

I. The History and Development of Judo

Judo originated in Japan and evolved from traditional Japanese jujutsu. Jujutsu itself traces its roots back to ancient sumo, which branched into two distinct paths: one focused on competition, performance, and entertainment; the other on practical combat techniques used by samurai—this latter form became known as jujutsu.

Following the Meiji Restoration, jujutsu was temporarily suppressed by the government, forcing practitioners to perform on the streets to make a living, which led to its decline. In the mid-19th century, a student at the University of Tokyo named Jigoro Kano resolved to revive this traditional martial art. As a youth, Kano was physically weak and often bullied during outings with friends. Determined to strengthen himself, he began studying jujutsu. Mr. Kano integrated the technical advantages of Tenjin Shin'yō-ryū jujutsu and Kitō-ryū jujutsu - and drew insights from other styles to develop a rational theory and practical system. He established a structured training method, eliminated dangerous techniques from jujutsu, and created a new martial art focused on competition, physical education, and personal development - Judo.

In this context, "Ju" refers to the technical aspect, encompassing techniques such as throwing, grappling, choking, and pinning to subdue opponents. "Do" represents an educational philosophy, emphasizing mental discipline and character development, reflecting the deeper meaning of judo. To promote both technical and spiritual growth, Kano founded the Kodokan Judo Institute in 1882 at Eisho-ji Temple in Tokyo, marking the beginning of judo's modernization and its spread throughout Japan and eventually the world.

After World War II, judo experienced a temporary decline in Japan. It wasn't until the All Japan Judo Championships resumed in 1948, the All Japan Judo Federation was established in 1949, and schools reinstated judo classes in 1950 that the sport regained

its vitality. Internationally, the European Judo Union was founded in 1948, and Japan joined in 1952. The organization was later renamed the International Judo Federation (IJF), headquartered at the Kodokan in Tokyo, with Kano's son, Risei Kano, serving as its first president. In 1956, Tokyo hosted the first World Judo Championships, and in 1964, judo was officially included in the 18th Tokyo Olympic Games. Today, the IJF has 205 member countries, highlighting judo's global reach and growing competitiveness.

In addition to men's judo, countries such as Japan, France, China, and Germany have actively promoted women's judo, organising various continental and regional competitions. The first Women World Judo Championships were held in 1980, and in 1982, the IJF officially recognised women's judo as a competition event, marking its formal emergence and development.

II. The History and Development of Judo in Hong Kong

Due to its geographical proximity to Japan, Judo was introduced to Hong Kong early on by local Japanese residents and overseas Chinese returning from Japan, primarily as a recreational activity. In 1940, a Judo course was offered at the Bodybuilding & Fitness Centre (莫理素健身院), targeting foreign students. Later, in 1960, Mr. Fung Ngai (馮毅), along with several expatriates, organized Judo classes in collaboration with the YMCA (西青會).

In 1964, Mr. Koon Fook Cheung (管福祥) founded the Far East Judo Club (遠東柔道會), while Mr. Stephen Tsai Teh Bei (蔡德培) established the Judo Department within the South China Athletic Association (南華體育會). In 1965, the Kowloon branch of Caritas began offering Judo classes. A year later, in 1966, Mr. Takeo Iwami (岩見武夫) became the first Japanese national to establish a Judo school in Hong Kong. From that point onward, Judo began to develop in a more structured and substantial manner.

Over time, Judo evolved into a competitive sport, contributing to its global popularity. The exchange and refinement of techniques are essential to the sport's growth. Established in 1970, the Judo Association of Hong Kong, China has played a pivotal role in promoting the sport by organizing a wide range of local and international

tournaments, providing training and competition opportunities for both junior and elite athletes, and conducting coaching and refereeing courses for those dedicated to advancing Judo. The development of Judo in Hong Kong has been both inspiring and fruitful. In recent years, Hong Kong athletes have achieved outstanding results in various international competitions - and with continued effort and support, even greater success is anticipated in the future.

III. Characteristics of Judo

The core principles of Judo - “maximum efficiency with minimum effort” and “mutual welfare and benefit” - serve as both the guiding mottos and foundational values for practitioners. Rather than focusing solely on competition and victory, Judo emphasizes the holistic development of both body and mind. “Maximum efficiency with minimum effort” refers to the intelligent use of strength, where one learns to overcome force through technique and softness. “Mutual welfare and benefit” highlights the importance of growing together with training partners, fostering a spirit of cooperation and shared learning. During practice, Judo athletes strive not only to refine their own techniques but also to support the progress of their teammates, aligning with the sport’s goal of physical training and spiritual cultivation. Etiquette is deeply embedded in Judo culture, encapsulated in the saying: “Judo begins and ends with respect.” Students are expected to bow upon entering the dojo, when greeting their instructor, and before engaging with each other in practice - demonstrating humility, discipline, and mutual respect.

