**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

**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

**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

**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, ...)

**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, ...)

**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

*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.*
### Example of a session – Phase 1

**WARM UP**
- 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:
  - 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:
  - 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

**UKEMI**
- 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.

**TACHI WAZA**
- 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)

**NE WAZA**
- 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)

**COOL DOWN**
- Motor exercise: Moving from one position to another. Roll on the mat.
- Work on fundamental positions
- Work with mannequin if possible

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### 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.

**MEASURES**
- Phase 1: Reopening and distancing
  - Individual exercises only
  - Respect the prevention instructions
  - Wear a mask – Exercises at low intensity

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**REMINDER**
- 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:
  - 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:
  - 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

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**RETURN TO JUDO**

*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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<table>
<thead>
<tr>
<th>Session n°1</th>
<th>Session n°2</th>
<th>Session n°3</th>
<th>Session n°4</th>
</tr>
</thead>
<tbody>
<tr>
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<td></td>
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</tr>
</tbody>
</table>
### Example of a session – Phase 2

<table>
<thead>
<tr>
<th>Session n1</th>
<th>Session n2</th>
<th>Session n3</th>
<th>Session n4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>WARM UP</strong></td>
<td><strong>UKEMI</strong></td>
<td><strong>TACHI WAZA</strong></td>
<td><strong>NE WAZA</strong></td>
</tr>
<tr>
<td>- Learn to make the judo belt</td>
<td>- Emphasize safety and confidence in learning / perfecting the rear fall</td>
<td>- Uchikomi static and dynamic</td>
<td>- Motor exercise: Moving from one position to another. Roll on the mat.</td>
</tr>
<tr>
<td>- Warm-up / stretching exercises (lumbar rotation, ankle, wrist, hip stretch, etc.)</td>
<td>- Practice falling back using movement inside the work area</td>
<td>- Work on O Goshi in static and dynamic (front, backwards, side, on signal)</td>
<td>- Work on fundamental hold down positions</td>
</tr>
<tr>
<td>- Classic warm-up exercises (push-ups, abs, squats, etc.)</td>
<td>- Learn / perfect lateral fall</td>
<td>- Combine displacements with a throw followed by a transition to Ne Waza</td>
<td>- Yoko Shiho Gatame: Start from a basic turn over. Practice variety of turn overs for more advanced judoka.</td>
</tr>
<tr>
<td>- Moving around the work area:</td>
<td>- 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.</td>
<td>- Uchikomi in static and dynamic</td>
<td>- Motor exercise: Moving from one position to another. Roll on the mat.</td>
</tr>
<tr>
<td>- One leg jumping, rotation, front, rear...</td>
<td>- 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.</td>
<td>- Work on O Soto Garri and Seoi Nage in static and dynamic (front, rear, side, on signal)</td>
<td>- Work on fundamental hold down positions</td>
</tr>
<tr>
<td>- Face to face in his area, simulation of kumikata work, as if we were holding the partner. Uke must follow.</td>
<td>- 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.</td>
<td>- Combine displacements with a throw followed by a transition to Ne Waza</td>
<td>- Kuzure Kesa Gatame. Start from a basic turn over. Practice variety of turn overs for more advanced judoka.</td>
</tr>
<tr>
<td>- Balance / proprioception:</td>
<td>- Learn / perfect lateral fall</td>
<td>- Uchikomi in static and dynamic</td>
<td>- Motor exercise: Moving from one position to another. Roll on the mat.</td>
</tr>
<tr>
<td>- Jump from one leg to the other. Maintain flexed knee</td>
<td>- Practice falling back using movement inside the work area</td>
<td>- Work on Uchi Mata / Harai Goshi in static and dynamic (front, rear, side, on signal)</td>
<td>- Work on fundamental positions</td>
</tr>
<tr>
<td>- Small front, side and rear jumps with one leg. Maintain stable position upon landing.</td>
<td>- 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.</td>
<td>- Combine displacements with a throw followed by a transition to Ne Waza</td>
<td>- Tate Shio Gatame. Start from a basic turn over. Practice variety of turn overs for more advanced judoka.</td>
</tr>
<tr>
<td>- Rotating one leg jumping. Maintain flexed reception. Close your eyes for more difficulty.</td>
<td>- Uchikomi static and dynamic</td>
<td>- Uchikomi in static and dynamic</td>
<td>- Motor exercise: Moving from one position to another. Roll on the mat.</td>
</tr>
<tr>
<td>- Games</td>
<td>- Work on one leg position to another. Roll on the mat.</td>
<td>- Work on Ne Waza. Uke turns on his stomach, Tori turns him over to immobilize him.</td>
<td>- Work on fundamental positions</td>
</tr>
</tbody>
</table>

**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.

**Phase 2: Work with partner is possible**
- Exercises with a partner is possible
- Respect the prevention instructions
- Wear a mask – Exercises at low intensity*

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**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.