

Active Start U7



General Objectives

- Develop **fundamental movement skills** (running, jumping, throwing, swimming, etc.)
- Introduce **ABC'S** of Athleticism (agility, balance, coordination, **speed**)
- Develop **suppleness** (flexibility)
- Coordination, agility and balance to be accomplished through general exercises and a variety of judo-related games
- Short duration **speed**/agility games to be incorporated
- Short duration **aerobic** efforts - allow for a spontaneous application of effort by the child - no structured time frames for exercises
- Flexibility exercises to be incorporated in games that also emphasize coordination and agility



Judo-Specific Objectives

- Basic **ukemi**
- Learn basic **osaekomi-waza** and escapes
- Learn basic **nage-waza** as per the **Judo Canada Kyu syllabus**
- Introduce modified **ne-waza randori**



Guiding Principles

- Body proportions very different from adults
- Judo-specific **skills** must be adopted to accommodate these differences
- An essential stage needed for maximal athletic **development** in later stages
- Enhances overall feeling of well-being, confidence and self-esteem
- Lays the foundation for development of a strong, healthy body, improved fitness and proper weight control
- Older students may be joining at this stage
- Need for 30-60 minutes per day of organized physical activity, dependent upon age
- Opportunities for unstructured "play" time involving physical activity - up to 60 minutes per day





Framework

- Participation 1-2 times/week; 40-60 minutes in duration
- Emphasis on **ukemi** and **ne-waza**; time allocation 60-70% **ne-waza**, 30-40% **tachi-waza**
- Modified **randori**; **ne-waza** only; in-club only
- Motor **skills** 35%, judo 55%, other (cognitive, mental) 10%; try to twin motor **skill** exercises with judo exercises where possible
- Focus on basic movement **skills** and patterns, locomotion (walking, running, jumping, swimming), climbing, throwing, catching, kicking
- Include both hand-eye and foot-eye coordination activities
- Progress from simple to more complex movements
- No lifting **nage-waza** techniques
- Access to developmentally appropriate equipment as needed
- Activities should be designed to ensure success and develop self-esteem and a desire to participate
- Activities should be non-competitive and foster participation
- Maximum grade of yellow-orange



FUNdamentals U9



General Objectives

- Fun through judo-related games
- Develop general awareness of the body and general fitness
- Introduction to judo etiquette
- Technical **development** and body awareness
- Avoid unnecessary emphasis on discipline
- Develop and refine movement patterns (locomotion, climbing, throwing, catching, kicking, etc.)
- Master basic movement **skills** before introducing sport-specific **skills**



Judo-Specific Objectives

- Basic **ukemi**
- Learn basic **osaekomi-waza** and escapes
- Learn basic **nage-waza** as per the **Judo Canada Kyu Syllabus**
- Introduction to judo etiquette, rules and concept of fair play



Guiding Principles

- Emphasis on fun, positive reinforcement, and adapting to a structured environment
- Exposure to and development of the **ABC'S** of athleticism- Agility, Balance, Coordination and **Speed**
- Games to develop **speed**, power, endurance
- Introduce modified judo activities
- First "**window of trainability**" - **speed** (ages 6-8 for girls, ages 7-9 for boys)
- Develop **speed** (linear, lateral, multi-directional for less than 5-6 seconds)
- Further develop flexibility
- Introduce **strength** exercises using child's own body weight, medicine balls, Swiss ball etc.
- Introduce power and **stamina** through games



Framework

- Practices 1-2 times/week, maximum of 60 minutes
- Emphasis on **ukemi** and **ne-waza**; time allocation 55-60% **ne-waza**, 40-45% **tachi-waza**
- Introduction to modified competition (7-8 year-olds in-club or regional); maximum of 2 per year
- Games to develop **speed**, power, endurance
- Body weight and Swiss/medicine ball exercises
- Maximum grade of orange-green