



JUDO AT SCHOOL 2017

Initiation Program Part 2

9 to 12 years old

This Judo Canada program is offered to give the possibility to children to discover judo at school. In this document, the masculine gender is used for the sake of brevity only, with no discrimination intended.

Courses Contents

There are 10 sample classes. Classes are 75 minutes long.
Typical lesson plan consists of:

Introduction - Warm Up
Approx. 20 min
Main part
45 min . Tachi Waza . Ne Waza . Game
Closing part
Approx. 10 min

Session 1

As a starting point, we propose to introduce the fundamental knowledge of judo: the origins, the purpose of judo, Japanese customs and the role of the partner.

These answers are essential in judo.

What is judo? A Japanese martial art invented by Sensei Jigoro Kano in 1882.

What is the principle of this sport? Use the strength of the other.

What is the goal? To put your partner-fighter on his/her back (Waza Ari and Ippon) or hold down on both shoulders.

Is judo practiced on its own or with a partner? For warm-up exercises you can be alone but to practice judo your partner is essential.

Knowledge of Japanese notions: In judo, the vocabulary used is Japanese:

- Hajime means BEGIN.
- Matte means STOP!"
- Uke: partner
- Tori: person who is working
- Kumi Kata: gripping
- Ne Waza (NW): judo on the ground
- Tachi Waza (TW): judo stand-up

Plan session 1

Introduction – Warm Up

Running / Learning Hajime – Matte / Moving on the ground and standing (NW and TW) / Exercise Pull-Push

Main part

Learning Back Breakfall – Kumi Kata and balance – Frozen TAG

Closing part

Yoga – The cat

Warm Up

1. Running on the mats. At sensei signal Hajime / Matte, the children must react, stop and start again. Learning these two Japanese notions.

2. Moving Objectives - Ne Waza (ground work)

Moving is really important in judo. It is fundamental to always be in movement to not fall.

(Within your available space)

Participants are placed in columns. They move along the length of the mat, and then return will be by walking on the side.

On the ground (Ne Waza)

- **The Army Crawl:** crawling on the ground.
- **The Shrimp:** students crawl on their backs.
- **The 4 legs (the dog):** moving forward with your hands, knees and feet on the ground.
- **Push me!:** In pairs, a participant pushes while the other tries to resist (one after another). Switch roles (30 seconds).

Standing - Tachi Waza

- **Sideways stepping:** students move laterally by moving a foot sideways then following with the other foot, staying close to the ground.
- **Alternate sideways stepping:** 2 steps right side - 2 steps left side.
- **Backward sideways stepping:** Backward in the beginning.

Main Part - Three (3) activities

Learning 1 (Ne Waza)

Learning Back Break Fall

Learning backward break falls is essential in judo. This activity develops the reflexes to protect the neck (look towards the belly).

Falls are essential to practice judo.

Students spread on the mat. Pay attention to safety! It is the PALM of the hand that slaps the mat to absorb the shock.

Educational exercises alone:

Look at the belly, bringing the chin to the top of the rib cage.

- 1 - Falling backwards. Strike hard the ground with your arms and hands.
- 2 - In seated position, bend your legs and hold your knees with your hands, students let themselves fall on their back.
- 3 - In seated position, with arms crossed on the chest, roll and slap the ground.
- 4 - Squatting position. Repeat the exercise.

Once the child feels comfortable with falling backwards, you can add fluidity and speed.

Main Part - Three (3) activities

Learning 1 (Ne Waza)

Educational exercises with a partner:

Facing each other:

- 1- Students hold hands. Uke pushes back Tori by pressing on his hands. Tori falls backwards looking Uke in the eyes. Alternate.
- 2 - Students hold each other by the hands. Both let go and fall backwards

Educational exercises with a partner (squatting position):

1. Tori hooks Uke who is standing.

Uke must pull progressively and unbalance Tori.

First step: Tori decides when to let go and fall backwards.

Second step: Uke decides when to let go. Tori rolls and slaps the ground.

