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:

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<th>Approx. 20 min</th>
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<td>. Tachi Waza</td>
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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 finds 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

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<td>2.TW: (15’) Learning O Goshi</td>
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<td>3.Game: (15’) The movers</td>
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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

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### 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

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<td>Running, Fall mirrors and Ice TAG</td>
<td>NW: (15’) Work between the legs and thematic randori&lt;br&gt;TW: (15’) Learning O Soto Otoshi&lt;br&gt;Game: (15’) Sensei says</td>
<td>Strength training and Yoga – Butterfly</td>
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### 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**

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**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

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### Introduction
Explications compétition

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

### Main Part
Voir illustration sur l'autre page

### Closing Part
Relaxation
Organisation of the fighting surface

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

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<tr>
<td>A2 Vs. A3</td>
<td>A2 Vs. B3</td>
<td>A2 Vs. A3</td>
<td>A2 Vs. B3</td>
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<td>B1 Vs. B3</td>
<td>B1 Vs. A3</td>
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<td>B1 Vs. A3</td>
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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