



# **JUDO AT SCHOOL 2017**

## **Initiation Program**

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**Under 9 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 60 minutes long.  
Typical lesson plan consists of:

<b>Introduction - Warm Up</b>
10 min
<b>Main part</b>
30 min . Tachi Waza . Ne Waza . Game
<b>Closing part</b>
5 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

Moving on the ground and standing (NW and TW)

### Main part

Back Breakfall  
Kumi Kata and balance  
Touch Bulldog

### Closing part

Yoga – The cat

## Warm Up

1. **Running** on the mats. Stopping at signal. Use the notions Hajime-Matte.

### 2. Moving Objectives - Ne Waza

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:** moving forward with your hands, knees and feet on the ground.
- **Push me!:** a participant pushes while the other tries to resist (one after another).

### 3. Moving - Tachi Waza

- **Sideways stepping:** switch right foot or left in front at the beginning.
- **Alternate Stepping:** 2 steps right side - 2 steps left side.
- **Backward 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 - On the back. Strike hard the ground with your arms and hands.
- 2 - In seated position, bend your legs and hold your knees with your hands.
- 3 - In seated position, with arms crossed on the chest or hands holding knees, roll and slap the ground.
- 4 - Squatting position.

#### Educational exercises with a partner:

Progression from crouching position:

- 1- Pushing back by striking hand on hand: rolls, rolls and strikes, a student remains in balance. Alternate.
- 2- Hold your hands in a hook. Pull gradually to place in rear imbalance. Let go, roll, hit.

## **Main part - Three (3) activities**

### **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.

#### **Exercise Pull-Push**

Children will move on the mats. They keep their hands on their partner and play with Push - Pull. 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.

## **Game**

### **Touch Bulldog**

The teacher selects 1 or 2 Bulldogs 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 bulldog, 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 bulldog) 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 - Review Back Break Fall - Push Pull

### Main part

Lateral Fall - Helicopter - Uki Goshi - 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

Participants run 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 warm up, walk by breathing deeply (opening the arms upwards by inhaling, returning the arms in the normal position while exhaling).

Animals

Lines of favorite animals walking:

Dog - Pig - Monkey - Snake - Bear - Etc...

## Review Course 1: Back Break Fall

Alone 5 times

With a partner 5 times

## Warm Up

### Pull-Push Variation

Students disperse on the surface and place themselves with a partner, 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.

The steering wheel is done on the side on which the knee is on the ground.

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

## Main part - Three activities

### Learning 1 (Ne Waza)

#### Lateral fall - Helicopter

1. Extended position on one side. Slap the ground.
2. Same exercise but sitting.
3. Squatting position. Lean with both hands to maintain balance. Place the right leg in front of you and bring it back to your left leg. Make the fall.
4. Switch legs.

#### (Front roll if necessary)

1. The side roll

The students roll sideways. A length on their right and a length on their left (as if unrolling a carpet). At the end of the exercise, the student stands and must maintain balance.

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/herself.

He/she puts himself/herself on his back and rotates on himself.

2. With a partner:

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

- Student 1 is on his stomach, student 2 is pressing his chest and turning above him.
- Student 1 is in quadruped position, student 2 is pressing his chest and turning above him.

Switch roles.

Repeat faster when the exercise becomes easy.

## **Main part - Three activities**

### **Learning 2 (Tachi Waza)**

#### **Learning Uki Goshi**

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 on the mats.

Thoroughly stick to uke's body to improve rotation.

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).

#### **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. It 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 normally through the nose until the lungs are full and hold the breath for 1 or 2 seconds. We blow gently to completely empty our lungs.



# Session 3

## Plan Session 3

### Introduction – Warm Up

Synchronization/Coordination – Ukemi: Back Break Fall, Lateral Fall, Front Roll

### Main part

Hon Gesa Gatame - Review Uki Goshi – Uchi Komi – Push Sumo

### Closing part

The mirror

## Introduction

### Introduce the rules of judo (illustration)

- Fight times: Adults 4 minutes – Children 2 minutes
- There is Ippon (on the back) and Waza-Ari (on the shoulders).
- Only the Ippon ends the fight
- Immobilization NW (Osae Komi): Waza-ari 10 seconds, Ippon 20 seconds.

Demonstration by a pair of students: Uki Goshi + corrections

## Warm-up

Stretching.

Children spread on the mats and move head, shoulder, wrist, elbow, knee, etc.

Review concept of balance. Push-Pull

In synchronization. Follow your partner: sideways stepping – backward Stepping – front stepping.

