

**MODERN KODOKAN THROWING TECHNIQUES  
CERTIFICATION PROGRAM  
KICK-OFF ANNOUNCEMENT  
By Hal Sharp, 8<sup>th</sup> Dan**

We are now ready to receive applications to join the program and volunteer examiners (See check box on the application).

To understand this program, go to your USJA or USJF Website, under USJA-USJF Grass Root Judo or KDK Technical Development Program. Within that site there is a highlighted “You Tube” which will show a video of this program. The revised program description has been expanded to include the application for a candidate and instructor, frequently asked questions, and how to transmit your video test demonstration to the examiner over the internet.

**PERSONAL NOTE**

I am an 83 year old 8<sup>th</sup> dan and a member of the program and an examiner. If I can do it, you can do it. Although I have never taken a test in my fifty eight years of judo, I have written five judo books (three published) and produced over twenty judo videos. My books have sold over 250,000 copies since 1951. At a recent coaches conference I gave a briefing on the program and demonstrated a common throw, Osoto Gari, as shown in the book, which impressed the attendees. The demonstration illustrated how the techniques as shown in the book were unique and practical for competition. At the conference I was asked why I was so enthusiastic about the Daigo’s book, “Kodokan Judo Throwing Techniques”, and establishing a certification program based on the book. I replied as follows:

I started judo in Japan in 1952 at the age of 25. In those days all promotion competitions were by grade and only ippon scores were counted. In less than a year I became a Shodan, the next year a Nidan and the third year a Sandan. Within one and a half years I qualified for Yodan. My Sandan opponents were college level competitors who were stronger than I and had been doing judo since childhood. During those years in Japan I worked full time as an Air Force Auditor and practiced six to seven days a week. Fortunately, I practiced with many outstanding Senseis and Champions. I did not have a chance to develop poor habits that would result in being airborne or beaten on the mat. The answer to my success was that I did not practice defensively, trained to win, and fought by using my opponent’s weaknesses. Generally, I let my opponent get his grip and took what ever was left. At that time Judo practice at the Kodokan and at most dojos was only Randori. Instruction was rare. So, how did I learn techniques? When I observed an outstanding judoka who threw other Black Belts with ease, I would practice with him as hard as I could. After Randori I would ask him to show me his tokui (favorite) waza. He would emphasize “chance” or “opportunity” based on the opponent’s actions. For example, in Ippon “Seoi Nage, he would throw whenever the opponent attacked (i.e., Osoto or Taiotoshi). When an opponent would hold with bars he would lock up the opponent’s arms and throw. There was a common

**thread in these types of lessons. The descriptions in Daigo's book are similar to the instructions I received in my early years in judo. The secret to success is to really, really, really, want to make the technique work. Judo is a physical and mental game.**

**After I returned to the States, I noticed that many players practice static judo, weak Uchi-komi, played defensively, fought for their grip regardless of what the opponent did, and used combinations much too often. There appears to be a lack of understanding as how to take advantage of the opponent's actions and reactions.**

**In 2007 I visited the Kodokan and purchased Daigo's book so that he could autograph it for me (he was my Sensei in the 1950's). The day I read the book I was excited to learn that each technique and variation described timing, control, and execution based on the opponent's action and reactions. In the book counter throws are classified as throwing techniques. This is exactly what I learned in my formative years in Japan. In many cases techniques also show the evolution from old jujutsu. The 360 variations and applications represent modern judo, and are classified under the 67 throwing categories. Techniques are grouped by similar techniques (i.e. ippon seoi morote seoi, and seoi otoshi). This is a book of "chance" or "opportunity" of modern judo methods.**

**I recommend that all instructors, assistant instructors and advanced students enter this program. This program will motivate you to study all the techniques in the book. Start with a technique you think you really know. You will find yourself thinking "outside the box". Welcome to 21<sup>st</sup> century judo. Good luck!**