2. Uke is lying on his back. Tori is sitting on Uke.

As soon as he feels himself falling, Tori rolls and strongly slaps the ground with the palm of his hand. Switch roles.

Learning 2 (Tachi Waza)

Kumi Kata – Concept Balance and unbalance (Pull-Push)

The students spread over the mats with a partner.

- Explain briefly the kumi kata. The kumi kata is the position of the hands that the fighters will adopt to practice judo. All techniques can be done on the left or right.
 1. For a right-hander, the right hand grasps uke's left lapel at the collarbone while the left hand grasps uke's right sleeve at the elbow.
 2. For a left-hander, the left hand grasps uke's right lapel at the collarbone while the right hand grasps uke's left sleeve at the elbow.
- Make circles while keeping the kumi kata. The children get used to placing their hands on the judogi.

Main Part - Three (3) activities

Learning 2 (Tachi Waza)

Exercise Pull-Push

Children will move on the mats. They keep their hands on their partner and play the Push - Pull game. The goal is to unbalance the partner. Switch roles. Uke becomes tori.

They have to understand that they can use the other's strength. If my partner pushes me very strongly, I fake and my partner will fall. The opposite is true when my partner pulls me, I push.

Pull-Push Variation (Starting position: Kumi Kata)

Students disperse on the surface and place themselves with a partner, both uke and tori knees on the floor.

1- Uke places his hands on his partner's elbows.

- Uke pulls and tori turns the steering wheel to bring down his partner who is falling sideways.
- Do the exercise right and left. Switch roles.

2- Tori is standing and uke has one knee on the floor.

- Uke pulls and tori turns the steering wheel to bring down his partner who is falling sideways.
- Do the exercise right and left. Switch roles.

Safety instructions: the direction of fall must be on the side where the knee is placed on the ground.

Game

Frozen TAG

The teacher selects 1 or 2 TAGs while the others run on the mats. These attackers will have to touch and "freeze" their friends. When one of them is tagged by a TAG, he or she must go to the icy zone. He spreads their legs and stays in the icy zone. In this area, another friend (who is not a TAG) will crawl between the legs to release the frozen person by applying the crawling exercise on the belly. The unfrozen child can come back to the game.

Closing Part

Yoga - The cat

Assume the quadruped position (on hands and knees). Round back and stretch like a cat. Control your breathing.

Take this opportunity to make a brief review of today's session.

Session 2

Plan session 2

Introduction – Warm Up

Running – Moving Ne Waza (animals) - Review Back Break Fall – Push Pull with partner (variation)

Main part

- 1 NW: (15') Learning Lateral Fall & Forward Roll – Helicopter
2. TW: (15') Uki Goshi – Yaku Tsuku Geiko
3. Game: (15') The movers

Closing part

Deep Breathing

Introduction

The Moral Code and its 8 values.

The belt - How to tie it?

Demonstration by students: Back Break Fall + corrections

Warm Up

Students run everywhere on the mats. The teacher gives directions (running while raising the knees, touching the heels to the buttocks, not getting caught, running backwards, etc.). They continue to run. At the teacher's signal, they put a hand on the ground and perform a 360 ° while resting on the hand placed on the ground. Change of hand and direction. To recover, walk by breathing deeply (opening the arms upwards by inhaling).

Animals

Lines of favourite animals walking:

Dog – Pig – Monkey – Snake – Bear – Etc...

Review Course 1: Back Break Fall

Get the students lined up at arm's length of each other.

When they land on their back, they slap the tatami hard with the palm of the hand. Repeat 10 times.

- Alone 5 times
- With a partner, face to face, 5 back falls on the instructor's signal. Count in Japanese.

Warm Up

Pull-Push Variation

Students disperse on the surface and place themselves with a partner, both uke and tori knees on the floor.

1- Uke places his hands on his partner's elbows.

- Uke pulls and tori turns the steering wheel to bring down his partner who is falling sideways.
- Do the exercise right and left. Switch roles.

2- Tori is standing and uke has one knee on the floor.

