



National Entry Level Program

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1. OVERVIEW

1.1 Introduction – 8 Lesson Plans

- Each activity included in these lesson plans has a video clip demonstrating the activity to assist coaches with their preparation and delivery.
- Mats and judo jackets with belts are required to deliver these 8 sessions.
- Lessons are designed to allow children of all abilities to have a successful first experience of the sport of judo.
- Each progressive lesson revises what has been covered in the previous lesson and combines physical activities with the learning of fundamental judo techniques.
- The components introduced in these 8 lessons are:
 - **Breakfalls (Ukemi):**
 - Left, Right, Back and Forward Rolls
 - **Terminology:**
 - Rei, Matte, Sensei, Judoka, Hajime, Ichi, Ni, San, Shi, Go, Dojo & Tatami
 - **Warm Up Activities:**
 - Double Arm Drag, Commando Crawl, Bear Walk and Drop, Gymnastics Forward Roll, Gymnastic Backward Roll, Sit Throughs, Scaling the Belt, Pull Throughs, Ebi Head First, Ebi Feet First and Crocodile/Spiderman
 - **Throws (Nage Waza):**
 - Tai Otoshi, De Ashi Harai, Uki Goshi, O Soto Otoshi, O Goshi, O Uchi Gari, Combination and Counter
 - **Transition (Nage Waza to Ne Waza):**
 - Uki Goshi to Kuzure Kesa Gatame & O Soto Otoshi to Kuzure Kesa Gatame
 - **Hold downs & Turnovers (Ne Waza):**
 - Mune Gatame, Double Arm Drag, Kuzure Kesa Gatame, Kesa Gatame, ½ Nelson, and Grab the Belt Grab the Wrist
 - **Games**
 - Scarecrow Tiggy, Run the Gauntlet, Poison Ball, Left Sided Ukemi Scarecrow Tiggy, Side Breakfall Scarecrow Tiggy, King Pin, Hit the Circle, Back Breakfall Scarecrow Tiggy, Uki Goshi Scarecrow Tiggy, Tepee Treasure Hunt, O Soto Otoshi Scarecrow Tiggy, Randori, Partner British Judo Dog, British Judo Dog

2. SUMMARY OF LESSON PLANS

Lessons	Breakfalls (Ukemi)	Terminology	Activity	Nage Waza (Throws)	Ne Waza (Ground Work)	Games
Lesson 1	Left	Rei	Double arm drag, Commando crawl, Bear walk over and drop, forward gymnastic roll.	Tai Otoshi	Mune Gatame	Scarecrow Tiggy Run the Gauntlet
Lesson 2	Right	Matte	Previous + Gymnastic Backward Roll	De Ashi Harai	Double Arm Drag	Left Side Breakfall Scarecrow Tiggy Circle Randori Run the Gauntlet
Lesson 3	Back	Sensei	Previous + Sit Throughs	Uki Goshi Transition from Uki Goshi to Kuzure Kesa Gatame	Kuzure Kesa Gatame	Side Breakfall Scarecrow Tiggy King Pin Poison Ball
Lesson 4	Left Judo Roll from Kneeling	Judoka	Previous + Scale the Belt	O Soto Otoshi Transition from O Soto Otoshi to Kuzure Kesa Gatame	Kesa Gatame	Back Breakfall Scarecrow Tiggy King Pin Poison Ball
Lesson 5	Right Judo Roll from Kneeling	Hajime	Previous + Pull Throughs	O Goshi		Uki Goshi Scarecrow Tiggy King Pin Tepee Treasure Hunt
Lesson 6	Left Judo Roll from Standing	Ichi, Ni, San Shi, Go	Previous + Ebi Head First	O Uchi Gari	1/2 Nelson	Uki Goshi Scarecrow Tiggy King Pin Tepee Treasure Hunt
Lesson 7	Right Judo Roll from Standing	Dojo	Previous + Ebi Feet First	Combination	Far Arm & Far Leg	O Soto Otoshi Scarecrow Tiggy King Pin Partner British Bull Dog
Lesson 8	Revise Back and Side Breakfalls	Tatami	Previous + Crocodile/Spiderman	Counter		O Soto Otoshi Scarecrow Tiggy King Pin British Bull Dog

3. LESSON PLANS

3.1 Lesson 1: Left Ukemi, Tai Otoshi & Mune Gatame

Coach Goals	Student Goals
The purpose of this lesson is to introduce the: <ul style="list-style-type: none"> • Sport of Judo • The word for bow in Japanese is Rei • Ukemi – how to break their fall: left side • Tai Otoshi – their first-hand throw • Mune Gatame – their first hold down 	By the end of the lesson the student will be able to: <ul style="list-style-type: none"> • Understand where judo originated and why all the names are in Japanese • Put on a judogi and tie their own belt • The word for bow in Japanese is Rei • Fall to the left • Throw using Tai Otoshi • Hold using Mune Gatame
Equipment	Venue
<ul style="list-style-type: none"> • A mat area where all mats are joined together. • A minimum of 2m² is needed per student • Judo jackets and belt (Judogi) for each student • Video display screen if possible 	Indoors with the mat area at least 1m away from any walls or equipment

