



→ Examples of exercise option and training format given the restrictions (wearing a mask, work area, etc.) for Phases 1 and 2 for a practice in safe sanitary conditions.

→ As the wearing of a mask is compulsory for these phases, the activities carried out must be of low intensity*.

WARM UP

- Emphasis should be placed on the basic motor skills most used in judo
- Mobility work (spine, shoulders, hip joint, etc.)
- Strengthening of the muscular system (back, abdomen, legs, ...)
- Posture control
- Work on balance-imbalance & proprioception
- Movement exercises
- Gripping / kumikata work
- Games

STRETCHING

- Flexibility work
- Joint and muscular range development
- Take the time to reflect on the work carried out and the areas of improvements
- Timely opportunity to discuss the content of the session, remind the hygiene rules to be observed and inform about the evolution of the situation

UKEMI

- Emphasize safety and confidence in learning or perfecting the fall (front, back, side)
- Movement in all directions and suitable falls (if rearward movement = rearward fall, etc.)
- Adding difficulties to vary the exercise (a jump before the fall, a jump after, eyes closed, rotation before the fall, ...)

CONTENT

- More specific work oriented towards the technical skills of judo
- Learning and training without or with minimal resistance
- Developing fundamentals, basic principles and values of judo:
 - Judo moral code
 - Judo vocabulary
 - Basic motor skills
 - Basic technical skills
 - Technical improvement
 - Practice and improve the Ukemi
 - Katas

NE WAZA

- Motor skills work:
 - Motor skills and agility on the ground
- Tandoku-renshu:
 - Several possible approaches: with limited movement, in movement, with mannequin, with cones, belts, etc.
 - Technical improvement: study and decomposition of movement

TACHI WAZA

- Motor skills work:
 - Front, back and side movements in the designated work area. Use of markers to facilitate execution.
 - Alternate the right and left sides
- Tandoku-renshu :
 - Several possible approaches: with limited movement, in movement, with support on the wall, with elastic, with mannequin, with cones, in slow motion – Tai Chi style, etc.
 - Technical improvement: study and decomposition of movement (displacement, kumikata, ...) in different situations (on left-handed, on right-handed, in counter-attack, ...)

*: Exercises for which there is an increase in breathing, but it is always possible to hold a conversation (corresponds to 60% of the maximum heart rate)

Example of a session – Phase 1

MEASURES

Phase 1 : Reopening and distancing

- Individual exercises only
- Respect the prevention instructions
- Wear a mask – Exercises at low intensity*

REMINDER

Conditions to be respected:

- Limited number of participants
- Participants bow with 2 metres physical distance or in their designated area (1 person / 8m²).
- The instructor assigns an area per participant (1 person / 8 m²). They will stay there throughout the session.

	WARM UP	UKEMI	TACHI WAZA	NE WAZA	COOL DOWN
Session n°1	<ul style="list-style-type: none"> • Learn to make the judo belt • Warm-up / stretching exercises (lumbar rotation, ankle, wrist, hip stretch, etc.) • Classic warm-up exercises (push-ups, abs, squats, etc.) • Moving around the work area: <ul style="list-style-type: none"> ▪ One leg jumping, rotation, front, rear ... ▪ Face to face in his area, simulation of kumikata work, as if we were holding the partner. Uke must follow. • Balance / proprioception: <ul style="list-style-type: none"> ▪ Jump from one leg to the other. Maintain flexed knee ▪ Small front, side and rear jumps with one leg. Maintain stable position upon landing. ▪ Rotating one leg jumping. Maintain flexed reception. Close your eyes for more difficulty. • Games 	<ul style="list-style-type: none"> • Emphasize safety and confidence in learning / perfecting the rear fall • Practice falling back using movement inside the work area • Learn / perfect lateral fall • Practice lateral fall using movement in the work area. Example: Follow the lines of its area and perform the fall once you reach the end. • Learn / perfect the fall forward. Example: After performing a technique forward, follow with a fall forward. Or conversely, fall forward and follow with a technique. 	<ul style="list-style-type: none"> • Motor skills exercises (Ayumi ashi, Tsugi ashi ...) in all possible directions • Tandoku-renshu: Importance of displacement, feet position and simulation of the grip • Work on O Soto Gari and Seoi Nage in static and dynamic (front, back, side, on signal) 	<ul style="list-style-type: none"> • Motor exercise: Moving from one position to another. Roll on the mat. • Work on fundamental positions • Work with mannequin if possible 	<ul style="list-style-type: none"> • Stretching the hamstrings with belt • Gluteal stretch • Shoulder stretch - 4 directions • Runner stretch • Quadriceps stretch • Take the time to reflect on the work carried out and the areas of improvements • Timely opportunity to discuss the content of the session, remind the hygiene rules to be observed and inform about the evolution of the situation
Session n°2			<ul style="list-style-type: none"> • Motor skills exercises (Ayumi ashi, Tsugi ashi ...) in all possible directions • Tandoku-renshu: Importance of movement, feet position and simulation of the grip • Work on O Uchi Gari and Morote Seoi in static and dynamic throwing (front, rear, side, on signal) 	<ul style="list-style-type: none"> • Motor exercise: Moving from one position to another. Roll on the mat. • Work on fundamental positions • Work with mannequin if possible 	
Session n°3			<ul style="list-style-type: none"> • Motor skills exercises (Ayumi ashi, Tsugi ashi ...) in all possible directions • Tandoku-renshu: Importance of movement, feet position and simulation of the grip • Work on Ko Uchi Gari and Tai Otoshi in static and dynamic (front, back, side, on signal) 	<ul style="list-style-type: none"> • Motor exercise: Moving from one position to another. Roll on the mat. • Work on fundamental positions • Work with mannequin if possible 	
Session n°4			<ul style="list-style-type: none"> • Motor skills exercises (Ayumi ashi, Tsugi ashi ...) in all possible directions • Tandoku-renshu: Importance of movement, feet position and simulation of the grip • Work on Uchi Mata / Harai Goshi in static and dynamic (front, rear, side, on signal) 	<ul style="list-style-type: none"> • Motor exercise: Moving from one position to another. Roll on the mat. • Work on fundamental positions • Work with mannequin if possible 	

