

OAK LAWN PARK DISTRICT JUDO

10 WEEK BEGINNER PROGRAM



Wk	DESCRIPTION OF INSTRUCTION:	
1	- Introduction, Class information - Stretches, Exercise, Weigh-ins - Break falls (Ukemi) -sitting, squatting, standing	
	NE WAZA (Mat Techniques)	NAGE WAZA (Throwing Techniques)
2	Ukemi (Review, side falls, forward rolls) - Scarf hold (Kesa gatame) - Shoulder lock (Kata gatame)	
3	- Review - Chest Hold (Mune gatame) - Side 4 corner lock (Yoko shiho gatame)	- Balance / Off Balance "3 parts" to every throw (off balance-fit in-throw) (Kuzushi-Tsukuri-Kake) - Using "5 body parts" to throw (2 arms- 2 legs-head (physical and brain)) - Major outer reap (O soto gari) (5) - Minor outer hooking ankle (Ko Soto Gake) (17)
4	- Review - Pins (Osaekomi waza) - Escapes - Maintaining control	- Knee wheel (Hiza guruma) (2) - Outer winding throw (Soto makikomi) (31)
5	- Review - Turn overs	- Grip control - Major hip throw (O goshi) (6) - Hip Wheel (Koshi guruma) (11)
6	- Review and Groundwork - Upper 4 corner lock (Kami shiho gatame) - Longitudinal 4 corner lock(Tate shiho gatame)	- Major inner reap (O uchi gari) (7) - Minor inner reap (Ko uchi gari) (10)
7	- Review Osaekomi waza	- Sweeping Ankle throw (Okuri ashi barai) (13) - One arm shoulder throw (Ippon seoi nage) (8)
8	- Review Osaekomi waza	- 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



Beginner Videos
YouTube Playlist