Time	Activity	Main Teaching Points	Safety
Bow In & Introduction (5 minutes) <i>Theory Video Clips 1, 2 & 3</i> <i>Poster 1</i>	Demonstrate how to bow in at the beginning of a class. Students find out that Judo is a Japanese sport and all names are in Japanese. We even count the warm up in Japanese.	Students learn how to put on their judo jackets and tie their belt. They also learn how important the bow is in the Japanese culture. The Japanese word for bow is rei. Students understand where the sport of judo originated.	All children take their shoes off and line them up next to the mat. All students stand in a straight line to bow in.
Scarecrow Tiggy (5 minutes) <i>Game - Video Clip 1</i>	Scarecrow Tiggy	Run away from the chasers to ensure you are not caught. Keep your eyes open to where the chasers are, to see whom you can free safely. Exhibit good sportsmanship and stand with feet apart if caught	Ensure you have a big enough area for the number of students you have, to be able to run without running into each other.
Warm Up (5 Minutes) <i>Warm up - Video Clip 1</i>	Across the mat warm ups.	Double arm drags, Commando crawls, Bear walk over and drop, forward gymnastic roll.	Ensure you have a big enough area for the number of students, only move in one direction when moving across the mat.

Demonstration & Ukemi (10 Minutes) <i>Ukemi - Video Clip 1</i>	Demonstrate a throw and breakfall. Left Breakfall	Students are asked about what it would be liked to be thrown and explain that hitting the mat takes the impact as long as you are relaxed. Students hit the mat on their left in a relaxed way ensuring their head stays up off the mat and their spine is not touching the mat.	Ensure students are all sitting cross-legged or kneeling a safe distance away from the demonstration. The student needs to grasp the skill at each level before moving to the next level to ensure no one hurts themselves. Keep an eye out for heads hitting the mat.
Throw (10 Minutes) <i>Throws - Video Clip 1</i>	Tai Otoshi	Students need to know how to grip each other's jacket. Students need to know how to do a 180° turn in one jump. Students need to know how to support their partner when throwing them by holding onto their right sleeve.	Ensure Tori does not let go Uke's right sleeve when throwing. Ensure Uke's head does not hit the mat.
Groundwork (10 Minutes) <i>Groundwork - Video Clip 1</i>	Demonstrate Mune Gatame and how to escape	The students need good chest pressure. The students need to ensure their belly buttons are on the mat. The student needs to have good control of Uke's arm. Tori needs to be malleable so Uke cannot just flip him off.	Ensure students know that in judo you are not allowed to touch the face, pull hair, pinch or do anything considered unsportsmanlike.
Game: Warm Down (10 minutes) <i>Game - Video Clip 7</i>	Run the Gauntlet	Have children all at one end and get children wearing specific colours to go until all at the other end. As a student goes out, they join the outside to try to get the rest of the students out.	Use very soft balls. Ensure students only run in one direction at a time.
Bow Off (5 Minutes)	The coach discusses what was learnt in this session.		Ensure students put on their shoes as they walk from the mat area.

3.2 Lesson 2: Right Ukemi, De Ashi Harai & Double Arm Grab Turnover

Coach Goals	Student Goals
<p>The purpose of this lesson is to introduce the:</p> <ul style="list-style-type: none"> • Sport of Judo • Ukemi – how to break their fall: right side • Uchi Komi (Repeated Practice) • Matte means stop • De Ashi Harai – their first foot sweep • Double Arm Grab – their first turnover 	<p>By the end of the lesson the student will be able to:</p> <ul style="list-style-type: none"> • Develop a deeper understanding of the Japanese culture surrounding judo • Put on a judogi and tie their own belt • Perform a right breakfall • Experience repeated practice (Uchi Komi) • Learn that matte means stop in Japanese. • Know how to perform a De Ashi Harai - a foot sweep, • Turn someone over using a Double Arm Grab and move into Mune Gatame
Equipment	Venue
<ul style="list-style-type: none"> • A mat area where all mats are joined together. • A minimum of 2m² is needed per student • Judo jackets and belt (Judogi) for each student • Yellow ducks or cards, 1 each if possible • Video display screen if possible 	<p>Undercover with the mat area at least 1m away from any walls or equipment</p>

