOU LAY DOWN ON YOUR BACK WITH YOUR KNEES BENT
2. WITH YOUR ARMS ACROSS YOUR CHEST, SIT ALL THE WAY UP SO THAT YOUR ARMS TOUCH YOUR KNEES
3. LET YOUR BACK MOVE DOWNWARD UNTIL IT ALMOST TOUCHES THE GROUND, THEN SIT BACK UP



- **STRETCHING**

1. SIT ON THE GROUND AND SPREAD YOUR LEGS APART INTO THE SPLITS
2. STRETCH WITH BOTH HANDS TOWARD YOUR RIGHT FOOT, TRY TO TOUCH YOUR HEAD TO YOUR KNEE
3. STRETCH WITH BOTH HANDS TOWARD YOUR LEFT FOOT, TRY TO TOUCH YOUR HEAD TO YOUR KNEE
4. STRETCH WITH BOTH HANDS DOWN TOWARD THE CENTER, TRY TO TOUCH YOUR HEAD TO THE GROUND



## WHAT IS TAEKWONDO?

- TAEKWONDO WAS CREATED IN KOREA.
- TAEKWONDO MEANS THE WAY OF THE FIST AND FOOT.
- WE LEARN TO KICK, BLOCK, AND PUNCH IN TAEKWONDO.



# OUR SCHOOL: MARTIAL ARTS COLLEGE OF CLAYTON

AS WE PRACTICE **JUDO** AND **TAEKWONDO**, WE SHOULD THINK ABOUT THE FOLLOWING **IDEAS** TO HELP US LEARN SAFELY AND QUICKLY.

- **BOWING**

- WE SAY **THANK YOU** TO EACH OTHER BY BOWING.
- WE ARE THANKING EACH OTHER FOR PUTTING OUR BODIES AT RISK OF INJURY SO THAT WE CAN BECOME BETTER .



- **HUMILITY**

- WE WEAR A WHITE UNIFORM TO SYMBOLIZE THAT WE DO NOT HAVE KNOWLEDGE OF JUDO AND TAEKWONDO.
- WE MUST PAY ATTENTION IN CLASS AND NOT FOOL AROUND.

## EXERCISE TECHNIQUES

- **JUMPING JACKS**

1. STAND WITH YOUR FEET TOGETHER AND YOUR ARMS BY YOUR SIDE
2. JUMP UP SPREADING YOUR FEET APART AND CLAPPING YOUR HANDS ABOVE YOUR HEAD AS YOUR FEET LAND ON THE GROUND STILL APART
3. JUMP BACK TOGETHER BRINGING YOUR ARMS DOWN TO YOUR SIDE AND YOUR FEET TOGETHER AS YOU LAND IN THE STARTING POSITION



- **PUSHUPS (REGULAR)**

1. PLACE YOUR HANDS SHOULDER-WIDTH APART, RIGHT UNDERNEATH YOUR SHOULDERS
2. KEEP YOUR BODY STRAIGHT AND RISE UP ON THE BALLS OF YOUR FEET
3. BEND YOUR ELBOWS UNTIL YOUR CHEST IS ALMOST AT THE GROUND
4. KEEPING YOUR BODY STRAIGHT, PUSH BACK UP



- **BICYCLES**

1. LAY ON YOUR BACK WITH YOUR HANDS BEHIND YOUR HEAD AND YOUR HEAD LIFTED OFF THE GROUND
2. BRING YOUR KNEES UP TO YOUR ELBOWS AND KICK OUT WITH A LEG
3. THE LEG THAT IS OUT SHOULD BE STRAIGHT AND YOU SHOULD BE KICKING WITH YOUR HEEL
4. SWITCH LEGS BY PULLING ONE LEG BACK SO YOUR KNEE TOUCHES YOUR ELBOW AND KICKING YOUR OTHER LEG OUT UNTIL IT IS STRAIGHT



## EXERCISES

EXERCISE REQUIREMENTS	No. REQ	
JUMPING JACKS	10	
PUSHUPS (REGULAR)	10	
BICYCLE THRUSTS	10	
PUSHUPS (MODIFIED)	10	
SITUPS	10	
STRETCHING	10*	
MOUNTAIN CLIMB (DOUBLE)	10	
JUMPING (SCISSORS)	10	
JUMPING (SIDE-TO-SIDE)	10	