IV. The Benefits of Judo

Judo is a dynamic sport that enhances strength, speed, physical fitness, and body coordination. Its diverse movements engage multiple muscle groups, not only boosting muscular strength but also improving the flexibility and resilience of bones, ligaments, and joints - contributing positively to overall bone health. Beyond physical development, Judo places strong emphasis on etiquette and character-building. Through consistent practice, athletes cultivate valuable traits such as willpower, endurance, and respect for others, fostering personal growth and good behavior over time.

V. Judo Ranks and Grades

Judo ranks and grades are primarily distinguished by the color of the belts, with each

color representing a different level.

Grades (Kyu Levels):

Grade	6th Kyu	5th Kyu	4th Kyu	3rd Kyu	2nd Kyu	1st Kyu
Belt Color	White	Yellow	Orange	Green	Blue	Brown

Dan Ranks (Black Belt and Above):

Rank	1st Dan	2nd Dan	3rd Dan	4th Dan	5th Dan	6th Dan	7th Dan	8th Dan	9th Dan	10th Dan
Belt Color	Black	Black	Black	Black	Black	Red-White	Red-White	Red-White	Red	Red

VI. Weight Categories for International Federation Events

Cadet Men (Under 18 years old)

-50 kg, -55 kg, -60 kg, -66 kg, -73 kg, -81 kg, -90 kg, +90 kg

Cadet Women (Under 18 years old)

-40 kg, -44 kg, -48 kg, -52 kg, -57 kg, -63 kg, -70 kg, +70 kg

Junior Men (Under 21 years old)

-60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, +100 kg

Junior Women (Under 21 years old)

-48 kg, -52 kg, -57 kg, -63 kg, -70 kg, -78 kg, +78 kg

Senior Men (Above 15 years old)

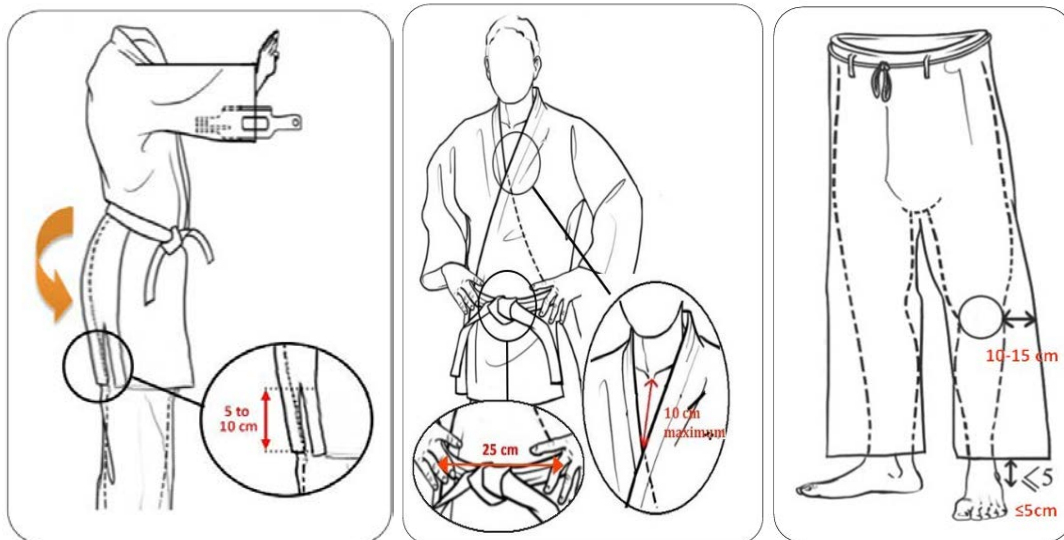
-60 kg, -66 kg, -73 kg, -81 kg, -90 kg, -100 kg, +100 kg

Senior Women (Above 15 years old)

-48 kg, -52 kg, -57 kg, -63 kg, -70 kg, -78 kg, +78 kg

VII. Judo uniform size for competition

The length of the judo jacket should be sufficient to cover the upper thighs. When the arms are extended naturally at the sides, the sleeves should reach the wrists. The distance of the crossing points of the jacket, at belt level, must be at least 25 cm. The sleeve length must not extend beyond the wrist joint, nor be shorter than 5 cm above the wrist. There should be a gap of 10 to 15 cm between the sleeve and the arm. Judo trousers should be loose-fitting and free of any markings. The distance between the bottom of the trousers and the lateral malleolus (ankle bone) must be no more than 5 cm. Similarly, the width at knee level should be between 10 and 15 cm.