Time	Activity	Main Teaching Points	Safety
<p>Bow In and Introduction</p> <p><i>Poster 2</i></p>	<p>Line up class and bow in</p> <p>The new word for this week is Matte, which means stop.</p>	<p>Discuss briefly what was learnt last lesson.</p> <p>The new word for this week is Matte, which means stop.</p>	<p>All children take their shoes off and line them up next to the mat. All students stand in a straight line to bow in.</p>
<p>Left Breakfall Scarecrow Tiggy</p> <p><i>Game - Video Clip 3</i></p> <p>Warm Up (10 Minutes)</p> <p><i>Warm Up - Video Clip 1</i></p>	<p>Left Breakfall Scarecrow Tiggy</p> <p>Across the mat warm ups.</p>	<p>Same as Scarecrow Tiggy but now when the student is caught they need to run to a designated area and do five left breakfalls.</p> <p>Double arm Drag, Commando crawls, Bear walk over and drop, forward gymnastic forward rolls, gymnastic backward roll.</p>	<p>Ensure you have a big enough area for the number of students you have, you must be able to run without running into each other.</p> <p>Ensure you have a big enough area for the number of students, only move in one direction when moving across the mat.</p>
<p>Ukemi (5 Minutes)</p> <p><i>Ukemi - Video Clip 2</i></p>	<p>Right break fall (and revise left)</p>	<p>Students hit the mat on their right in a relaxed way ensuring their head stays up off the mat and their spine is not touching the mat.</p>	<p>The student needs to grasp the skill at each level before moving to the next level to ensure no one hurts themselves.</p> <p>Ensure heads do not hit the mat.</p>

Toilet Roll <i>Ukemi - Video</i> <i>Clip 3</i>	Toilet Roll Ukemi	Toilet roll Ukemi, Uke in push up position, Tori pulls arm through and Uke hits the mat. Try both sides.	Tori (person pulling) needs to ensure Uke is well supported. Tori needs to bend knees and grab opposite arm
Throws Uchi Komi (5 Mins) <i>Throws - Video</i> <i>Clip 2</i>	Duck or Card Uchi Komi	Ducks or cards to be swept across mat, ducks can't tumble over, and cards cannot flip. Try the same with a partner. Try to sweep with either foot. Revise proper gripping of the judo jacket.	Big toe needs to be lifted from ground whilst little toe slides across the mat. This is a good opportunity to ensure grips are correct.
Throw (10 Minutes) <i>Throws - Video</i> <i>Clip 3</i>	Demonstrate De Ashi Harai using left foot and how to support their partner	Ask the students to sweep the foot the same way as the duck or card was swept. Students need to be shown how to support their partner when throwing them by holding onto their right sleeve.	Ensure Tori does not let go Uke's sleeve when throwing. Ensure Uke's head does not hit the mat.
Game (10 Minutes) <i>Game - Video</i> <i>Clip 4</i>	Circle Randori	Safe introduction into randori. Students hold each other in a circle and use De Ashi Harai to attempt to throw each other.	There can be many circles to cater for different sizes. Ensure the groups are well spaced apart. 1 person needs to be in control and call matte when someone falls. Enforce that everyone needs to stop immediately.
Groundwork (10 Minutes) <i>Groundwork - Video</i> <i>Clip 2</i>	Demonstrate Double Arm Drag	Uke on all fours. Tori puts both arms through to grab Uke's far arm and then pushes Uke over without letting go. Move into Mune Gatame.	Uke not to resist, but not to be too soft.
Game: Warm Down (10 minutes) <i>Game - Video</i> <i>Clip 7</i>	Run the Gauntlet	Have children all at one end and get children wearing specific colours to go until all at the other end. As a student goes out, they join the outside to try to get the rest of the students out.	Use very soft balls. Ensure students only run in one direction at a time.
Bow Off (5 Minutes)	The coach discusses what was learnt in this session.		Ensure students put on their shoes as they walk from the mat area.

3.3 Lesson 3: Backwards Ukemi, Uki Goshi & Kuzure Kesa Gatame

Coach Goals	Student Goals
The purpose of this lesson is to introduce the: <ul style="list-style-type: none"> • Sport of Judo • The name for teacher is Sensei • Ukemi – how to break their fall: backwards • Uki Goshi – their first hip throw • Kuzure Kesa Gatame – their second hold down 	By the end of the lesson the student will be able to: <ul style="list-style-type: none"> • The name for teacher is Sensei in Japanese • Put on a judogi and tie their own belt • Fall backwards, to the right and to the left • Throw using Uki Goshi • Hold using Kuzure Kesa Gatame
Equipment	Venue
<ul style="list-style-type: none"> • A mat area where all mats are joined together. • A minimum of 2m² is needed per student • Judo jackets and belt (Judogi) for each student • Flat Discs. Enough for one between two. • Video display screen if possible 	Indoors with the mat area at least 1m away from any walls or equipment