Main Part - Three activities

Learning 1 (Ne Waza)

Lateral fall

1. Extended position on one side. Slap the ground.
2. Same exercise but sitting.
3. Squatting position. Maintain balance. Place the right leg in front of you and bring it back to your left leg. Make the lateral fall.

(Front roll if students struggle with the exercise)

1. The side roll

The students roll sideways. A length on their right and a length on their left (as if unrolling a carpet).

2. The front roll

Students make a rolling length forward.

Safety instructions: look at the belly, bringing the chin to the top of the chest.

Helicopter

1. The participant puts himself on his stomach and rotates on himself. He puts himself on his back and rotates on himself.

2. With a partner:

Goal is to learn how to move easily on the ground.

- Uke is on his stomach, tori is pressing his chest and turning above him.
 - Uke is in quadruped position, tori is pressing his chest and turning above him.
- Switch roles.

Repeat faster when the exercise becomes easy.

Learning 2 (Tachi Waza)

Learning Uki Goshi

Quick recap of the Kumi Kata and hand positions. Pay particular attention to the left-handed children.

Starting with a kumi kata, tori puts his right foot between uke's feet while pulling his left hand to unbalance him forward. He places his right arm under uke's armpit and pivots, bringing his left foot to the same level as his right foot (making an arc of a circle). In the rotation, tori brings uke's body back to him so that his hip touches uke's belt.

Participants allow themselves to be carried away and slowly fall laterally on the mats.

The fall is caused by the accentuation of the traction by the left hand and not by the lifting on the hip (one does not "carry" the partner).

Main Part - Three activities

Learning 2 (Tachi Waza)

Learning Uki Goshi

If you have time, make an introduction about static uchi komi (Uki Goshi)

The first two phases of the technique (unbalance and positioning) are carried out without projection. Uchi komi is a series of movements which improve technique and speed. Uchi komi are repetitions of a movement, and it must be carried out regularly.

Participants have to repeat Uki Goshi 10 times keeping their hands on their partner's judogi. On the last repetition make a fall.

Switch role.

Game

The movers

4 or 5 teams

We trace 2 limits on each side of the mats.

On one side, there will be the starting line, on the other the arrival line.

The players are placed behind the starting line except one player from each team that is behind the finish line.

At the start, the player behind the finish line is looking for one of his teammates. He must bring the person back by dragging him or her.

As soon as they arrive, they both go and look for another player that they carry to the finish line.

Each player can bring one person at a time. The winning team will be the one that is finished first.

Closing Part

Deep Breathing

Inhale until the lungs are full

Hold the breath for 1 or 2 seconds.

Blow gently to completely empty our lungs.

Repeat until children have fully recovered.

Session 3

Plan session 3

Introduction – Warm Up

Synchronization/Coordination Game
Falls – Ukemi: Back Break Fall, Lateral Fall,
Front Roll – Learning Front fall (Chicken Wrap)

Main part

1. NW: (15') Learning Hon Gesa Gatame - Thematic randori
2. TW: (15') Review Uki Goshi and corrections
Uchi Komi Uki Goshi – Yaku Tsuku Geiko
3. Game: (15') Push Sumo

Closing part

Yoga - The mirror

Introduction

Introduce the rules of judo (illustration)

- Scores: Ippon and Waza-Ari
 - Only the Ippon ends the fight
 - Explain immobilization's length: Waza-ari 10 seconds, Ippon 20 seconds.
- Demonstration by a pair of students: Uki Goshi + corrections

Warm-up

Children spread on the mats

Stretching on the spot+ joint activation

Review concept of balance: Push-Pull game

Synchronization game. Follow your partner: sideways stepping – backward stepping – front stepping.

Ukemi in line – twice: back break fall, lateral fall

Learning front falls

It is mandatory to strike the ground hard with the hand on impact.

- Start with lengths of front rolls.
- Make sure that the student's head does not touch the ground. Arms are extended, and from the crouching position the student straightens their legs to push them forward. Make sure the head is well placed and the roll is done on the shoulder blades.

