Shido

1. **Excessively defensive posture** (Negative positions. Defensive attitude.)
2. **False attack** (Attacks with no grip or immediate release of grip. No breaking of balance.)
3. **Pull down (Hikkomi)** (Not in accordance with Article 10 (opponent does not take advantage.))
4. **Non-combativity (Passivity)** (45 seconds) (Not making any attacking moves.) (Normal kumi kata.)
5. **Hand**, arm, foot or leg directly in the opponent’s face.
6. To go outside push the opponent outside in *tachi shisei* or *ne shisei*. (One foot or two feet.)
7. **Crushing** (To force opponent to take a bending position without immediate attack.) (blocking attitude.)
8. Avoid taking hold (in order to prevent action.) (Normal grip.)
9. Unconventional *Kumi kata* (cross back grip, one side grip, belt grip, pocket grip, pistol grip, etc.)(No immediate attack)
10. **Sleeve ends** (to continually hold sleeve end(s) or screw up sleeve end(s) for defensive purposes.)
11. **Fingers interlocked** (of opponent’s one or both hands, take the wrist or hand of opponent to avoid a grip.)
12. **Fingers in the sleeve end**, pants end or (waist band).
13. Bend back the finger(s) in order to break a grip.
14. Two hand grip break.
15. To break the grip with the knee or leg. (*kote tataki*)
16. Cover the upper part of the lapel to prevent grip.
17. To strike to break a grip. (Release uke’s grip with a blow on his arm or hand.)
18. Blocking the opponent’s hand.
19. Disarrange the judogi, or not Adjust judogi between *mate* and *hajime*.
20. To grab the leg, pants or block below the belt to throw or assist in an offensive or defensive action.
21. Encircle the belt or jacket end. (trapping the opponent’s arm with belt or jacket should not be penalized.)
22. To take the judogi in the mouth (either his own or his opponent’s judogi.)
23. To put the foot or leg in the opponent’s belt, collar or lapel.
24. **Shime waza** with your own or opponent’s belt, *bottom of the jacket* or using only the fingers.
25. Overstretch the leg in *shime* or *kansetsu waza*
26. Bear Hug
27. Leg scissor to trunk, head or neck
28. To kick with the knee or foot to break a grip or kick the opponent’s *leg or ankle* without a throw.
29. To apply *shime waza* or *kansetsu waza* in the standing position.
30. To entangle the leg without making an immediate attack.

Hansoku Make

Direct, but can come back
1. **Head Dive**
2. **Head Defense** (Head post)

Direct, but cannot come back
1. **Kawazu gake** (to throw by winding one leg around uke’s leg, kicking the leg forward, while falling back.)
2. *Kansetsu waza* any where other than the elbow. (includes one hand grip throws trapping the wrist at armpit.)
3. To fall directly to the mat while doing *Waki gatame*.
4. Reap the supporting leg from the inside. (*Kusabi gari*)
5. Any action that would endanger or injure, neck or spine
6. Fall backwards when opponent is clinging to his back.
7. To lift off the mat and forcefully push him/her back onto the *tatami* without a judo technique.
8. Disregard the referee’s instructions
9. To make unnecessary calls, remarks or gestures to the opponent or referee during the contest.
10. To wear a hard or metallic object (covered or not).
11. Any action against the spirit of *Judo* (includes anti-judo)