Time	Activity	Main Teaching Points	Safety
Bow In and Introduction	Line up class and bow in	Discuss briefly what was learnt last lesson.	All children take their shoes off and line them up next to the mat. All students stand in a straight line to bow in.
<i>Poster 3</i>	Introduce the Statement: Sensei ni Rei.	Introduce the instruction to bow to the teacher.	
Side Breakfall Scarecrow Tiggy	Side Breakfall Scarecrow Tiggy.	Same as Scarecrow Tiggy but now when the student is caught they need to run to a designated area and do three left and three right breakfalls	Ensure you have a big enough area for the number of students, you must be able to run without running into each other. Ensure Uke's head does not hit the mat.
Warm Up (10 Minutes)	Across the mat warm ups.	Double arm Drag, Commando crawls, Bear walk over and drop, forward gymnastic forward rolls, gymnastic backward rolls. Learn sit throughs both returning to the start position and then continuous.	Ensure you have a big enough area for the number of students, only move in one direction when moving across the mat.
Ukemi (5 Minutes)	Backward breakfall	Students lay on their back, head up and hit the mat with both arms in a relaxed way ensuring their head stays up off the mat.	The student needs to grasp the skill at each level before moving to the next level to ensure no one hurts themselves. Keep an eye out for heads hitting the mat.
<i>Ukemi - Video Clip 4</i>			

Throw (10 Minutes) <i>Throw - Video Clip 4</i>	Demonstrate Uki Goshi and revise how to support their partner.	Ask the students to step in and throw their partner with Uki Goshi.	Ensure Tori does not let go Uke's sleeve when throwing. Ensure Uke's head does not hit the mat.
Groundwork (10 Minutes) <i>Groundwork - Video Clip 3</i>	Demonstrate Kuzure Kesa Gatame and how to escape.	Ensure student maintains good chest control. To allow students to learn how to escape cooperate to begin with.	
Transition (10 Minutes) <i>Transition - Video Clip 1</i>	Demonstrate Uki Goshi moving into Kuzure Kesa Gatame	Tori throws Uke with Uki Goshi and follow through to the ground and move into Kuzure Kesa Gatame.	Tori needs to throw Uke maintaining control and hold of Uke's right sleeve and move directly into the hold down.
Game Warm Down (10 Minutes) <i>Game - Video Clip 6</i>	King Pin	Students grip each other's jackets in the kneeling position and try and get each other on their back and hold them down for 5 seconds. The winner then starts on all fours.	Remind students not to touch the face.
Warm Down (5 Minutes) <i>Games – Video Clip 15</i>	Poison Ball	All students start in the middle of the mat. Only two soft balls are used. Anyone can pick up a ball and throw it at anyone else. If hit stand on the outside of the mat and when ball comes to you, try and hit a student still in the middle. Winner is the last student standing in the middle.	If you have a ball you are not able to move.
Bow Off (5 Minutes)	The coach discusses what was learnt in this session.		Ensure students put on their shoes as they walk from the mat area.

3.4 Lesson 4: Ukemi: Right Judo Roll, O Soto Otoshi & Kesa Gatame

Coach Goals	Student Goals
<p>The purpose of this lesson is to introduce the</p> <ul style="list-style-type: none"> • Sport of Judo • The name for a judo student is judoka • Ukemi – how to roll over right shoulder • O Soto Otoshi – their second foot sweep throw • Kesa Gatame – their third hold down 	<p>By the end of the lesson the student will be able to:</p> <ul style="list-style-type: none"> • The name for a judo student is Judoka in Japanese • Put on a judogi and tie their own belt • Judo Roll over right shoulder • Throw using O Soto Otoshi • Hold using Kesa Gatame
Equipment	Venue
<ul style="list-style-type: none"> • A mat area where all mats are joined together. • A minimum of 2m² is needed per student • Judo jackets and belt (Judogi) for each student • Flat Discs. Enough for one between two. • Video display screen if possible 	Indoors with the mat area at least 1m away from any walls or equipment

Time	Activity	Main Teaching Points	Safety
Bow In and Introduction	Line up class and bow in.	Discuss briefly what was learnt last lesson. Introduce the word Judoka which is Japanese for judo student.	All children take their shoes off and line them up next to the mat. All students stand in a straight line to bow in.
<i>Poster 4</i>	Introduce the word Judoka: judo student.		
Back Breakfall Scarecrow Tiggy <i>Game - Video Clip 8</i>	Back Breakfall Scarecrow Tiggy.	Same as Scarecrow Tiggy but now when the student is caught they need to run to a designated area and do eight backward breakfalls	Ensure you have a big enough area for the number of students, you must be able to run without running into each other. Ensure Uke's head doesn't hit the mat.
Warm Up (10 Minutes) <i>Warm up - Video Clip 3</i>	Across the mat warm ups.	Double arm Drag, Commando crawls, Bear walk over and drop, forward gymnastic forward rolls, gymnastic backward rolls. Revise sit throughs both returning to the start position and then continuous. Scale up a judo belt whilst on your back.	Ensure you have a big enough area for the number of students, only move in one direction when moving across the mat.
Ukemi (5 Minutes) <i>Ukemi - Video Clip 5</i>	Right Judo Forward Roll	Students need to roll smoothly over their right shoulder and land in a left breakfall position.	Student needs to land on their left side.