Warm-up

Learning front fall through the Chicken Wrap

Tori wraps Uke's wrist. Uke starts a front fall over him. Reverse roles.

- The student places their left knee on the ground and their right foot in front of them. The space between the left knee and the right foot should be shoulder width. Students places both hands on the ground between their legs.. Turn the right hand to rest on the back of the hand. The head is tucked in, chin on the left shoulder and looking backwards. The student presses with the feet to progressively touch the ground with right elbow, right shoulder and end lying on their left side.

Strike the ground with the left arm. The outside of the left leg touches the ground and the bottom of the right foot stays on the mat. It's important not to cross the feet.

Main Part - Three activities

Learning 1 (Ne Waza)

Students pair up on the mat or their islands.

Students face each other.

Ask them to salute before the exercise begins.

Hon Gesa Gatame

1. Tori sits next to Uke to control them with the flank.
2. He wraps his head with his arm and grasps the sleeve at the elbow.
3. The uke's wrist is placed under the armpit while its legs are spread to ensure a good balance.

Switch roles.

Repeat faster when it becomes easy.

Thematic randoris 30 seconds.

Switch partners.

If students are not comfortable wrapping the head, you can teach Kuzure Gesa Gatame as a first step.

Kuzure Gesa Gatame

1. Tori is pressed on Uke's right side at shoulder height.
2. Tori takes Uke's right arm and holds him from the left armpit by grabbing his triceps.
3. Tori has legs spread to ensure good balance. He stays in contact with Uke and follows his movements.

Key Points:

1. Firm control of Uke's right elbow.
2. Never let go of the right arm and the right shoulder should never leave the ground.
3. Put your weight on Uke's ribs without crushing him. Reverse roles. Repeat until students master the steps.

Thematic randoris 30 seconds.

Switch partners.

Main Part - Three activities

Activity 2 (Tachi Waza)

Review Uki Goshi and Uchi Komi Uki Goshi

Two students demonstrate Uki Goshi

Uki komi

3 partners

Tori in the middle and the partners on each side of the tatami. Tori practice Uki Goshi in Uki komi on the 2 partners. Light run. 5 times on each partner. Switch roles.

Review Uki Goshi (Hip Flotation)

Three pairs demonstrate

Yaku Tsuku Geiko (1min) * 3

In pairs, kids move lightly and both try to do Uki Goshi.

Game

Push Sumo (On the ground) – Pull-Push

The students are placed in pairs.

Start in quadruped position. Tori and uke must not get up. The goal of Tori is to push or pull uke out of the circle (plan 1 tatami per pair). He can feint.

The aim of this exercise is to make students understand the notions of pulling and pushing, but also how to exploit space, to get closer or to move away from the opponent and to fake.

The judo principle of using the opponent's strength must be clear.

Closing Part

The mirror

In groups of 2, one does exactly the same as his or her partner. The exercise has to be very quiet and completed slowly.

Session 4

Plan session 4

Introduction – Warm Up

Running
Falls
Pull-Push sequence followed by Kuzure Gesa Gatame - Hon Gesa Gatame

Main part

1. NW (15'): Learning Yoko Shiho Gatame – Thematic randori
2. TW (15'): Learning O Soto Gari- O Soto Otoshi-
3. Game (15'): Moving Mirror Stand Up - The cats

Closing part

Relaxation

Introduction

Review how to tie the belt?

New Japanese Notions

Demonstration by a pair of students: Hon Gesa Gatame + corrections

Warm-up

Team relay:

Run relay races with various movements: the snake, crawling on the ground, zigzag, starting seated, etc.

Ukemi (falls):

Uke is lying on the stomach. Tori is seated on uke who rolls backwards and slaps the ground very hard with the hand.

Uke on all fours, Tori does a front-roll over Uke.

Pull-Push sequence followed by Kuzure Gesa Gatame - Hon Gesa Gatame

Pull-Push game with a knee in the air. Tori slowly follows Uke to the ground and continues with Hon Gesa Gatame.

Reverse roles.

