



# **JUDO AT SCHOOL 2017**

**Group 3  
90 min**

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**From 12 to 15 years**

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 90 minutes long.  
Typical lesson plan consists of:

## Introduction - Warm Up

Approx. 20 min

## Main part

60 min

- . Tachi Waza
- . Ne Waza
- . Game

## Closing part

Approx. 10 min

# Session 1

## Plan session 1

### Introduction - Warm Up

The origins of judo – Japanese words – What is the judogi for? Bowing notions -  
Presentation of the Kumi Kata

### Main part

Learning front fall, Pull-push NW, Learning of Uki Goshi

### Closing part

Yoga – The Cat

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.
- Mattei 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

## **Warm Up**

### **Warm-up NW: (15')**

- Moving on the ground (animals)
- Crawling (arms and legs - without the feet - backwards)/bear/rabbit
- Front rolls (protecting the neck)
- Learning back break fall

### **Warm-up TW: (15')**

- Learning of Hajime-Matte
- Side skipping (forwards, backwards)
- Acceleration from different start positions (sitting, laying, ...)
- Learning the Kumi Kata

KK: leading hand on the lapel at the shoulder. The thumb must be at the collarbone. The other hand must be on the sleeve on the forearm (near the wrist).

- Moving 2 steps (forwards-backwards) while holding the Kumi Kata.
- Learning Yaku Soku Geiko (flexible movement with the partner) - Moving in all directions

## **Main Part**

### **Main part NW: (15')**

#### **Learning front fall:**

- Partner is on his knees and hands - Uke will do a front fall with the help of Tori. Tori holds Uke's wrist. Tori is on the side and pushes his shoulder forwards.
- Variation: Uke lifts his buttock (same exercise)
- Work on both sides (left and right)

#### **Pull-push NW (work on balance)**

- Highlight the use of the partner's strength. (make the partner go out of a designated area, eg. 1m x 1m)
- Variation of Pull-push NW (with one knee raised): students find the direction of the fall (right or left) depending on how they block (raised knee).

### **Main part TW: (15')**

Learning of Uki Goshi with Uke on his knee with his buttock raised (hold the sleeve during the fall, use the front fall seen earlier).

- If students master the fall, they can try with a standing up starting position.

## **Game**

**Touch Bulldog**

## **Closing Part**

**Yoga – The cat**

**Diploma: Introduction of the Moral Code notions**

**Feedback on the lesson**

# Session 2

## Plan session 2

### Introduction – Warm Up

Crawl, Dynamic Stretching, Review back break fall, Running, Learning the front roll

### Main part

- 1.NW: (15') Learning the Chicken Wrap
- 2.TW: (15') Learning O Goshi
- 3.Game: (15') The movers

### Closing part

Deep Breating

## Introduction

Review of the Moral Code and its values

How to tie the belt?

## Warm Up

### Warm-up NW: (15')

- Crawl in all directions on the mat
- Dynamic stretching
- Review back break fall.
  - Variation of the back break fall: partner laying on his stomach, sit on him and fall on your back
  - Variation 2 of the back break fall: partner is curled up on himself, execute a back break fall after sitting on him
- Review front roll exercises (previous lesson)

### Warm-up TW: (15')

- Running in all directions
- Learning the front roll with a partner:
  - Tori executes an Uki Goshi (knee on the sleeve's side on the ground). Uke executes a front roll, and Tori holds on the sleeve.

## **Main Part**

### **Main part NW: (25')**

- Learning the Chicken Wrap (Uke does a front roll)
- Learning Hon Gesa Gatame – Kuzure Gesa Gatame
- Flexible randoris – starting position with 1 raised knee  
(using of Hon Gesa Gatame – Kuzure Gesa Gatame)

### **Main part TW: (15')**

- Learning O Goshi – Focus on being unbalanced (Kuzushi). Hold on the sleeve so Uke can fall properly.

## **Game**

### **The movers**

## **Closing Part**

### **Deep Breathing**

# Session 3

## Plan session 3

### Introduction – Warm Up

Dynamic stretching, Crawling, The train, Learning the shrimp, Run, Reviewing falls, Learning side fall and Tsuki Ashi

### Main part

- 1.NW: (15') Review Hon Gesa Gatame, Learning Yoko Shiho Gatame
- 2.TW: (15') Learning O Uchi Gari
3. Game: (15') Sumo Push

### Closing part

Yoga – The mirror

## Introduction

Judo scoring and rules (Waza Ari and Ippon)