Throw (10 Minutes) <i>Throw - Video Clip 5</i>	Demonstrate O Soto Otoshi with a walk-through movement to help support their partner.	Ask the students to step in and follow through to throw their partner with O Soto Otoshi.	Ensure Tori does not let go Uke's sleeve when throwing. Ensure Uke's head does not hit the mat.
Transition (5 Minutes) <i>Transition - Video Clip 2</i>	Demonstrate O Soto Otoshi moving into Kuzure Kesa Gatame	Tori throws Uke with O Soto Otoshi and follow through to the ground and move into Kuzure Kesa Gatame.	Tori needs to throw Uke maintaining control and hold of Uke's right sleeve and move directly into the hold down.
Groundwork (10 Minutes) <i>Groundwork - Video Clip 4</i>	Demonstrate Kesa Gatame and how to escape.	Ensure student maintains good chest control. To allow students to learn how to escape, cooperate to begin with.	
Game (10 Minutes) <i>Game - Video Clip 6</i>	King Pin	Students grip each other's jackets in the kneeling position and try and get each other on their back and hold them down for 5 seconds. The winner then starts on all fours. Change partners.	Remind students not to touch the face.
Warm Down (5 Minutes) <i>Games – Video Clip 15</i>	Poison Ball	All students start in the middle of the mat. Only two soft balls are used. Anyone can pick up a ball and throw it at anyone else. If hit stand on the outside of the mat and when ball comes to you, try and hit a student still in the middle. Winner is the last student standing in the middle.	If you have a ball you are not able to move.
Bow Off (5 Minutes)	The coach discusses what was learnt in this session.		Ensure students put on their shoes as they walk from the mat area.

3.5 Lesson 5: Ukemi: Left Forward Roll, O Goshi & ½ Nelson

Coach Goals	Student Goals
<p>The purpose of this lesson is to develop the:</p> <ul style="list-style-type: none"> • Sport of Judo • Learn that Hajime means begin or start. • Ukemi – how to break their fall: Left Forward Roll • O Goshi – their second hip throw • ½ Nelson – their second turnover 	<p>By the end of the lesson the student will be able to:</p> <ul style="list-style-type: none"> • Put on a judogi and tie their own belt • Learn that Hajime means begin or start. • Left Forward Roll from the knees. • Throw using O Goshi • Turnover using ½ Nelson.
Equipment	Venue
<ul style="list-style-type: none"> • A mat area where all mats are joined together. • A minimum of 2m² is needed per student • Judo jackets and belt (Judogi) for each student • Video display screen if possible 	Indoors with the mat area at least 1m away from any walls or equipment

Time	Activity	Main Teaching Points	Safety
Bow In and Introduction <i>Poster 5</i>	Line up class and bow in The new word for today is Hajime which is Japanese for begin.	Discuss briefly what was learnt last lesson. The new word for today is Hajime which is Japanese for begin.	All children take their shoes off and line them up next to the mat. All students stand in a straight line to bow in.
Game <i>Game - Video</i> <i>Clip 9</i>	Uki Goshi Scarecrow Tiggy	Same as Scarecrow Tiggy but now when the student is caught they need to stand with right arm forward and left arm out to the side. To get into the game someone needs to throw them with an Uki Goshi.	Ensure you have a big enough area for the number of students, you must be able to run without running into each other. Ensure the person throwing (Tori) is supporting the person's arm they are throwing (Uke) to ensure they fall on their side.
Warm Up (10 Minutes) <i>Warm Up - Video</i> <i>Clip 4</i>	Across the mat warm ups.	Double arm Drag, Commando crawls, Bear walk over and drop, forward gymnastic forward rolls, gymnastic backward rolls. Revise sit throughs both returning to the start position and then continuous. Pull throughs whilst lying on your back.	Ensure you have a big enough area for the number of students, only move in one direction when moving across the mat.