Main Part - Three activities

Learning 1 (Ne Waza)

Learning Yoko Shiho Gatame

1. Uke lies on his back.
2. Tori kneels next to Uke and places his left arm under his head
3. Tori grabs Uke's collar firmly. With his right arm, he goes between Uke's legs to grab the belt.
4. His presses his chest against Uke's and maintains firm control by flexing. Switch roles. Switch roles.

Thematic randori 30 seconds.

Change partner

Thematic randori 30 seconds on Yoko Shiho Gatame

Switch roles.

Change partner

Learning 2 (Tachi Waza) = 10 min

Learning O Soto Gari

O Soto Gari Drills

On one foot, kids do jumps in a line (twice)

Forward/Back/To the side (left and right)

O Soto Gari

1. Tori moves forward with his left foot to the outside of uke's right foot.
2. Tori pulls uke's right elbow and pushes uke's right chest with his right hand on his lapel.
3. Uke is now imbalanced on his right heel.
4. Tori sweeps his or her right leg behind uke's support leg and brings it back quickly to sweep the latter.
5. At the same time, tori plunges forward with the body pushing uke's.
6. Uke falls on his back.

If the students are not comfortable with lateral falls, focus on the O Soto Otoshi technique.

Learning O Soto Otoshi

1. Tori pushes Uke backwards onto his right heel.
2. Tori next moves with his left leg and brings his right to Uke's right side (like during O Soto Gari).
3. Next places his right leg between Uke's legs by putting his foot on the ground and putting Uke onto his back with his arms.
4. Tori throws Uke on his back.

Yaku Tsuku Geiko (1min) * 3

In pairs, students move lightly and try to do O Soto Otoshi/O Soto Gari.

Game

Moving Mirror Stand Up

In groups of 2, one does exactly the same as his partner. They can do everything (side stepping, break, Uchi Komi, jumping, the shrimp, etc.)

The cats

All the players are on the tatami. One or two of the players are the cats and must tag the others. Players, cats included, can only move by rolling over themselves. They must then tag the other students, those tagged also become cats. Watch that students move only by rolling.

Closing Part

Relaxation - Visualization

Children move calmly on the tatami and visualize that they are in a peaceful and calm place.

Session 5

Plan session 5

Introduction – Warm Up

Movements on the ground - Falls

Main part

1. NW (15'): Review Hon Gesa Gatame - Kuzure Gesa Gatame
Yoko Shiho Gatame Thematic randori
2. TW (15'): Work on O Soto Gari (standing and to the ground)
Uchi Komi static Uki Goshi and O Soto Gari / O Soto Otoshi Yaku Tsuku Geiko
3. Game (15'): Sensei says

Closing part

Yoga – Butterfly Pose

Introduction

Demonstration by a 2 or 3 pair of students the different techniques learned so far:

- Ne Waza : Hon Gesa Gatame – Kuzure Gesa Gatame – Yoko Shi Gatame
- Tachi Waza : Uki Goshi - O Soto Otoshi/O Soto Gari

Warm-up

The students move by crawling or on their knees forward, backwards and sideways all over the mat.

Vary between prone, sitting and on the back position.

With a partner:

Like a ball, Tori rolls Uke in all directions.

Tori is on his back. Uke presses on his chest and Tori tries to turn to lie prone. Uke tries to keep him on his back.

Successive falls: Backwards, sideways, forward rolls, forward falls

Main Part - Three activities

Learning 1 (Ne Waza)

Review Hon Gesa Gatame – Kuzure Gesa Gatame - Yoko Shiho Gatame = 15 min

3 Uchi Komi on each technique (Tori and Uke switch roles)

Thematic randori 3 * 1 min

Learning 2 (Tachi Waza)

O Soto Gari Drill Review

Work on the O Soto Gari transition. Uke raises a knee off the ground, Tori does O Soto Gari. (the side of the raised kneedu côté du genou en l'air)

One partner does O Soto Gari in line, the second resist slowly and has to stay up.

Switch roles.