**Ukemi in line – twice:** back break fall, lateral fall, front roll

## **Main Part - Three activities**

### **Learning 1 (Ne Waza)**

#### **Hon Gesa Gatame – Kuzure 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

Tori in position of Hon Gesa Gatame. At signal he tries to keep uke 3 seconds. Switch roles. Change partners 2 times.

### **Activity 2 (Tachi Waza)**

#### **Review Uki Goshi (Hip Flotation)**

#### **Learning Uchi Komi and Uki Goshi**

3 partners

1 in the middle and practice Uki Goshi on the 2 partners on the side. 5 times. Switch roles.

## **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. 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.

## **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 – Ukemi: Back Break Fall, Lateral Fall, Front

### Main part

Review Hon Gesa Gatame – Learning O Soto Gari- O Soto Otoshi  
Moving Mirror - Stand Up

### 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

Participants run on the mats.

In groups of 2, children spread on the mats.

1 child (Tori) walks on knees and hands, the other follows him by catching Tori's feet and they have to go ahead together. Do the exercise front, back, sideways (left and right).

**Ukemi (Example below):** Back Break Fall, Lateral Fall, Front

1- Uke is crouching, Tori stands.

Hooked hands. Progressive traction, imbalance. Let go.

Step One: Tori decides when to release.

Step Two: Uke decides when to release. Roll and hit.

2- Uke is lying on the stomach. Tori is seated on uke who rolls on himself or herself.

Uke is carried away by the motion of tori. Uke rolls and slaps the ground very hard with the hand.

## **Main Part - Three activities**

### **Learning 1 (Ne Waza)**

Review Hon Gesa Gatame and immobilization.

1. One child in position of Hon Gesa Gatame.
2. He or she keeps his or her partner on their back.
3. The partner tries to escape.

Switch roles.

Thematic randori 30 seconds.

Change partner and repeat the randori 3 times.

### **Learning 2 (Tachi Waza)**

#### **Learning O Soto Gari – O Soto Otoshi**

Begin with drills (on one foot, children in lines will jump forward, backward and sideways).

1. Tori immobilizes uke on his right heel, pushing him backwards.
3. Tori moves with his or her left leg and throws his or her right leg on the right side of uke (as in O Soto Gari).
4. Tori puts his right leg between uke's legs by putting his foot on the floor while taking uke backward with his arms.

It seems better to begin with O Soto Otoshi while waiting until the fall is well known. Possibility to finish in Hon Gesa Gatame. The student slowly accompanies his partner in the fall.

### **Learning 2 (Tachi Waza) = 10 min**

#### **Learning O Soto Gari**

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

#### **Learning O Soto Otoshi**

1. Tori and uke are in a natural position.
2. Tori immobilizes uke on his right heel, pushing him backwards.
3. He then moves with his left leg and throws his right leg on the right side of uke (as in O Soto Gari).
4. He then puts his right leg between uke's legs by putting his foot on the floor while taking uke backwards with his arms.

## **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.)

## **Closing Part**

### **Relaxation - Visualization**

Face: ask your children to wrinkle their nose, mouth.

Arms and shoulders: the children will reach out horizontally in front of them, then lift them up with their hands above their head, arms still stretched. There, ask them to stretch upward as much as possible ... then let their arms fall back down the body, completely relaxed.

Legs and feet: standing barefoot, ask the children to act as if they were digging in the sand with their toes.

# Session 5

## Plan Session 5

### Introduction – Warm Up

Running in team - Mirror Back Break Fall

### Ukemi

Fall Break, Lateral Fall, Front

### Main part

Learning Yoko Shiho Gatame – Thematic randori NW – Learning Yaku Tsuku Geiko (Without Strength) - Sensei says

### Closing part

Yoga – Butterfly Pose

## Introduction

What is a Yaku Soku Geiko? What is the use of it?

Demonstration by a pair of students: O Soto Otoshi/O Soto Gari and corrections

## Warm-up

Participants run on the mats.

The teacher shouts a number: 2, 3, 4 or more.

Children have to create teams equal to that number (i.e.: 3 for teams of 3 people, 4 for teams of 4 people...)

Ukemi: back break fall, lateral fall, front

Mirror Back Break Fall

While standing and facing each other, children will do a back fall at the teacher's signal.

## Main Part - Three activities

### Learning 1 (Ne Waza)

#### Learning Yoko Shiho Gatame

1. Uke is on his back.
2. Tori goes on his knees on the side of uke and places his left arm under his head
3. Tori grasps the collar firmly. With his right arm, which he passes between the legs of uke, he will grab uke's belt by going under uke's left leg.
4. He puts his chest on Uke's chest and controls him firmly.

Switch roles.

Thematic randori 30 seconds

Change partner and repeat randori twice.