VIII. Judo Techniques

Judo techniques can generally be divided into three main categories: throwing techniques (nage-waza), grappling techniques (katame-waza), and striking techniques (atemi-waza).

Throwing techniques involve using various skills to break the opponent's balance and throw them to the ground. This is one of the most iconic aspects of Judo. Grappling techniques, also known as ground techniques (ne-waza), are performed on the mat and include pinning techniques (osaekomi-waza), strangling techniques (shime-waza), and joint technique (kansetsu-waza). Their purpose is to control the opponent and prevent counterattacks. Striking techniques involve attacking the opponent directly using fists, feet, and other parts of the body. Although they are part of traditional Judo, due to their aggressive and dangerous nature, they are only practiced in Kata (formal pre-arranged forms) and are not allowed in competitive Judo. Additionally, Judo includes weapon defense techniques, such as defending against sword attacks. These are also practiced only in Kata due to safety concerns.

In modern competitive Judo (such as in the Olympic Games), the rules strictly limit the range of techniques allowed. Only throwing techniques, pinning techniques, strangulation techniques, and joint techniques targeting the elbow are permitted. These regulations are designed to ensure athlete safety while maintaining fairness and technical integrity in competition.

In Japanese Judo, techniques are classified into two major categories: throwing techniques and grappling techniques. There are 68 types of throwing techniques and 32 types of grappling techniques.

1. Throwing Techniques (Nage-waza), divided into:

- Hand Techniques (Te-waza)
- Hip Techniques (Koshi-waza)
- Foot and Leg Techniques (Ashi-waza)

- Sacrifice Techniques (Sutemi-waza), which are further divided into:
 - Supine or Rear Sacrifice Techniques (Ma-sutemi-waza)
 - Side Sacrifice Techniques (Yoko-sutemi-waza)

2. Grappling Techniques (Katame-waza), divided into:

- Pinning techniques (Osaekomi-waza), such as:
 - Kata-gatame (Shoulder Hold)
 - Kesa-gatame (Scarf Hold)
 - Kami-shiho-gatame (Top Four Corner Hold)
 - Tate-shiho-gatame (Straight Four Corner Hold)
 - Yoko-shiho-gatame (Side Four Corner Hold)



- Strangling techniques (Shime-waza), such as:
 - Hadaka-jime (Naked or Bare Strangle)
 - Gyaku Juji-jime (Reverse Cross Strangle)
 - Sankaku-jime (Triangular Strangle)
- Joint Techniques (Kansetsu-waza), such as:

- Ude-garami (Entangled arm lock)
- Ude-Hishigi-Juji-Gatame (Cross lock)
- Ude-Hishigi-Sankaku-Gatame (Triangular arm lock)

XIV. Ukemi (Breakfall Techniques)

Ukemi is a fundamental and essential technique in Judo. It refers to the protective method used when being thrown by an opponent or losing balance and falling, aimed at preventing the head from hitting the ground and ensuring overall body safety by reducing impact. Ukemi training begins from low postures and gradually progresses to higher ones, starting with stationary practice and advancing to moving drills. In terms of speed, practice starts slowly and steadily, then builds up to quick reactions.

Judo emphasizes the principle: "Learn to protect yourself before you can protect others." Therefore, ukemi is a basic skill that beginners must master. Through systematic training, practitioners learn to fall safely in various situations, avoid injuries, and lay a solid foundation for learning throwing and grappling techniques.

i. Rear/ Backward breakfall



1. Supine Rear/ Backward Breakfall

Lie on your back on the Judo mat with both arms raised, chin tucked in, and neck lifted so that the back of the head maintains a distance of approximately 20 to 30 degrees from the mat, preventing direct contact with the surface. When slapping the mat, extend both arms outward at an angle of 30 to 40 degrees from the body, fingers together, palms facing down, and strike the mat firmly to disperse the impact.