## Warm-up

### Warm-up NW: (15')

- Dynamic stretching
- Crawling
- The train: in teams of 2, on their hands and knees, kids hold on to their partner's feet. Uke imitates Tori (forward, backward, on the side...)
- Learning the shrimp

### Warm-up TW: (15')

- Run (high knees, heels up, side steps, etc.)
- Reviewing front and back falls (alone)
- Learning side fall
- Learning Tsuki ashi (Judo side stepping)



## **Main Part**

### **Main part NW: (15')**

- Review Hon Gesa Gatame – Kuzure Gesa Gatame
  - 2 thematic randoris 30 seconds (switching roles and partners):
    - Uke is on his knees, Tori tries to make Uke fall or to immobilize him.
- Learning Yoko Shiho Gatame and Kuzure Yoko Shiho Gatame
  - 2 thematic randoris 30 seconds (switching roles and partners): Uke does the shrimp, Tori tries to hold Uke on his back using Yoko Shiho.

### **Main part TW: (15')**

- Learning O Uchi Gari
  - Drill: Uke pulls Tori (following his moves, and with legs wide apart to facilitate the technique). Tori uses Tsuki Ashi to execute O Uchi Gari. 2x30 seconds
  
  - Yaku Soku Geiko (2x1 minute): both partners work. Use all the surprise techniques (O Uchi, Uki Goshi, and O Goshi).

## **Game**

**Sumo Push – Ne Waza or Tachi Waza (teacher's choice)**

## **Closing Part**

**Yoga – The mirror**

## **Relaxation**

# Session 4

## Plan session 4

### Introduction – Warm Up

Moving on the ground, Back rolls, Learning the bridge, Running and falls

### Main part

NW: (15') Learning immobilization escapes

TW: (15') Learning Ippon Seoi Nage

Game: (15') Catch the belt!

### Closing part

Strength training and relaxation

## Introduction

Judo scoring (Waza Ari and Ippon)

Osae Komi

Clarification on immobilization escapes (Waza Ari and Ippon)

## Warm-up

### Warm-up NW: (15')

- Moving on the ground (animals)
- Work on body's and limbs' mobility on the ground
- Back rolls on shoulders
- Learning the bridge on the shoulders:  
Starting on the back, Tori supports himself on his feet, push his hips up and execute a rotation on a shoulder to get to a belly-down immobilization position. 10 reps on each side.

### Warm-up TW: (15')

- Running in groups of 3, 4, or 5 (teacher's choice).
- Back fall, side fall and front fall in line
- Legs coordination – Tai Sabaki to introduce learning of Ippon Seoi Nage – Notion of Tendoku Renshu (shadow uchikomi)

## **Main Part**

### **Main part NW: (15')**

- Learning immobilization escapes:

Escape from Hon Gesa Gatame =

- Uke uses Tori's action/reaction to tilt him (using the bridge)
- Tori in position for Hon Gesa Gatame. Uke should learn to use his own weight to destabilize Tori. Uke can grab Tori's lapel and use his legs and his weight to create a pendulum effect.
- Uke grabs Tori's leg.

Escape from Hon Gesa Gatame =

- Uke should shift his body to place his leg in front of his face. Uke can then regain advantage on Tori.

### **Main part TW: (15')**

- Learning Ippon Seoi Nage

- Drill: Uke is on the side (same side as Tori's sleeve). Tori executes Ippon Seoi Nage and finds the good timing to attack.

- Introduction of Uchi Komi on Ippon Seoi Nage (10 times) with 2 partners

- Yaku Soku Geiko \*2 (1 minute) on all learned techniques

(Uki Goshi – O Goshi – Ippon Seoi)

## **Game**

**Catch the belt!**

## **Closing Part**

### **Strength training**

20 Sit-ups

20 push up

20 flexions

### **Relaxation**

# Session 5

## Plan session 5

### Introduction – Warm Up

Running, Fall mirrors and Ice TAG

### Main part

NW: (15') Work between the legs and thematic randori  
TW: (15') Learning O Soto Otoshi  
Game: (15') Sensei says

### Closing part

Strength training and Yoga – Butterfly

## Introduction

Demonstration on escaping immobilization techniques

## Warm-up

### Warm-up NW: (15')

- Running in teams – moving NW (crawling, shrimp, back roll on shoulders, moving forward while sitting) (alone) left and right
- Fall mirrors (back/side) With a partner, on the teacher's signal, execute the same fall as the partner.