#### Learning 2 (Tachi Waza)

Static Uchi Komi Uki Goshi and O Soto Gari

Drills with a partner: O Soto Gari

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

Switch roles

#### Yaku Soku Geiko

In groups of two, students will spread on the mats for a randori without strength.

Yaku Soku Geiko is a randori so children have to be moving. Uke doesn't use any strength and doesn't block attacks. This randori needs to have a dynamic posture, be completely open and relaxed. Children need to try to do their techniques.

1 minute each. Change partner once.

## 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)  
One student practice his NW technics on the others. Switch roles. Twice for each.

### Ukemi

Back Break Fall, Lateral Fall, Front Roll

### Main part

Learning The pivot – Learning O Uchi Gari - Randori  
Yaku Soku Geiko (Without Strength) – TAG (Touch)

### Closing part

Visualisation

## 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 in line or with a partner (Sample below): back break fall, lateral fall, front roll.

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 falls.
- Squatting, back to back.

Slight rear thrust. At the signal one of the two pivots on the supports, suppressing the opposition, alternately or according to the signal of the teacher.

- 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.



## **Main Part - Three (3) activities**

### **Learning 1 (Ne Waza)**

#### **Learning the pivot**

- 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;
- in hands and feet on the floor, face facing down, swiveling around the hands, moving feet;
- lying on your back, performing a turn in both directions;
- lying on the back, swiveling around the shoulders moving the feet.

### **Learning 2 (Tachi Waza)**

#### **Sasae Tsuru Komi Ashi (right)**

1. Uke will be standing straight with his legs at shoulder width.
2. Tori will place his left hand at uke's elbow and his right hand on uke's lapel.
3. Tori then steps forward with his left foot, lift the elbow and pull the lapel as if he was turning at steering wheel.
4. While "turning the steering wheel", Tori will place his right foot on top of uke's left foot to throw him.
5. Uke will make a break fall.

### **Yaku Soku Geiko on Sasae Tsuru Komi Ashi**

In groups of 2, spread the children on the mats for a randori without strength.

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.

The group decides a "safe" zone: one of the slides of the playground or another place. This is the place where you can run and be safe not to be touched by the player who has the tag.

Start the game. Players are allowed 10 seconds to run and move away while the one with the tag counts up to 10. He will shout "GO" and start looking for others. All players move away to avoid being touched. If the player with the tag approaches another player, the player must try to get to the safe zone.

Touch another player. The player with the tag tries to touch another player. When the player succeeds, the player who has been touched is now the one with the tag.

Keep the game going; with the player who now has the tag and is trying to give it to another player.

## **Closing Part = 5 min**

### **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 (upper body parallel to ground); stay in position for a few moments.
- Repeat the exercise several times in different directions (sides, backwards).

# Session 7

## Plan Session 7

### Introduction – Warm Up

Running – Learning Front Fall

### Main part

Learning The Chicken Wrap – Learning Tai Otoshi  
Yaku Yaku Geiko (Without Strength) – The Cat and Mouse Game

### Closing part

Yoga – The Dog

## Introduction

Moral Code

Demonstration by a pair of students: Front Fall – Sasae Tsuru Komi Ashi

## Warm-up

**1. Running** on the mats. (Knee up, heels up, etc.) Touch the ground with a hand and do 360 degree around your hand.

## 2. Learning Front Fall

The front fall is a more difficult exercise for the student because he has to combine different skills such as coordination, speed of execution, and so on.

Important: It is necessary to dynamically strike the ground with the hand at the impact.

## 4 essential concepts to learn falls:

- The head is the most important part to protect: it must not touch the ground;
- The more one falls from behind, and the worse one gets hurt: one must bend down by extending one's legs;
- Rolling does less harm than falling:

The body should be as round as possible.

## **Main Part - Three activities**

### **Learning 1 (Ne Waza)**

Learning "The Chicken Wrap"

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

Switch roles.

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

### **Learning 2 (Tachi Waza)**

Learning Ko Uchi Gari (Right)

1. Tori leans on his left foot and pushes uke forward with his right arm and pulls him down with his left hand. uke is then unbalanced on his right rear.
2. Tori throws his right leg between uke's legs and places the sole of his right foot behind uke's right heel, taking the shape of a spoon.
3. He then snaps uke's leg with a quick kick from his right foot, which brings uke's heel back to him.
4. Uke falls on his back and tori follows the movement to the ground.

Yaku Soku Geiko on O Uchi Gari and Ko Uchi Gari - spread on the mats to do a randori without strength. 1 minute each. Change partner once.