- **RESPECT**

- IT IS VERY IMPORTANT THAT WE ARE FAIR TO EACH OTHER
- IN THE DOJO WE WANT ALL STUDENTS TO FEEL WELCOME AND HAPPY; NOT NERVOUS OR SCARED.
- OUTSIDE THE DOJO IT IS IMPORTANT HAVE RESPECT FOR PEOPLE TO SHOW EVERYONE THAT WE ARE FAIR AND NICE.
- WE NEED TO KEEP OUR UNIFORMS CLEAN AND IN GOOD REPAIR. WE MUST KEEP OUR NAILS TRIMMED TO AVOID INJURY.

- **DISCIPLINE**

- IT IS IMPORTANT THAT WE TRY HARD EVEN WHEN WE FEEL A LITTLE PAIN DURING PRACTICE.
- LEARNING ANYTHING NEW IS ALWAYS DIFFICULT AT FIRST – WE MUST NEVER GIVE UP !!!
- WE MUST PUSH OURSELVES TO PRACTICE EVEN WHEN WE FEEL A LITTLE TIRED OR THIRSTY.

## KOREAN WORDS

CHARYO	ATTENTION
KYUNGYE	BOW
SUNSANG	TEACHER
DOJANG	SCHOOL
SHIJAK	BEGIN
GUEMAN	STOP
DOBOK	UNIFORM
KIHAP	YELL

### COUNTING

HANA	ONE
DUL	TWO
SET	THREE
NET	FOUR
DASOT	FIVE
YASUT	SIX
ILGOP	SEVEN
YODOL	EIGHT
AHOP	NINE
YUL	TEN

## FRONT STANCE

### APKOOBI

- EXTEND ONE LEG FORWARD
- BEND THE FRONT KNEE
- STRAIGHTEN THE BACK LEG
- YOUR LEGS SHOULD BE SHOULDER WIDTH WIDE AND TWO SHOULDER WIDTHS LONG
- FACE YOUR CHEST STRIGHT FORWARD
- BOTH FEET SHOULD BE FACING FORWARD



### WALKING

- BRING YOUR BACK FOOT FORWARD NEXT TO THE FRONT FOOT
- CONTINUE STEPPING FORWARD WITH THE SAME FOOT
- FINALLY, BEND THE NEW FRONT LEG AND STRAIGHTEN THE NEW BACK LEG



## HEAD BLOCK

- RAISE BOTH ARMS IN FRONT OF YOUR CHEST
- PUSH UP WITH ONE ARM AND PULL DOWN TO THE WAIST WITH THE OTHER
- THE BLOCKING ARM SHOULD LIFT UP ABOVE THE HEAD AT 45 DEGREES (PALM FACING AWAY FROM YOUR HEAD)
- BOTH ARMS MOVE TOGETHER WHEN BLOCKING



## JAPANESE WORDS

KYOSKEI	ATTENTION
REI	BOW
TORI	THROWER
UKE	FALLER
SENSEI	TEACHER
DOJO	SCHOOL
MATE	STOP
HAJIME	BEGIN
JUDOKA	JUDO STUDENT
JUDO GI	UNIFORM

## COUNTING

ICHI	ONE
NI	TWO
SAN	THREE
SHI	FOUR
GO	FIVE
ROKU	SIX
NANA	SEVEN
HACHI	EIGHT
KYUU	NINE
JUU	TEN

## TIE YOUR BELT



1. FIND THE CENTER OF THE BELT



2. PLACE THE BELT CENTER ON YOUR STOMACH AND WRAP AROUND ONCE



3. PUT ONE END UNDERNEATH EVERYTHING



4. PULL IT TIGHT



5. THE ONE ON TOP STAYS ON TOP WHILE YOU MAKE A LOOP



6. COMPLETE THE SQUARE KNOT AND PULL IT TIGHT



7. CHECK THAT THE ENDS HANG TO THE SIDES, NOT UP AND DOWN: DONE!

## SIDE BLOCK

- CROSS YOUR ARMS IN FRONT OF YOUR CHEST WITH ONE ARM REACHING FOR AN IMAGINARY SWORD AT YOUR BELT
- PULL THE SWORD OUT AND SWEEP YOUR ARM ACROSS YOUR CHEST
- PULL THE OPPOSITE ARM BACK TO YOUR BELT
- THE BLOCKING ARM SHOULD STOP THE ROTATION IN FRONT OF YOUR BODY
- THE BLOCKING ARM SHOULD BE 90 DEGREES BENT WITH THE FIST AT YOUR SHOULDER HEIGHT