### Warm-up TW: (15')

- Fall on the length of the mat (side and front)
- Ice TAG – release with a Nage Komi (O Ushi – O Goshi – Ippon Seoi Nage)
- Legs coordination to introduce learning O Soto Gari – Tendoku Renshu (shadow uchikomi)

## **Main Part**

### **Main part NW: (15')**

- Learning on how to bring Uke between Tori's legs when he's on the side
- Work between the legs: Uke between Tori's legs. Tori uses its legs to make Uke fall.
- Thematic randori: Uke and Tori switch roles. 30 seconds, 2 partners

### **Main part TW: (15')**

- Learning O Soto Otoshi
- Drill: Uke moves backward. Tori follows Uke and executes O Soto Gari with the good timing to attack
- Uchi Komi on O Soto Otoshi (10 times) with 2 partners
- 5 Nage Komi on O Soto Otoshi with a partner
- Yaku Soku Geiko \*2 (1 minute) on all back back techniques learned (O Uchi -O Soto Otoshi)

## **Game**

Sensei says

## **Closing Part**

### **Strength training**

20 sit-ups  
20 push up  
20 flexions

**Yoga : Butterfly**

# Session 6

## Plan session 6

### Introduction – Warm Up

Dynamic stretching, Game and Running

### Main part

Learning Tate Shiho Gatame, Thematic randori, Learning how to dodge and Touch Bulldog

### Closing part

Strength training and Yoga – The Rocket

## Introduction

Demonstration NW – Partner between the legs

## Warm-up

### Warm-up NW: (15')

- Dynamic stretching/joint mobilization
- Game The movers (NW)
- Mat lengths of back and front roll (right/left)
- Moving on your buttocks with a partner between your legs. Feet must be inside the legs. Uke is on his hands and knees, Tori leans on Uke to push his body back

### Warm-up TW: (15')

- Running in all directions
- With a partner, static Uchi Komi (9 times): 3 directions – O Uchi – O soto and choice between Ippon Seoi Nage, O Goshi and Uki Goshi.  
(Goal: focus on a good position of the body and manage the distance)

## **Main Part**

### **Main part NW: (15')**

- Learning Tori is on his buttocks, Uke between Tori's legs. Tori leans on his left hand to hold Uke's left arm (opposite side) across and make him fall. Tori ends in Tate Shiho position.
- 5 times (switch roles)
- Learning Tate Shiho Gatame
- Thematic randori: Uke and Tori switch roles. 30 seconds, 2 partners

### **Main part TW: (15')**

- With a partner, Uchi Komi (9 times) while moving:
  - Uke moves in 3 directions:
    - Backward: Tori executes O Uchi and O Soto
    - Side: Tori executes Ippon Seoi Nage
    - Forward: Tori executes O Goshi and Uki Gushi.
  - (Goal: focus on a good position of the body and manage the distance)
- Learning how to dodge the partner – doubling the attacks. Tori starts Ippon Seoi Nage, Uke dodges it, Tori repeats Ippon Seoi Nage.

## **Game**

### **Touch Bulldog**

## **Closing Part**

### **Strength training**

### **Yoga – The Rocket**

# Session 7

## Plan session 7

### Introduction – Warm Up

Moving like animals, Uchi Komi, Running, and Review falls

### Main part

NW: (15') Learning Kami Shiho Gatame and thematic randori  
TW: (15') Learning Hiza Guruma and introduction randori classic

### Game

123 Sun

### Closing part

Strength training and The mirror

## Introduction

Demonstration dodge - repeat

## Warm-up

### Warm-up NW: (15')

- Moving like animals
- Uchi Komi with partner between the legs (Tori pushes the knee)
- Drill: Tori on his buttocks, makes Uke fall by reaching across (finish Tate Shiho)
- Learning forward crawfish Tori is on his back, Uke on his hands and knees on top of Tori (behind his head). Tori pushes Uke's arms to go forward in the crawfish position.

### Warm-up TW: (15')

- Running in all directions
- Review back, side and front fall
- Drill front fall (starting standing up): Tori executes a Uki Otoshi (knee on the mat). Uke falls forward. Tori controls the sleeve.