Thematic randori 30 seconds

Uke knee in the air - Switch roles.

Change partners.

2 * Yaku Soku Geiko (Uki Goshi - O Soto Gari)

Game

Sensei Says:

Call out and mimic the action – “Sensei says touch your head” and everyone has to touch their head, (last one to do it is eliminated); if you just say touch your head (without saying “sensei says”) the students who did the action are eliminated. Add to the fun by saying one action and mimicking another.

Closing Part

Yoga Pose: Butterfly

The students stick their feet together, catch them with their hands and move their legs, like a butterfly flapping its wings.

Session 6

Plan session 6

Introduction – Warm Up

Running on mats
In groups of 3 Uchi Komi NW (Yoko Shiho – Hon Gesa Gatame)
NW game
Ukemi / falls

Main part

Learning The front fall – Learning O Uchi Gari / Ko Uchi Gari - Randori - Yaku Soku
Geiko – TAG (Touch)

Closing part

The rocket

Introduction

Why are there blue and white judogis in competitions?

Demonstration by a pair of students: Yoko Shiho Gatame and corrections

Warm-up

Running on mats

In groups of 3 Uchi Komi NW (Yoko Shiho – Hon Gesa Gatame)

One student practices his NW techniques on the others. Switch roles. Twice each.

Ukemi:

Dispersing students with a partner on the entire surface.

- Uke is in low quadruped position and Tori is seated on Uke who does not move.
Tori lets himself fall and does a backwards fall slapping hard on the mat.
- Squatting, back to back.
Slight rear thrust. At the signal of the teacher one of the two pivots on the supports, suppressing the opposition, and falls backwards.
- Squatting face to face.
At the signal of the teacher, one student pushes, the other falls. Switch roles. At the signal of the teacher, the two extend at the same time and fall simultaneously.

Main Part - Three (3) activities

Learning 1 (Ne Waza)

Learning the pivot

Spread the children on the mats:

- sitting on the buttocks, hands and feet on the ground, making a turn on themselves, in one direction and in the other;
- sitting on the buttocks, hands on the floor, feet raised, performing a turn on the buttocks in both directions
- on the belly (snake position), perform a turn on themselves in both directions;
- in a quadruped position, perform a turn on themselves in both directions;
- lying on your back, performing a turn in both directions;
- lying on the shoulders, swivelling around the shoulders moving the feet.

Learning 2 (Tachi Waza)

O Uchi Gari

1. In the beginning, Uke's legs are spread a bit wider than the natural position and Tori has a foot in front.
2. Tori puts his left foot in front of Uke's right foot.. Tori does Kumi Kata and pushes Uke to put him off balance to his left rear.
3. Tori inserts his right leg between Uke's legs and sweeps in a wide arc to catch Uke's left leg. His toes are pointed and touching the tatami.
4. Uke falls on his back and Tori follows him to the ground.

Ko Uchi Gari

1. Tori plants himself on his left foot while pushing Uke forward with his right arm and pulling with his left. Uke should lose balance to his right rear.
2. Tori inserts his right leg between Uke's legs and place the arch of his right foot behind Uke's right heel, creating a spoon shape.
3. Tori quickly slaps Uke's leg while swiftly kicking the right foot, bringing forward Uke's heel.
4. Uke falls on his back and Tori follow him to the ground.

Yaku Soku Geiko on Ko Uchi Gari and O Uchi Gari

In groups of 2, spread the children on the mats for a randori without strength.(Yaku Soku Geiko)

1 minute each.

Change partner once.

Game

TAG

Designate the person who will have the "tagger": this player will be the one who will try to catch the other judokas.

Players are allowed 10 seconds to run and move away to avoid being touched.

Once touched, stand still until another player saves you by doing a judo falling technique.

Closing Part

The rocket:

- Standing position, straight back, feet together, arms along the body;
 - Body and face relaxed. Inhale and raise both arms vertically;
 - Stretch the spine, keep the head straight and retract slightly the chin;
 - When exhaling, lean forward with your head and arms extended of the trunk, buttocks backwards, head slightly raised to have the back flat. Stay in position for a few moments.
 - Inhale for your back, your head and your arms; return to the starting position and relax;
- Repeat the exercise several times in different directions (sides, backwards).