## BLOCKING

### LOW BLOCK

- CROSS YOUR ARMS ON YOUR CHEST
- ROTATE ONE ARM DOWNWARD ACROSS YOUR STOMACH
- THIS BLOCKING ARM SHOULD BE STRAIGHT
- STOP THE ARM AT THE SIDE OF YOUR BODY
- PULL THE OPPOSITE ARM TO YOUR WAIST (FIST PALM UP)



26

## FALLING (UKEMI WAZA)

### BACK FALL

- SIT ON THE FLOOR WITH YOUR LEGS OUT STRAIGHT
- CROSS YOUR ARMS IN FRONT OF YOUR CHEST
- ROLL BACKWARD
- SLAP THE FLOOR WITH YOUR PALMS
- DO NOT TOUCH YOUR HEAD TO THE FLOOR !!!



### SIDE FALL

### (LEFT/RIGHT)

- LIE DOWN ON YOUR RIGHT SIDE WITH YOUR RIGHT LEG OUT STRAIGHT AND YOUR LEFT KNEE BENT AND UP
- PUT YOUR LEFT HAND ON YOUR STOMACH
- SLAP THE FLOOR WITH YOUR RIGHT HAND (PALM)
- DO NOT TOUCH YOUR HEAD TO THE FLOOR !!!



15

## BALANCING

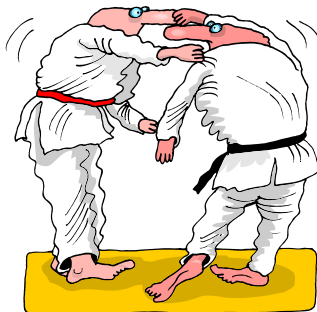
(KUZUSHI)

### IF YOUR OPPONENT IS STANDING STRAIGHT

- PULL FORWARD
- PUSH BACKWARD
- PUSH/PULL TO THE RIGHT
- PUSH/PULL TO THE LEFT

### WHEN YOUR OPPONENT HAS ONE FOOT FORWARD

- PULL TO THE FRONT CORNER
- PUSH TO THE REAR CORNER



16

## BOW AND ARROW PUNCHING



- STAND WITH YOUR LEFT LEG FORWARD; RIGHT LEG BACK
- EXTEND YOUR LEFT ARM FORWARD
- PULL YOUR RIGHT ARM BACK
- FEEL LIKE YOU ARE HOLDING A BOW AND ARROW (YOUR RIGHT ARM IS THE ARROW)
- YOUR RIGHT HAND SHOULD BE IN A FIST NEXT TO YOUR RIGHT CHEEK
- KEEP YOUR RIGHT ELBOW UP AND YOUR ARM STRAIGHT
- PULL BACK WITH YOUR LEFT ARM; STRIKE WITH YOUR RIGHT ARM AND FIST
- KEEP YOUR SHOULDERS SQUARE TO YOUR TARGET AS YOU HIT



25



## STRAIGHT PUNCH FROM THE HIP



- STAND STRAIGHT; LEGS SHOULDER WIDTH APART
- PULL YOUR ARMS BACK WITH YOUR WRISTS AT YOUR BELT; FIST PALM FACING UP
- EXTEND ONE ARM STRAIGHT OUT; FIST PALM FACING DOWN
- KEEP YOUR SHOULDERS SQUARE TO THE FRONT AND YOUR WRIST AND ARM STRAIGHT
- POINT YOUR FIST ALONG THE CENTER LINE OF YOUR CHEST
- TO PUNCH, PULL BACK WITH THE EXTENDED ARM AS YOU STRIKE OUT WITH THE OTHER ARM FROM THE WAIST
- ROTATE THE EXTENDED ARM BACK TO THE WAIST; PALM UP
- ROTATE THE STRIKING ARM OUT ; PALM DOWN
- HIT YOUR TARGET WITH YOUR TWO BIG KNUCKLES