## **Main Part**

### **Main part NW: (15')**

- Learning Kami Shiho Gatame
- Thematic randori: Uke and Tori switch roles. 30 seconds, 2 partners
- Ground randori, starting back to back (2x1 minute)

### **Main part TW: (15')**

- Learning Hiza Guruma
- Drill: Uke pushes Tori. Tori lets go and executes Hiza Guruma with the good timing to attack
- Uchi Komi on Hiza Guruma (10 times) with 2 partners
- 5 Nage Komi on Hiza Guruma with a partner
- Introduction Randori classic KK start (see lesson 1)

## **Game**

**123 Sun**

## **Closing Part**

**Strength training**

**The mirror**

# Session 8

## Plan session 8

### Introduction – Warm Up

Sumo push, Learning about sweepings/coordination

### Main part

NW: (15') Reversing the 2 arms and thematic randori  
TW: (15') Learning Ko Uchi Gari

### Game

Planets

### Closing part

Strength training and Relaxation

## Introduction

Review the Moral Code values – Introduction competition for lesson 10

## Warm-up

### Warm-up NW: (15')

- Mat lengths of rolls and falls
- Sumo Push (basic)
- Sumo Push – partner on his hands and knees
- Let students find out possibilities by themselves

### Warm-up TW: (15')

- Learning about sweepings/coordination – Tendoku Renshu (shadow Uchi Komi): Drill sweeping alone (front, back, side, etc.)

## **Main Part**

### **Main part NW: (15')**

- Reversing the 2 arms
  - Regular form
  - Partner resist (with his leg)
- Thematic randori: Uke and Tori switch roles. 30 seconds, 2 partners

### **Main part TW: (15')**

- Learning Ko Uchi Gari
- Drill: Uke goes backward. Tori moves forward and executes Ko Uchi Gari with the good timing to attack
- Uchi Komi on Ko Uchi gari (10 times - left and right) with 2 partners
- 5 Nage Komi on Ko Uchi Gari with a partner
- 2 randoris classic start

## **Game**

### **Planets**

## **Closing Part**

### **Strength training**

### **Relaxation**

# Session 9

## Plan session 9

### Introduction – Warm Up

Moving on the ground, Crawling, The shrimp, The bridge, Falls, Tendoku renshu

### Main part

NW and TW : Review of all moves

### Closing part

Relaxation – Deep Breathing

## Introduction

Explanation of competition rules (score, time, round robin, referee)

## Warm-up

### Warm-up NW: (10')

- Moving on the ground (animals/bear/rabbit)
- Crawling (arms and legs - without the feet - backwards)
- Mat lengths of front and back roll
- The Shrimp (backward/forward)
- The Bridge

### Warm-up TW: (10')

- Back fall
- Front fall
- Side fall
- Tendoku renshu (Ippon soei nage, O soto gari, sweeping, Tsuki ashi)

## **Main Part**

### **Main part NW: (25')**

Review of all moves (twice each moves)

Uke is on his knees, Tori does 3 of 6 on the ground:

- Hon Gesa Gatame
- Kuzure Gesa Gatame
- Tate Shiho Gatame
- Kami Shiho Gatame
- Yoko Shiho
- Kuzure Yoko Shiho Gatame

Tori on his hands and knees, Uke attacks and Tori executes:

- Chicken Wrap

Uke holds an immobilization, Tori executes:

- Escape from immobilization
- Work between the legs

Uke on his hands and knees, Tori executes:

- Reverse the 2 arms (and variations)

### **Main part TW: (25')**

Review of all moves (twice each moves):

Uke moves forward, Tori executes:

- Hiza Guruma
- Uki Goshi
- O Goshi

Uke moves on the side (side of Tori's sleeve), Tori executes:

- Ippon Seoi Nage

Uke moves backward, Tori executes:

- O Uchi gari
- O Soto Otoshi
- Ko Uchi Gari

Tori attacks first:

- Learning how to dodge the partner – doubling the attacks

Randori with liaison on the ground (3x2 min)

## **Closing Part**

**Relaxation – Deep Breathing**

# Session 10

## Plan session 10

### Introduction – Warm Up

Moving, Ukemi, Uchi Komi, Yaku Soku Geiko

### Main part

Competition

### Closing part

Relaxation

### Introduction

Explications compétition

### Warm-up

- Moving NW
- Ukemi: Front, back and side falls
- Uchi Komi while moving
- Yaku Soku Geiko 2\*1min