2. Supine Side Breakfall – Left and Right (Left side as example; right side is the same)

- Lie on your back on the Judo mat with both hands naturally placed at your sides, palms touching the ground.
- In the ready position, lift your neck, tuck your chin, and tilt your body naturally to the left. Place your right hand gently on your abdomen, and position your left forearm above the navel with the palm facing down. Focus your gaze on your abdomen. The outer side of the left leg should touch the mat, while the sole of the right foot remains in contact with the ground. Keep both knees apart, with a gap of no less than 30 cm.
- To begin the movement, maintain all positions except the left hand. Strike the mat with the left palm facing down, then return to the ready position.

ii. Seated Breakfall



Sit on the Judo mat with legs extended and together, back straight. Raise both arms forward to shoulder height, tuck in the chin, and prepare to fall backward. As the upper body falls back, keep your eyes focused on the belt area of your abdomen. Extend both arms outward at an angle of 30 to 40 degrees from the body, fingers together, palms facing down. At the moment of impact, strike the mat forcefully with both hands - or with one hand (left or right)—to disperse the impact and protect the body from injury.

iii. Squatting Backward Breakfall



Begin in a squatting position with knees bent, eyes looking straight ahead, and both hands raised in front of the chest at shoulder height. As the body falls backward, keep your eyes focused on the belt area of the abdomen, tuck in the chin, and lift the neck to prevent the back of the head from contacting the ground. Extend both arms outward at an angle of 30 to 40 degrees from the body, fingers together, palms facing down. Strike the mat forcefully with both hands—or with one hand (left or right) - to disperse the impact and protect the body.



Squatting Side Breakfall – Left and Right (Left side as example; right side is the same)

Ready Position: Squat down with the right leg bent and the left leg extended diagonally forward to the left. Eyes should look straight ahead. Raise the left hand in front of the chest at shoulder height, and rest the right hand gently on the abdomen.

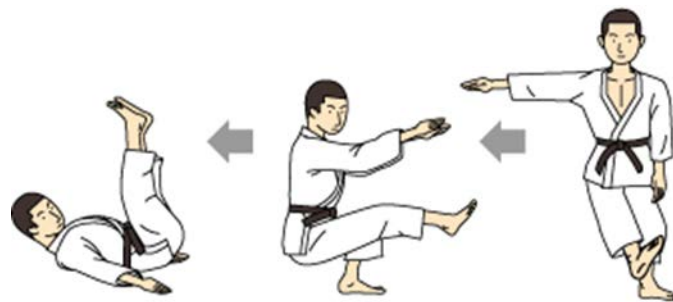
Execution: To begin the movement, shift the left foot to the right and allow the body weight to naturally shift to the left. Tuck in the chin, engage the neck muscles, and tilt the body naturally to the left. Keep the right hand resting on the abdomen. The outer side of the left leg and the left side of the body should sequentially contact the mat. Strike the mat with the left palm facing down while simultaneously lifting both legs to form a 90-degree angle with the ground. After completing the movement, return to the original squatting position.

iv. Standing Backward/ Rear Breakfall



Stand with feet slightly apart and arms raised to shoulder height. Bend the knees to enter a squatting position. As the body falls backward, tuck in the chin and lift the neck to prevent the back of the head from contacting the ground. Strike the Judo mat forcefully with both palms facing down to disperse the impact and protect the body.

Standing Side Breakfall – Left and Right (Left Side as Example; Right Side is the Same)



Ready Position: Stand with feet slightly apart, eyes looking straight ahead, and arms raised to shoulder height.

Execution: Slide the left foot diagonally forward to the right, allowing the body weight to naturally shift to the left. As you bend the knees into a squatting position, tuck in the chin and engage the neck muscles. Tilt the body naturally to the left. Keep the right hand gently placed on the abdomen. The outer side of the left leg and the left side of the body should sequentially contact the mat. Strike the mat forcefully with the left palm facing down. Simultaneously lift both legs to form a 90-degree angle with the ground. After completing the movement, return to the standing position.