Ukemi (10 Minutes) <i>Ukemi - Video</i> <i>Clip 6</i>	Left Judo Forward Roll	<p>Students start from a kneeling position on their right knee. Place right hand facing forward as their balancing hand and their left hand with elbow facing forward as their rolling arm. Breakfall with their right hand.</p> <p>Students need to roll smoothly over their left shoulder and land in a right breakfall position.</p>	Student needs to land on their right side with their head off the mat.
Throw (10 Minutes) <i>Throw - Video</i> <i>Clip 6</i>	O Goshi	<p>Student needs to know how to step in, pivot and then step in with their other foot inserting their hip right across Uke's hip and pull Uke onto your hip. Uke's legs need to move over the top rather than around the side like in Uke Goshi.</p> <p>Student need to know how to support their partner when throwing them by holding onto their right sleeve.</p>	<p>Ensure Tori does not let go Uke's right sleeve when throwing.</p> <p>Ensure Uke's head does not hit the mat.</p>
Groundwork (10 Minutes) <i>Groundwork - Video</i> <i>Clip 5</i>	Demonstrate ½ Nelson.	Ensure student uses the hand closest to the head to control the neck and follow through to ensure no pressure on the neck.	
Ne Waza (5 Minutes) <i>Game - Video</i> <i>Clip 6</i>	King Pin	Students grip each other's jackets in the kneeling position and try and get each other on their back and hold them down for 5 seconds. The winner then starts on all fours. Change partners.	Remind students not to touch the face.
Game Warm Down (10 minutes) <i>Game - Video</i> <i>Clip 10</i>	Tepee Treasure Hunt	<p>Divide the children in half based on size. All the bigger students form a circle whilst the smaller students stand behind them. Place enough belts in the middle of the circle so one student will miss out.</p> <p>On the command of Hajime, the children run anti-clockwise around the circle until they get back to their partner, crawl through their legs, grab one belt and then crawl back through their legs to safety.</p>	Ensure all students run in the same direction. It is safe to have a tug-a-war between two students. As soon as a third student attempts to grab the belt all three are out.
Bow Off (5 Minutes)	The coach discusses what was learnt in this session.		Ensure students put on their shoes as they walk from the mat area.

3.6 Lesson 6: Ukemi, O Uchi Gari & Grab the Belt & Grab the Wrist.

Coach Goals	Student Goals
<p>The purpose of this lesson is to develop the:</p> <ul style="list-style-type: none"> • Sport of Judo • Count from 1 – 5 in Japanese: Ichi, Ni, San, Shi, Go • Ukemi – Right forward roll from standing • O Uchi Gari – their third footsweep throw • Grab the Belt & Grab the wrist – their third turnover 	<p>By the end of the lesson the student will be able to:</p> <ul style="list-style-type: none"> • Put on a judogi and tie their own belt • Learn how to count from 1 – 5 in Japanese: Ichi, Ni, San, Shi, Go • Right Forward roll from a standing position • Throw using O Uchi Gari • Turnover using Grab the Belt & Grab the Wrist
Equipment	Venue
<ul style="list-style-type: none"> • A mat area where all mats are joined together. • A minimum of 2m² is needed per student • Judo jackets and belt (Judogi) for each student • Video display screen if possible 	Indoors with the mat area at least 1m away from any walls or equipment

Time	Activity	Main Teaching Points	Safety
<p>Bow In and Introduction</p> <p><i>Poster 6</i></p>	<p>Line up class and bow on</p> <p>The new words for today counting from 1 – 5 in Japanese: Ichi, Ni, San, Shi, Go.</p>	<p>Discuss briefly what was learnt last lesson.</p> <p>The new words for today are Ichi, Ni, San Shi, Go which are Japanese for 1 to 5.</p>	<p>All children take their shoes off and line them up next to the mat. All students stand in a straight line to bow in.</p>
<p>Game</p> <p><i>Game - Video Clip 9</i></p> <p>Warm Up</p> <p><i>Warm up - Video Clip 5 (10 Minutes)</i></p>	<p>Uki Goshi Scarecrow Tiggy</p> <p>Across the mat warm ups.</p>	<p>Same as Scarecrow Tiggy but now when the student is caught they need to stand with right arm forward and left arm out to the side. To get into the game someone needs to throw them with an Uki Goshi.</p> <p>Double arm Drag, Commando crawls, Bear walk over and drop, forward gymnastic forward rolls, gymnastic backward rolls. Revise sit throughs both returning to the start position and then continuous. Ebi Head first.</p>	<p>Ensure you have a big enough area for the number of Student you must be able to run without running into each other.</p> <p>Ensure the person throwing (Tori) is supporting the person's arm they are throwing (Uke) to ensure they fall on their side.</p> <p>Ensure you have a big enough area for the number of students, only move in one direction when moving across the mat.</p>