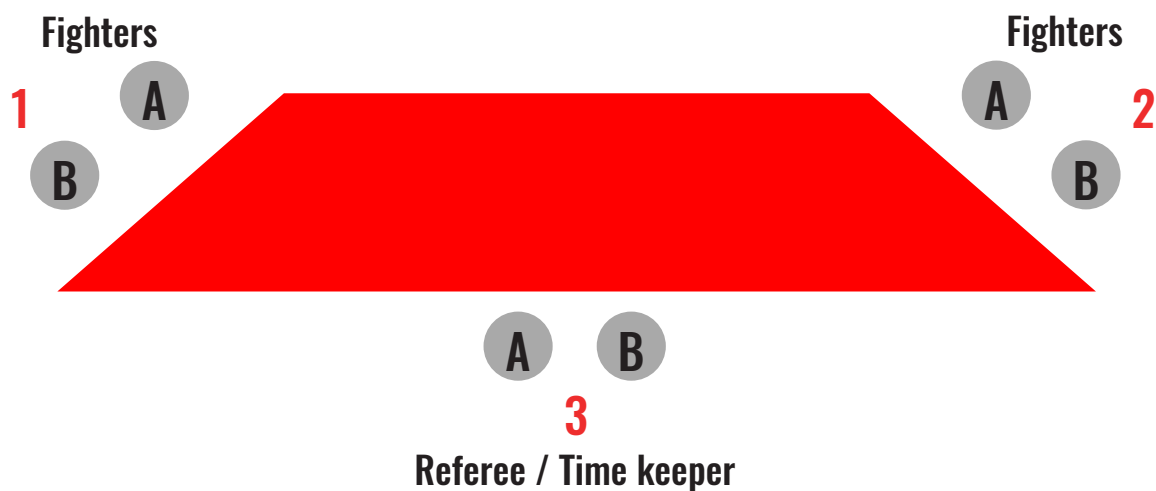
### Main Part

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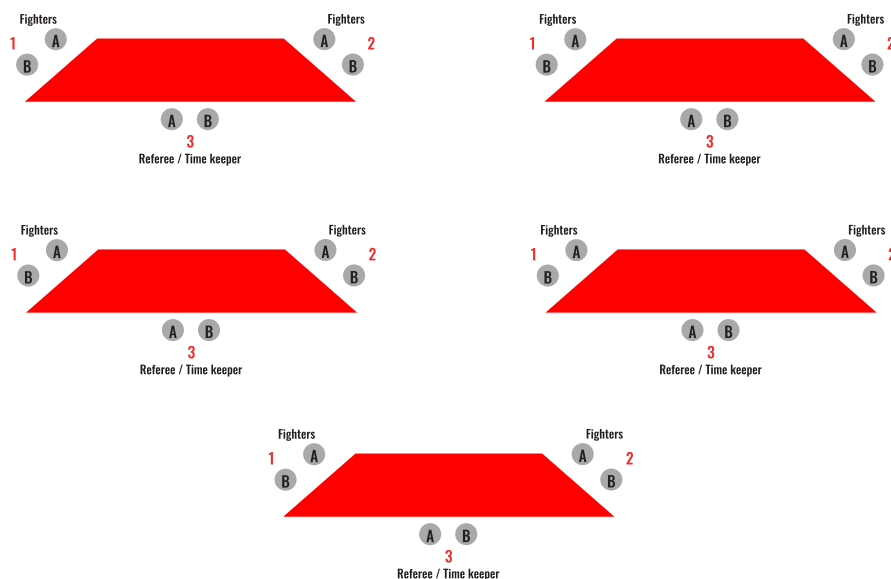
### Closing Part

Relaxation

## Organisation of the fighting surface



## 30 STUDENTS SPLIT IN 5 GROUPS



## Organisation per fighting rounds

This schedule should remain on each mat so students can follow the fighting order. Fights start in pull-push situation.

Round 1 (8 min)	Round 2 (8 min) Change opponents	Round 3 (8min) Replay of round 1	Round 4 (8 min) Replay of round 2 (if time allows it)
A1 Vs. A2	A1 Vs. B2	A1 Vs. A2	A1 Vs. B2
B1 Vs. B2	B1 Vs. A2	B1 Vs. B2	B1 Vs. A2
A2 Vs. A3	A2 Vs. B3	A2 Vs. A3	A2 Vs. B3
B2 Vs. B3	B2 Vs. A3	B2 Vs. B3	B2 Vs. A3
A1 Vs. A3	A1 Vs. B3	A1 Vs. A3	A1 Vs. B3
B1 Vs. B3	B1 Vs. A3	B1 Vs. B3	B1 Vs. A3

## **Definitions**

### **Tori**

- person doing the movement

### **Uke**

- person receiving the movement

### **Uchikomi**

- repetition of a movement

### **Nagekomi**

- Throwing the partner

### **Yaku Soku Geiko**

- Study randori, not allowed to block, can only dodge Both partners work.

### **Kagari Geiko**

- Study randori with specific theme, only one of the partners is working.

### **Tsuki ashi**

- Side steps

### **Tendoku renshu**

- Shadow uchikomi

### **Tachi Waza (TW)**

- Work standing up

### **Ne Waza (NW)**

- Work on the ground





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