Session 7

Plan session 7

Introduction – Warm Up

Running
Learning Japanese Starting Position - Balance work on the ground
Ukemis

Main part

NW (15'): Learning Reversing the 2 arms - Turn the turtle
TW (15'): Review Ko Uchi Gari and O Uchi Gari Uchi Komi
Yaku Tsuku Geiko

Game

The Cat and Mouse Game

Closing part

Yoga – The Car

Introduction

Demonstration by a pair of students: Ko Uchi Gari and O Uchi Gari

Warm-up

Students run, the instructor calls out the exercises (running, knees up, heel kicks, sidesteps, grapevine, etc.).

Students continue running; on the instructor's signal they place a hand on the ground and do a 360 ° resting on the hand on the ground. Change hands and direction.

Learning the Japanese Starting Position

Tori lies on his back. The goal is to control Uke above him and play with the balance through the legs. Tori tries to get Uke on his back..

Randoris themes 30 seconds:

- 1- Uke on his back, Tori over Uke – Hajime! Tori tries to hold Uke on his back.
Reverse roles
- 2- Tori sitting (Japanese position). Uke is over him.
With feet and legs, Tori must control Uke and tries to flip him onto his back.

Warm-up

Fall Review 10 backwards falls on the instructor's signal

10 side falls on the instructor's signal

1 Line of forward falls

Main Part - Three activities

Learning 1 (Ne Waza)

Learning Reversing the 2 arms

* Students spread in pairs on the mats.

1. Uke goes on all fours

2. Tori is on his side.

3. Tori grabs his opposite elbow with both hands and pulls.

4. Uke rolls onto his side and Tori controls in Kuzure gesa gatame.

Work both sides. Reverse roles.

This flip can be used in teaching front falls.

The Turtle:

Randori 30 seconds: Students are paired up. Uke rolls up into a ball. Tori must get him on his back.

Let the students « explore ». Goal: Use both arms to flip. Switch roles. Change partners.

Learning 2 (Tachi Waza)

Uchi Komi on the different Uki Goshi – O Soto Gari – O Uchi Gari techniques.

First, static Uchi Komi, followed by the same in movement.

3* Yaku Soku Geiko (2 minutes) applying the techniques learned so far.

Game

The Cat and Mouse Game

This group game involves learning how to catch or outsmart your opponent by making them, the “cat”, chase (standing up) after the end of a belt (the mouse's tail) which is attached to the belt of the “mouse”. The student who is the “cat”, must try to step on the end of the belt in order to catch the “mouse”. When caught, the “mouse” becomes the “cat”.

Closing Part

Yoga - The Car

Sitting on the ground, stretch arms without forcing lifts legs

Lightly stretch bent knees, look for balance on the buttocks

Balance (forward/back, right/left); hands can also be placed facing each other shoulder width and making fists, like being at the wheel of a car!

Session 8

Plan session 8

Introduction – Warm Up

Running - Foorwork
Uchi Komi - Reversing the 2 arms
Ukemi

Main part

NW (15'): Learning Chicken Wrap
Thematic randori - Turn the turtle
TW (15'): introduction to judo and standing fall
Yaku Yaku Geiko

Game

Who loses, wins!

Closing part

Yoga – The Wind Turbine

Introduction

Demonstration by a pair of students: Reversing the 2 arms

Warm-up

Uchi Komi by 3 on two arm reversal, 5 times. Reverse Roles

Running Warm-Up:

On the instructor's signal: shrimp, snake, bear, etc.

Ukemi in a row: Front roll, backwards fall, side fall, forward fall, balance.

Main Part - Three activities

Learning 1 (Ne Waza)

Learning "The Chicken Wrap"

1. Uke grabs the lapel of tori by passing his arm over Tori.
2. Tori wraps uke's arm.
3. Tori blocks uke's arm between his arm and his body.
4. Tori rotates on himself.
5. Uke strikes the ground.
6. Tori immobilizes uke.