Ukemi (10 Minutes) <i>Ukemi - Video</i> <i>Clip 7</i>	Right Judo Forward Roll from Standing start.	Students start from a standing position with their right foot forward. Place left hand facing forward as their balancing hand and their right hand with elbow facing forward as their rolling arm. Students need to roll smoothly over their left shoulder and land in a left breakfall position	Student needs to land on their left side with their head off the mat.
Throw (10 Minutes) <i>Throw - Video</i> <i>Clip 7</i>	O Uchi Gari	Student needs to know how to step in, open up Uke to unbalance, step in behind and sweep Uke's left foot and use hand and hip to throw Uke backwards who does a back breakfall.	Ensure Uke's head does not hit the mat.
Groundwork (10 Minutes) <i>Groundwork - Video</i> <i>Clip 6</i>	Demonstrate Grab the Belt & Grab the Wrist.	Uke starts on all fours. Tori is near Uke's head. Tori grabs Uke belt with right hand and then through the arms and around Uke's right arm to turn them over into a hold down.	Ensure that Tori doesn't trap Uke's head.
Ne Waza (5 Minutes) <i>Game - Video</i> <i>Clip 6</i>	King Pin	Students grip each other's jackets in the kneeling position and try and get each other on their back and hold them down for 5 seconds. The winner then starts on all fours. Change partners.	Remind students not to touch the face.
Game Warm Down (10 minutes) <i>Game - Video</i> <i>Clip 10</i>	Tepee Treasure Hunt	Divide the children in half based on size. All the bigger students form a circle whilst the smaller students stand behind them. Place enough belts in the middle of the circle so one student will miss out. On the command of Hajime, the children run anti-clockwise around the circle until they get back to their partner, crawl through their legs, grab one belt and then crawl back through their legs to safety.	Ensure all students run in the same direction. It is safe to have a tug-a-war between two students. As soon as a third student attempts to grab the belt all three are out.
Bow Off (5 Minutes)	The coach discusses what was learnt in this session.		Ensure students put on their shoes as they walk from the mat area.

3.7 Lesson 7: Ukemi, O Uchi Gari & Grab the Belt & Grab the Wrist

Coach Goals	Student Goals
<p>The purpose of this lesson is to develop the:</p> <ul style="list-style-type: none"> • Sport of Judo • Learn that Dojo is Japanese for Judo Hall • Ukemi – Left forward roll from standing • Combination: Start with Uki Goshi, finish with O Uchi Gari • Grab the Belt & Grab the wrist – their third turnover 	<p>By the end of the lesson the student will be able to:</p> <ul style="list-style-type: none"> • Put on a judogi and tie their own belt • Learn that Dojo is Japanese for Judo Hall • Left Forward roll from a standing position • Learn their first combination: Start with Uki Goshi, finish with O Uchi Gari • Turnover using Grab the Belt & Grab the Wrist
Equipment	Venue
<ul style="list-style-type: none"> • A mat area where all mats are joined together • A minimum of 2m² is needed per student • Judo jackets and belt (Judogi) for each student • Video display screen if possible 	Indoors with the mat area at least 1m away from any walls or equipment

Time	Activity	Main Teaching Points	Safety
<p>Bow In and Introduction</p> <p><i>Poster 7</i></p>	<p>Line up class and bow on</p> <p>The new word for today is Dojo the Japanese word for Judo Hall.</p>	<p>Discuss briefly what was learnt last lesson.</p> <p>The new word for today is Dojo the Japanese word for Judo Hall.</p>	<p>All children take their shoes off and line them up next to the mat. All students stand in a straight line to bow in.</p>
<p>Game</p> <p><i>Game - Video Clip 11</i></p> <p>Warm Up</p> <p><i>Warm up - Video Clip 6 (10 Minutes)</i></p>	<p>O Soto Otoshi Scarecrow Tiggy</p> <p>Across the mat warm ups.</p>	<p>Same as Scarecrow Tiggy but now when the student is caught they need to stand with right arm forward and left arm out to the side. To get into the game someone needs to throw them with an O Soto Otoshi.</p> <p>Double arm Drag, Commando crawls, Bear walk over and drop, forward gymnastic forward rolls, gymnastic backward rolls. Revise sit throughs both returning to the start position and then continuous. Ebi feet first across the mat.</p>	<p>Ensure you have a big enough area for the number of Student you must be able to run without running into each other.</p> <p>Ensure the person throwing (Tori) is supporting the person's arm they are throwing (Uke) to ensure he/she falls on their side.</p> <p>Ensure you have a big enough area for the number of students, only move in one direction when moving across the mat.</p>
<p>Ukemi (10 Minutes)</p> <p><i>Ukemi - Video Clip 8</i></p>	<p>Left Judo Forward Roll from Standing start.</p>	<p>Students start from a standing position with their left foot forward. Place right hand facing forward as their balancing hand and their left hand with elbow facing forward as their rolling arm.</p> <p>Students need to roll smoothly over their left shoulder and land in a right breakfall position.</p>	<p>Student needs to land on their right side with their head off the mat.</p>