Note: These session examples are guidelines for judo teachers. They will be able to develop and adapt the content offered according to the characteristics of their group.

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Example of a session – Phase 2

MEASURES

Phase 2 : Work with partner is possible

- Exercises with a partner is possible
- Respect the prevention instructions
- Wear a mask – Exercises at low intensity*

REMINDER

Conditions to be respected:

- Limited number of participants
- Traditional bow
- The instructor assigns an area for group of two (2 people / 16 m²). They will stay there throughout the session.

	WARM UP	UKEMI	TACHI WAZA	NE WAZA	COOL DOWN
Session n°1	<ul style="list-style-type: none"> • Learn to make the judo belt • Warm-up / stretching exercises (lumbar rotation, ankle, wrist, hip stretch, etc.) • Classic warm-up exercises (push-ups, abs, squats, etc.) • Moving around the work area: <ul style="list-style-type: none"> ▪ One leg jumping, rotation, front, rear ... ▪ Face to face in his area, simulation of kumikata work, as if we were holding the partner. Uke must follow. • Balance / proprioception: <ul style="list-style-type: none"> ▪ Jump from one leg to the other. Maintain flexed knee ▪ Small front, side and rear jumps with one leg. Maintain stable position upon landing. ▪ Rotating one leg jumping. Maintain flexed reception. Close your eyes for more difficulty. • Games 	<ul style="list-style-type: none"> • Emphasize safety and confidence in learning / perfecting the rear fall • Practice falling back using movement inside the work area • Learn / perfect lateral fall • Practice lateral fall using movement in the work area. Example: Follow the lines of its area and perform the fall once you reach the end. • Learn / perfect the fall forward. Example: After performing a technique forward, follow with a fall forward. Or conversely, fall forward and follow with a technique. 	<ul style="list-style-type: none"> • Uchikomi static and dynamic • Work on O Goshi in static and dynamic (front, backwards, side, on signal) • Combine displacements with a throw followed by a transition to Ne Waza 	<ul style="list-style-type: none"> • Motor exercise: Moving from one position to another. Roll on the mat. • Work on fundamental hold down positions • Yoko Shiho Gatame: Start from a basic turn over. Practice variety of turn overs for more advanced judoka. 	<ul style="list-style-type: none"> • Lumbar stretch / Back stretch with partner • Stretching the hamstrings • Adductor stretching • Shoulder stretch • Quadriceps stretch • Take the time to reflect on the work carried out and the areas of improvements • Timely opportunity to discuss the content of the session, remind the hygiene rules to be observed and inform about the evolution of the situation
Session n°2			<ul style="list-style-type: none"> • Uchikomi static and dynamic • Work on O Soto Gari and Seoi Nage in static and dynamic (front, rear, side, on signal) • Combine displacements with a throw followed by a transition to Ne Waza 	<ul style="list-style-type: none"> • Motor exercise: Moving from one position to another. Roll on the mat. • Work on fundamental hold down positions • Kuzure Kesa Gatame. Start from a basic turn over. Practice variety of turn overs for more advanced judoka 	
Session n°3			<ul style="list-style-type: none"> • Uchikomi in static and dynamic • Work on Uchi Mata / Harai Goshi in static and dynamic (front, rear, side, on signal) • Combine displacements with a throw followed by a transition to Ne Waza. Uke turns on his stomach, Tori turns him over to immobilize him. 	<ul style="list-style-type: none"> • Motor exercise: Moving from one position to another. Roll on the mat. • Work on fundamental positions • Tate Shio Gatame. Start from a basic turn over. Practice variety of turn overs for more advanced judoka 	
Session n°4			<ul style="list-style-type: none"> • Uchikomi in static and dynamic • Dynamically develop, apply and perfect the sequence of Tachi Waza techniques. From the most basic to the most complex. • Tokui Waza for more advanced judoka 	<ul style="list-style-type: none"> • Motor exercise: Moving from one position to another. Roll on the mat. • Work on fundamental positions • Dynamically develop, apply and perfect the sequence of Ne Waza techniques. From the most basic to the most complex. • Tokui Waza for more advanced judoka 	

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