## **Game**

### **The Cat and Mouse Game**

The Cat and Mouse Game: a group game that 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". This involves speed, decision-making skills, coordination, agility, balance, etc. The student who is the "cat", must try to step on the end of the belt in order to catch the "mouse". Each person takes turns in being the cat or the mouse and each person has about thirty seconds to catch the "mouse."

## **Closing Part**

### **Yoga - The Dog**

Raise the buttocks upwards and push your hands towards the feet.  
Stretch as a dog stretches.

# Session 8

## Plan Session 8

### Introduction – Warm Up

Balance games – Review Hon Gesa Gatame – Kuzure gesa Gatame  
Yoko Shiho Gatame - Ukemi

### Main part

Learning Reversing the 2 arms – Learning Standing throwing introduction  
Turn the turtle

### Closing part

Yoga – The Wind Turbine

## Introduction

Demonstration by a pair of students: The Chicken Wrap - Ko Uchi Gari and immobilization.

## Warm-up

### 1. Balance games

The students, while standing still on one leg will swing it, 3 times forward, 3 times backward. They must try to maintain their balance. Then, in groups of 2, by light pushes, uke will unbalance tori who tries to maintain his balance. The exercise last 15 seconds, then there is a switch of roles. Practice the back, side and front falls.

### 2. Review Hon Gesa Gatame - Kuzure Gesa Gatame

Yoko Shiho Gatame. Uchi Komi

### 3. Ukemi in line: back break fall, lateral fall, front roll.

## **Main Part - Three activities**

### **Learning 1 (Ne Waza)**

#### **Learning Reversing the 2 arms**

1. Tori stands on the side of uke and grasps the opposite arm with his arm.  
Inside and one arm out, then pull the arm towards him while pushing with the trunk.
2. Uke on the shoulders. Allow 3 seconds to stop and release.
3. The student learns with this exercise to destabilize Uke by removing his support points on the ground (remove 2 points of support on 4).
4. Tori on uke. Neither too high nor too low. Switch roles.

The more comfortable the pupils are with the execution of the sequence, the more the teacher can insist on the importance of the speed of execution.

### **Learning 2 (Tachi Waza)**

#### **Learning - Introduction to standing throwing.**

1. Uke places his hands on his partner's elbows.
2. Students disperse on the surface.
3. With a partner, knees on the ground.  
Uke pulls and Tori turns the steering wheel to bring down the partner who falls sideways.  
Exercise right and left. Switch roles.

Variant:

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

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

Insist on the concept of support through a demonstration.

## **Game**

### **Turn the turtle**

One person lies on their stomach or like a Turtle knee/elbow in "turtle" position; their partner tries to turn them on to their back. (1 minute)

Switch roles.

Change partner (3 times).

## **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

Back Break Fall, Lateral Fall, Front Roll and Front Fall

### Main part

Thematic randoris Ne Waza – Yaku Soku Geiko – The Planets

### Closing part

Yoga – The Ball

## Introduction

Briefing on competition, NW, next class and rules.

## Warm-up

Running Team relay

- Organize team relay races (those that were formed at the beginning of the class) with races in various positions.

Variety of different positions:

- the snake;
  - not driven (lateral, circle, zigzag);
  - crawling on the back;
  - on the buttocks.
- Begin the races without declaring a winner so the students can do their movements properly. If the performance is correct, the teacher can then integrate the notion of rivalry between the students.

Ukemi: back break fall, lateral fall, front roll and front fall.

## **Main Part - Three activities**

### **Learning 1 (Ne Waza)**

#### **Thematic Randori (integrating all learned technics):**

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, Japan beginning.

### **Learning 2 (Tachi Waza)**

**Yaku Soku Geiko** = 3 times with different partner (1 minute)

Reverse roles

O Soto Gari - O Soto Otoshi

O Uchi gari - Ko Uchi Gari

Uki Goshi

Possibility to begin with the standing throwing introduction

## **Game**

### **Planets**

#### **A team game**

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 length 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, circle them with the arms, lift the head, hold the chin well tucked in and swing from front to back and from right to left.



# Session 10

## Plan Session 10

### Introduction – Warm Up

Moving Ne Waza – Review Ne Waza - Ukemi

### Main part

Competition Ne Waza

### Closing part

Diplomas

## Introduction

Explanations on competition, NW, and rules – Preparation

## Warm-up

1. Moving NW (animals, etc.)
2. Reviews NW techniques - Uchi Komi
3. Ukemi: back break fall, lateral fall, front roll and front fall

## Main Part - Three activities

Review of security rules.

Ne waza randoris.

To win, they have to immobilize 3 seconds their opponent on their back.

They have to use judo technics learned during the classes (review quickly if necessary).

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

## Main Part - Three activities

### Teams of 3

**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 children.



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