Switch roles.

Thematic randori 30 seconds. Change partners and repeat randori twice.

Learning 2 (Tachi Waza)

Learning - Introduction to standing throwing.

Students disperse on the surface, knees on the ground.

1. Uke places his hands on his partner's elbows.
2. Uke pulls and Tori turns the steering wheel to bring down the partner who falls sideways.
Exercise right and left. Switch roles.

Variant if students are comfortable with the exercise:

Tori is standing, uke has a knee on the ground.

Tori turns the steering wheel on the side with the knee on the ground.

Game

Turn the turtle

Uke in quadruped position. Tori tries to turn them on to their back and hold uke 3 seconds in this position.

Closing Part

Yoga - The wind turbine

In standing position, legs apart, back straight, arms along the body.

While inhaling, raise your arms to the horizontal. When exhaling, turn your arms.

Slow down the movement as the lungs empty.

Stop and return to the starting position at the end of the exhalation.

(Repeat 2-3 times)

Session 9

Plan session 9

Introduction – Warm Up

Running relay (team)
Ukemi

Main part

NW (15'): Review all techniques
Thematic randori
TW (15'): Review all techniques
Randori - Yaku Soku Geiko

Game

The Planets

Closing part

Yoga – The Ball

Introduction

Briefing on competition next class and rules.

Warm-up

Running Team relay

- Begin races in various positions. Eyes closed, lying back, lying prone, back to the track, etc.

Ukemi on the instructor's signal. 10 falls alternating forward, sideways and back.

Main Part - Three activities

Learning 1 (Ne Waza)

Thematic Randori:

Hon Gesa Gatame – Kuzure Gesa Gatame

Yoko Shiho Gatame

Reversing the 2 arms

The Chicken Wrap

The students begin back to back, face to face, Japanese beginning, etc.

Main Part - Three activities

Learning 2 (Tachi Waza)

Yaku Soku Geiko = 3 times 1 minute

O Soto Gari - O Soto Otoshi

O Uchi gari - Ko Uchi Gari

Uki Goshi

Possibility to begin with the standing throwing introduction

Game

The Planets

Participants are separated into 4-5 groups.

Each group is assigned a planet name. The instructor must call the name of two planets to "attack" each other.

The duration of the "attacks" are at the teacher's discretion and typically range between 30-45 seconds. When planets attack each other they must steal the "satellites" from the opposing team.

"Satellites" are kids sitting down holding on to each other. If a team successfully steals a satellite, the stolen members are now part of the opposing team.

One rule: No pulling on belts.

Closing Part

Yoga - The Ball:

Lying on your back, fold your knees toward the chest and swing from front to back and from right to left.

Session 10

Plan session 10

Introduction – Warm Up

Review all techniques - Ukemi

Main part

Competition in groups of 3 - Begin with raised knee

Closing part

Relaxation
Diplomas

Introduction

Explanations on competition, NW, raised knee

Warm-up

1. Running
2. Stretching
3. Reviews all NW techniques - Uchi Komi
4. Ukemis

Review of security rules.

Main Part - Three activities

To win, they have to immobilize 5 seconds their opponent on their back. They have to use judo technics learned during the classes and reviewed during the warm-up.

The teacher gives the rhythm. Ever children work at the same time.

Teams of 3 - Begin raised knee

2 fighters - 1 referee

1 - 2 - 3

1 vs 2 - Referee 3 (1 minute)

1 vs 3 - Referee 2 (1 minute)

2 vs 3 - Referee 1 (1 minute)

2 times = 10 minutes

Change partners

1 vs 2 - Referee 3 (1 minute)

1 vs 3 - Referee 2 (1 minute)

2 vs 3 - Referee 1 (1 minute)

2 times = 10 minutes

The winner of the team is the child who has the most victories. If there is no immobilization, then there is no winner.

If you have time:

Game = TAG

Closing Part

Diplomas for every child.



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