24

## THROWING

(NAGE WAZA)

### O SOTO GARI

(MAJOR OUTER REAP)

- FACE YOUR OPPONENT STANDING STRAIGHT
- GRAB HIS SLEEVE WITH YOUR LEFT HAND
- GRAB HIS COLLAR WITH YOUR RIGHT HAND
- STEP FORWARD WITH YOUR LEFT FOOT OUTSIDE HIS RIGHT FOOT
- BRING YOUR RIGHT LEG UP AND SWEEP YOUR LEG BEHIND HIS RIGHT LEG
- KEEP YOUR RIGHT SWEEPING FOOT BETWEEN HIS TWO FEET
- AS YOU SWEEP, LIFT HIS RIGHT LEG UP HIGH
- THROW HIM BACKWARD TO THE FLOOR
- END THE THROW IN A HORSE STANCE



17

## IPPON SEOI OTOSHI (ONE ARM SHOULDER DROP)

- FACE YOUR OPPONENT STANDING STRAIGHT
- GRAB HIS SLEEVE WITH YOUR LEFT HAND
- GRAB HIS COLLAR WITH YOUR RIGHT HAND
- STEP FORWARD WITH YOUR RIGHT FOOT TO HIS INSIDE RIGHT FOOT
- BRING YOUR RIGHT ARM UNDER HIS RIGHT ARM AND GRAB TIGHTLY BY HIS SHOULDER
- BRING YOUR LEFT LEG AROUND AND PLACE YOUR KNEE ON THE GROUND
- BRING YOUR RIGHT KNEE DOWN NEXT TO THE LEFT
- SPREAD YOUR KNEES APART AND BRING YOUR FEET TOGETHER
- KEEP YOUR BODY BETWEEN HIS TWO FEET IN A KNEELING POSITION
- PULL HIS RIGHT ARM ACROSS YOUR CHEST AS YOU LEAN FORWARD
- TOUCH YOUR RIGHT SHOULDER TO THE FLOOR
- THROW HIM FORWARD TO THE FLOOR



18

## PUNCHING

### HOW TO MAKE A FIST

- OPEN YOUR HAND
- CURL YOUR FINGERS IN TIGHTLY
- PLACE THE THUMB ACROSS THE TWO FRONT KNUCKLES  
LOCKING THE FINGERS TIGHTLY



23

## ROUND HOUSE KICK

- LEFT LEG FORWARD; RIGHT LEG BACK
- ROTATE THE FOOT ON THE GROUND 90 DEGREES TO THE LEFT
- ROLL YOUR HIPS AND BODY OVER AND BRING YOUR RIGHT KNEE UP AND POINT IT AT YOUR TARGET
- SNAP YOUR RIGHT LEG OUT UNBENDING YOUR LEG
- HIT YOUR TARGET WITH THE TOP OF YOUR FOOT
- BRING YOUR FOOT BACK AND POINT YOUR KNEE AT THE TARGET AGAIN
- PUT YOUR FOOT BACK DOWN ON THE FLOOR



## HOLDING

(OSAI KOMI WAZA)

### KESA GATAME

(SCARF HOLD)

- SIT NEXT TO YOUR OPPONENT'S RIGHT SIDE
- SPREAD YOUR LEGS: RIGHT LEG FORWARD; LEFT LEG BACK
- TIGHTLY GRAB THE RIGHT SLEEVE WITH YOUR LEFT HAND AND PLACE THE WRIST UNDER YOUR LEFT ARM
- PUT YOUR RIGHT ARM AROUND HIS NECK
- LEAN FORWARD AND PUT YOUR WEIGHT ON HIS CHEST



### ESCAPES

COLLAR GRAB-LEG KICK

LEG HOOK AROUND

THIGH:

-- INNER PULL OUT

-- OUTSIDE ROLL OVER

BACK SHOULDER ROLL

KNEE WEDGE

UPPER BODY SPRING

BODY SEPARATION SITUP