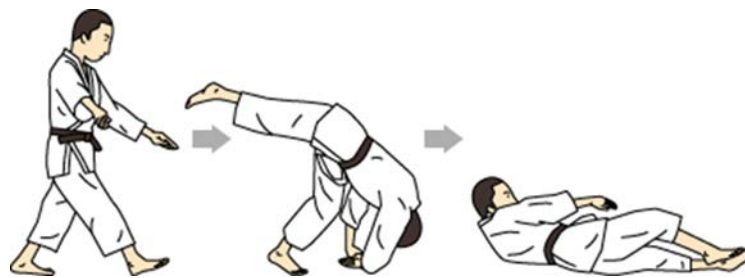
v. Forward Breakfall



Stand naturally with feet shoulder-width apart. Raise both hands in front of the chest, elbows bent, fingers together, and palms facing outward in a V-shape just below the

chin. Slightly tuck in the chin, keep the eyes looking straight ahead, chest lifted, and abdomen tightened. Without moving the feet, fall forward while maintaining eye contact straight ahead. As you fall, place both palms on the mat with forearms forming a V-shape in front of the chest. The face, abdomen, and knees should not touch the ground. At the moment of impact, strike the mat firmly with both palms and elbows simultaneously to effectively disperse the force and protect the body. The elbows must remain bent during the fall and strike the mat in sync with the palms to prevent injury to the shoulders and elbows.

vi. Forward Rolling Breakfall



Using the right side as the dominant side (for right-handed practitioners):

Preparation Position: The practitioner stands upright, steps forward with the right foot, preparing to perform the forward rolling motion.

Support Action: The left palm touches the ground, aligned with the right foot, helping to stabilize the body's center of gravity.

Right Hand Positioning: The right hand forms a knife-hand shape, with the pinky touching the ground and the palm facing the inner side of the right ankle. The arm maintains a natural curve.

Falling Process: The chin is tucked in, the neck exerts force, and the center of gravity shifts forward. The body sequentially contacts the judo mat with the right knife-hand, wrist, elbow, right shoulder, upper back, mid-back, and lower left waist, completing the forward rolling motion.

Transition Movement: After landing, the body naturally transitions into a left-side lying breakfall position, completing the full movement sequence.

XV. Basic Throwing Techniques

- De-ashi-harai (Forward foot sweep)
- Hiza-guruma (Knee Wheel)
- Sasae-tsurikomi-ashi (Supporting foot lift-pull throw)
- Uki-goshi (Floating hip throw)
- Osoto-gari (Large outer reap)
- O-goshi (Large hip throw)
- Uchi-gari (Large inner reap)
- Seoi-nage (Shoulder Throw)
- Ippon-seoi-nage (One armed shoulder throw)



Basic Judo Throwing Techniques

Technique Name	Key Points
De-ashi-barai (Forward foot sweep)	The practitioner pulls forward with the left hand to make the opponent step forward with their right foot. The right foot stabilizes the body, while the left foot sweeps inward along the ground toward the opponent's advancing right ankle. The sole should brush the mat during the sweep, coordinated with a downward pull from the left hand and a

	leftward pull from the right hand to create strong control. Continue sweeping the ankle to unbalance the opponent and cause a backward fall.
Hiza-guruma (Knee Wheel)	Hold the opponent's right sleeve with the left hand and left lapel with the right hand, then step back twice. When the opponent steps forward with their right foot, move your right foot to the outside of their left foot and block their right knee with your left foot. Stabilize with your right foot. Pull both hands upward to the left while rotating your body leftward, shifting the opponent's balance to the right and causing them to fall forward-right.
Sasae-tsurikomi-ashi (Supporting foot lift-pull throw)	Hold the opponent's right sleeve with the left hand and left lapel with the right hand. Step back with the left foot to make the opponent step forward with their right foot. Move your right foot leftward, shifting your weight onto it, and rotate your waist leftward to enhance pulling force. Block the opponent's right ankle with your left foot, pull both hands backward-left, and rotate your body leftward using the right foot as a pivot to throw the opponent to your left-rear side.
Uki-goshi (Floating hip throw)	Pull the opponent's right sleeve with the left hand and grab their left lapel with the right hand. Bend the right knee and step in front of the opponent's right foot. Wrap your right arm around their back waist from under the armpit. Rotate your left foot backward to the front of their left foot, pressing your back against their abdomen. Coordinate the left hand's pull and the right arm's grip, rotate your body and apply force to throw the opponent forward.
Osoto-gari (Large outer reap)	Step your left foot beside the opponent's right foot, leaving space for the right foot to advance. Pull the opponent close with the right hand and lift upward, while the left hand pulls leftward to shift their weight onto their right foot. Swing your right foot past the gap between your left foot and

