

OAK LAWN PARK DISTRICT JUDO

10 WEEK KODOKAN KIDS 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)	
3	- Review- Scarf hold (Kesa gatame) - Chest Hold (Mune gatame)	- Balance / Off Balance (Kuzushi) "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))
4	- Review - Pins (Osaekomi waza) - Escapes - Maintaining control	- Hip Wheel (Koshi guruma) (11) - Grip control
5	- Review - Chest Hold (Mune gatame) - Side 4 corner lock (Yoko shiho gatame)	- Grip control - Review -Hip Wheel (Koshi guruma) (11) - One arm shoulder throw (Ippon seoi nage) (8)
6	- Review and Groundwork - Review - Side 4 corner lock (Yoko shiho gatame) - Longitudinal 4 corner lock (Tate shiho gatame)	- Review- One arm shoulder throw (Ippon seoi nage) (8) - Minor outer hook (Ko soto gake) (17)
7	- Review - Review- Longitudinal 4 corner lock (Tate shiho gatame)	- Review - Minor outer hook (Ko Soto Gake) (17) - Major outer reap (O soto gari) (5)
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 Sensei Jonathon DePeralta



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oaklawnjudo.com



Kodokan Kids Videos
YouTube Playlist