



OAK LAWN PARK DISTRICT JUDO CLUB

10 WEEK JUDO PROGRAM

ADVANCED

Wk	DESCRIPTION OF INSTRUCTION:	
1	▪ Introductions, Class information ▪ Break falls (Ukemi) -sitting, squatting, standing	Stretches, Exercise, Weigh-ins Ne Waza
	NE WAZA (Mat Techniques)	NAGE WAZA (Throwing Techniques)
2	▪ Ukemi (Review, side falls, forward rolls) ▪ Kesa gatame and Kata gatame	▪ Tai otoshi ▪ Tachi waza & Katame waza randori
3	▪ Review ▪ Yoko shiho gatame ▪ Mune gatame	▪ Balance / Off Balance ▪ 3 parts to every throw ▪ Using "5 parts" to throw ▪ Sode tsurikomi goshi
4	▪ Review ▪ Kami shiho gatame ▪ Kuzure kami shiho gatame ▪ Tate shiho gatame	▪ Yoko otoshi ▪ Yoko wakare
5	▪ Review ▪ Osaekomi waza - Escapes - Maintaining control	▪ Grip control ▪ Sumi gaeshi ▪ Ura nage
6	▪ Review ▪ Ushiro kesa gatame	▪ Harai goshi ▪ Uchi mata
7	▪ Review ▪ Ude garami	▪ Tomoe-nage ▪ Tani otoshi
8	▪ Review ▪ San kaku jime	▪ Nage waza review ▪ Practice tournament randori
9	▪ Review - Osaekomi waza, Nage waza and Tournament (Shiai) preparation	
10	▪ Intra Club Shiai - Open house tournament	

Instructors: Sensei Glenn Rusco

Sensei Karl Graff

Sensei Scott Mlyniec



View This Document
oaklawnjudo.com



Advanced Videos
YouTube Playlist