	the opponent's right foot, then sweep backward to reap their right leg while leaning forward. Push with the right hand and pull with the left to twist and throw the opponent backward.
O-goshi (Large hip throw)	Step the right foot in front of the opponent's right foot, then step the left foot behind to stand parallel. Bend knees and lower hips to shift your center of gravity. Insert your right arm under the opponent's left armpit to wrap around their back waist, then rotate and pull toward your hips. Use your hips as a pivot, straighten both knees, lean forward and twist, applying force with both hands to throw the opponent.
Ouchi-gari (Large inner reap)	Hold the opponent's left lapel with the right hand and right sleeve with the left hand. Step the right foot in front of their right foot, then cross-step the left foot forward. Insert the right foot between the opponent's legs, push with the right hand and pull with the left to shift their weight backward. Sweep the opponent's left leg in a circular motion with the right foot while pulling with both hands to cause a backward fall.
Seoi-nage (Shoulder Throw)	Hold the opponent's right sleeve with the left hand, lifting the elbow high, and grab the left lapel with the right hand, pulling upward. Step the right foot in front of opponent's right foot, lower your body and rotate, stepping the left foot inside and in front of their left foot. Support under their armpit with the right elbow, pull forward-downward with the left hand, press your body close, rotate to face forward, straighten both legs, lift with hips, and throw the opponent over your right shoulder.
Ippon Seoi-nage (One armed Shoulder Throw)	Hold the opponent's right sleeve with the left hand, lifting the elbow high, and grab the left lapel with the right hand, pulling upward. Step the right foot in front of opponent's right foot, pivot leftward on the right foot, insert the right hand under their right rib, and step the left foot behind opponent's left foot. Clamp opponent's armpit tightly, press

	opponent's chest and abdomen against your back, rotate to face forward, straighten both legs, lift with hips, and throw the opponent.
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Basic Judo Pinning Techniques

Technique Name	Key Points
Kesa-gatame (Scarf hold)	The practitioner enters from the left side, grabs the opponent's left arm with the left hand and tucks it under the armpit. The right hand wraps around the neck and grabs the back collar to secure the head. Both knees are slightly bent; the right foot is placed forward near the head, and the left foot is extended backward. Feet form a V-shape on the ground to stabilize the center of gravity. The hips sit firmly on the mat, and the body leans forward to pin the opponent's upper body, forming stable control.
Kuzure-kesa-gatame (Modified scarf hold)	The practitioner is positioned on the opponent's right side. The left hand grabs the right sleeve and tucks the forearm under the left ribs. The right hand goes under the opponent's left armpit to control the shoulder and back. The right leg is close to the opponent's right shoulder, and the left leg stretches backward. The chest is tucked in, and the abdomen is contracted. The body leans forward to pin the upper body. Legs are spread for stable support, forming an effective pinning posture.
Ushiro-kesa-gatame (Reverse scarf hold)	The practitioner sits on the opponent's right side with their back facing the opponent. The right hand grabs the right sleeve in reverse and clamps the upper arm. The left hand grabs the back belt or pants. The left side of the practitioner's body presses against the opponent's right side. Legs are spread and pushing against the ground. The body turns left to pin the opponent's chest and abdomen.

Yoko-shiho-gatame (Side four-corner Hold)	The practitioner is on the opponent's right side. The right hand grabs the horizontal belt, and the left hand goes over the right shoulder to grab the left back collar. The right knee presses against the waist, and the left knee presses under the ribs. Feet are flat on the ground, and the waist sinks. Both hands pull tight, elbows close in, and the shoulders press the opponent's chest and abdomen, forming a stable pinning posture.
Kata-gatame (Shoulder hold)	The practitioner is beside the opponent's body. The left hand goes under the right shoulder and armpit, and the right hand goes under the left shoulder and neck. Both hands encircle the shoulder and neck to control the right arm and head. The right knee presses against the ribs, and the left leg stretches sideways. The chest is tucked in, and the abdomen is contracted. The body leans forward to pin the shoulder.
Kami-shiho-gatame (top four corner hold)	The practitioner uses both knees to control the opponent's head and lies prone to pin the upper body. Both arms go under the shoulders and arms into the waist area, grabbing the horizontal belt tightly. The head is positioned between the knees. Knees are on the ground with feet flat, lowering the center of gravity. The face presses against the solar plexus, and the chest presses the upper body, forming a stable pinning technique.

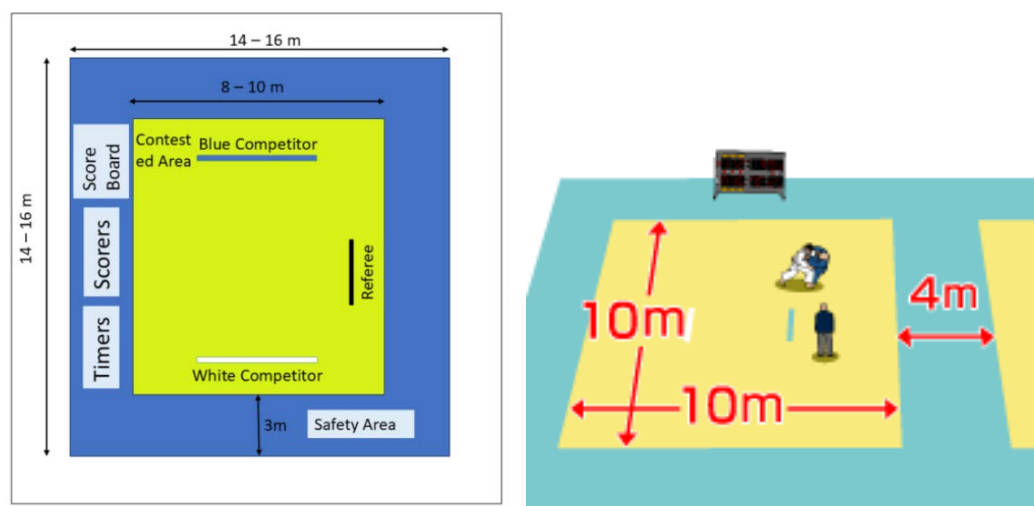
XVI. Competition Time

1. The duration of matches and related documentation should be determined according to the competition rules. For all competitions organized by the International Judo Federation (IJF), the match durations are as follows:
 - Senior Men and Women/Mixed Team: 4 minutes real contest time
 - Under-21 Junior Men and Women / Mixed Team: 4 minutes real contest time
 - Under-18 Cadet Men and Women / Mixed Team: 4 minutes real contest time

2. Any athlete is entitled to 10 minutes rest between contests.

XVII. Competition Venue

Each competition tatami is divided into two (2) zones: the contest area and the safety area. Each area is a different colour with sufficient contrast to avoid misleading edge situations. The contest area for IJF events shall be a minimum of 8 m x 8 m and a maximum of 10 m x 10 m. The safety area shall be a minimum of 3 m. Where two (2) or more adjoining contest areas are used, a common safe zone may be used to satisfy the minimum distance of 4 m between them. A free zone of 50 cm minimum must be maintained around the entire competition area.



XVIII. Basic Judo Competition Rules

i. Ippon

Scoring for actions that, without stopping, are a continuation of a Kodokan classified judo techniques or variation. If there is a stop in the action, there is no score. Continuity, it is important that there is no interruption during the execution of direct throwing techniques, counter techniques, or combinations.

1. The four criteria for ippon are speed, force, on the back and skilfully controlled until the end of the landing. Looking at the line from the shoulders to the hips. Just the shoulders must be at an angle that is close to 90° to the tatami to consider that there is a score, landing on the shoulder and upper back is considered a score.

Rolling can be considered ippon only if there is no break during landing. The difference of the rolling makes the evaluation of the points. It is Ippon! when uke rolls on his back.



2. All situations in which one of the athletes voluntarily makes a “bridge” (head and one foot or both feet in contact with the tatami) after having been thrown will be ippon.



Ippon evaluation in ne-waza:

- A. When an athlete holds with osaekomi-waza the other athlete, who is unable to get away for 20 seconds after the announcement of “Osaekomi!”.
- B. When an athlete gives up by tapping twice (2) or more with his hand or foot or says “Maitta!” (I give up!) generally because of osaekomi-waza, shime-waza or kansetsuwaza.
- C. When an athlete loses consciousness due to osaekomi-waza, shime-waza or kansetsu-waza.

ii. Waza-ari

Scoring for actions that, without stopping, are a continuation of techniques. If there is a stop in the action, there is no score.

The referee shall announce *waza-ari* when, in the referee's judgment, the applied technique meets the following criteria:

- Landing more than 90 degrees of the shoulder axis but not on the back.
- A score will be given for a whole side of the body landing even when the elbow is out. Only the shoulder position must be considered. Everything that is out of this range will be *yuko* or no score.
- When the four *ippon* criteria (speed, force, on the back and skilfully controlled until the end of the landing) are not fully achieved.



Waza-ari evaluation in *ne-waza*:

When an athlete holds the other athlete with *osaekomi-waza*, after “*Osaekomi!*” for 10 seconds or more, but less than 20 seconds.

Two waza-ari score ippon.

iii. Yuko

Yuko in tachi-waza is defined as:

- Side landing (90 degrees) or close to side landing.
- Landing on upper back.
- Landing on the side on the shoulder axis and one elbow.
- Landing on both buttocks, 90 degrees or more to the rear (yuko and no shido).

Yuko will NOT be awarded, even if the shoulder axis is 90 degrees or close to 90 degrees, if the front part of the stomach, the front part of the hip or the knee to the front are touching the mat or if the landing is on one hand and on buttock.

Yuko evaluation in ne-waza:

When an athlete holds the other athlete with osaekomi-waza, after “Osaekomi!” is announced for 5 seconds or more, but less than 10 seconds.

XIX. Common Prohibited Acts and Penalties

The prohibited acts are divided into infringements that receive the penalty of, including:

i. Shido (Slight Infringements Group)

During the contest an athlete can receive a shido for a lack of combativity, an illegal move or action that is not considered dangerous, untidy attire or hair. Two shido will be given as warnings and the third will be hansoku-make, the athlete is disqualified and can continue in the competition, if applicable. Shido do not give a score to the other

athlete, only technical scores can give points on the scoreboard.

a) Shido for a Lack of Combativity

- Negative positions, against the fighting spirit, will be penalised by shido (to adopt in a standing position, after kumikata, an excessively defensive posture, not searching for an attack, a defensive attitude etc.).
- To make an action designed to give the impression of an attack but which clearly shows that there was no intent to throw the opponent (false attack).

b) Shido for an Illegal Move

- To intentionally avoid taking kumikata to prevent action in the contest. Normal kumikata is taking hold the right side of the opponent's judogi, be it the sleeve, collar, chest area, top of the shoulder or back with the left hand and with the right hand the left side of the opponent's judogi be it the sleeve, collar, chest area, top of the shoulder, or back and always above the belt or vice versa.
- All jacket grips and gripping under the belt to the level of the top of the inner thigh are allowed but shido will be given if using the jacket grip or under the belt to the level of the top of the inner thighs grip negatively.
- Ducking beneath the opponent's arm without an immediate attack will be penalised with shido.
- In a standing position, to continually keep the opponent's fingers of one or both hands interlocked, to prevent action in the contest or to take the wrist or the hands of the opponent only to avoid the grip or the attack on him or her.
- To bend back the opponent's finger(s) to break his grip.
- Cover the upper part of the lapel of the judogi jacket to prevent the grip
- Avoid uke's grip with a blow on his arm or hand.
- Blocking the opponent's hand.

c) Shido for Untidy Attire or Hair

- If the judogi jacket, trousers and/or belt becomes undone during the contest the athlete is obliged to quickly fix it back to the correct position. This can be between

Mate! and Hajime! or during any break in action. An athlete failing to do this will be given a penalty.

- Retying hair is allowed once per athlete per contest. Further occasions are penalised with shido.

ii. Hansoku-make (Grave Infringements Group)

Hansoku-make can be indirect from an accumulation of shido penalties or direct which is an immediate disqualification. In either case, the opponent wins the contest by ippon.

a) *Hansoku-make for Dangerous Techniques*

- To “dive”, onto the tatami by bending forward and downward while performing or attempting to perform techniques such as uchi-mata, harai-goshi, seoi-nage, tai-otoshi, kata-guruma, tsuri-goshi etc. it is forbidden to somersault forward when uke is on the shoulders or the back of tori. Tori can continue in the competition.

b) *Hansoku-make for Acts against the Spirit of Judo*

- To disregard the referee’s instructions.
- To make unnecessary calls, remarks, or gestures derogatory to the opponent or referee during the contest.
- To wear or to have inside the judogi a hard or metallic object (covered or not).
- Any action against the spirit of judo (this includes anything that can be described as anti-judo, for example being in the lead and, in the last seconds of the match, leaving the competition area to prevent the opponent from taking grips) may be punished by a direct hansoku-make at any time in the contest.



For detailed competition rules, please refer to:

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