Combination: Two Throws (10 Minutes) <i>Throws - Video Clip 8</i>	Uke Goshi into O Uchi Gari	Tori starts to throw with an Uke Goshi, Uke blocks the throw with their hips, Tori takes advantage of Uke leaning back to block by throwing them backwards with O Uchi Gari who then does a back breakfall.	Ensure Uke's head does not hit the mat.
Intro to Randori (3 minutes) <i>Games - Video Clip 2</i>	Hit the Circle	The student's arms are not too stiff. The students try to make their partners step on the disc, not fall on the disc. The student need to be able to change direction by pivoting to ensure they don't step on their disc.	Ensure the discs are far enough apart. Ensure the students are not dragging their partners over the disc when they fall over.
Randori (7 Minutes) <i>Games - Video Clip 12</i>	Randori: Free Practice. Follow through to the ground for 5 seconds.	Students pair up and try to throw each other using any of the throws they have learnt so far.	Ensure that there is enough room for each pair to move freely.
Ne Waza (5 Minutes) <i>Games- Video Clip 6</i>	King Pin	Students grip each other's jackets in the kneeling position and try and get each other on their back and hold them down for 5 seconds. The winner then starts on all fours. Change partners.	Remind students not to touch the face.
Game Warm Down (10 Minutes) <i>Games - Video Clip 13</i>	Partner British Judo Dogs	Uke starts and stays on all fours. Uke's goal is to crawl across the mat to the other side. Tori's goal is to turn Uke over onto their back and hold them down, so they can't get across to the other side of the mat.	Remind not to touch the face or jumping onto Uke. No standing.
Bow Off (5 Minutes)	The coach discusses what was learnt in this session.		Ensure students put on their shoes as they walk from the mat area.

3.8 Lesson 8: Ukemi, Counter: Uki Goshi into Uki Goshi.

Coach Goals	Student Goals
The purpose of this lesson is to develop the: <ul style="list-style-type: none"> • Sport of Judo • Learn that Tatame is Japanese for Judo Mats • Ukemi – Revise all Ukemi • Combination: Start with Uki Goshi, finish with O Uchi Gari 	By the end of the lesson the student will be able to: <ul style="list-style-type: none"> • Put on a judogi and tie their own belt • Learn that Tatame is Japanese for Judo Mats • Learn their first counter: Start with Uki Goshi, finish with Uki Goshi
Equipment	Venue
<ul style="list-style-type: none"> • A mat area where all mats are joined together • A minimum of 2m² is needed per student • Judo jackets and belt (Judogi) for each student • Video display screen if possible 	Indoors with the mat area at least 1m away from any walls or equipment

Time	Activity	Main Teaching Points	Safety
Bow In and Introduction <i>Poster 8</i>	Line up class and bow on The new word for today is Tatame the Japanese word for Judo Mats.	Discuss briefly what was learnt last lesson. The new word for today is Tatame the Japanese word for Judo Mats.	All children take their shoes off and line them up next to the mat. All students stand in a straight line to bow in.
Game <i>Game - Video Clip 11</i> Warm Up (10 Minutes) <i>Warm up - Video Clip 7</i>	O Soto Otoshi Scarecrow Tiggy Across the mat warm ups.	Same as Scarecrow Tiggy but now when the student is caught they need to stand with right arm forward and left arm out to the side. To get into the game someone needs to throw them with an O Soto Otoshi. Double arm Drag, Commando crawls, Bear walk over and drop, forward gymnastic forward rolls, gymnastic backward rolls. Revise sit throughs both returning to the start position and then continuous. Crocodile/Spiderman walks across the mat.	Ensure you have a big enough area for the number of Student you must be able to run without running into each other. Ensure the person throwing (Tori) is supporting the person's arm they are throwing (Uke) to ensure he/she falls on their side. Ensure you have a big enough area for the number of students, only move in one direction when moving across the mat.
Ukemi (10 Minutes) <i>Ukemi Video Clip 9</i> <i>Ukemi Video Clip 10</i>	Backwards Left and Right Side Breakfalls	Revise Backwards by taking it in turns to push each other backwards. Revise Left and right by grabbing Uke's far leg and far arm and pulling up so Uke spins and lands on their side to perform a side breakfall.	Ensure students keep their head off the mat.

Counter: One throw with another throw. (10 Minutes) <i>Throws - Video</i> <i>Clip 9</i>	Uki Goshi into Uki Goshi	Uke starts to throw with an Uki Goshi. Tori steps to the side and then steps in front of Uke to throw with a left-handed Uki Goshi.	Ensure Uke's head does not hit the mat.
Intro to Randori (3 minutes) <i>Games- Video</i> <i>Clip 2</i>	Hit the Circle	The student's arms are not too stiff. The students try to make their partners step on the disc, not fall on the disc. The student need to be able to change direction by pivoting to ensure they don't step on their disc.	Ensure the discs are far enough apart. Ensure the students are not dragging their partners over the disc when they fall over.
Randori (7 Minutes) <i>Game - Video</i> <i>Clip 12</i>	Randori: Free Practice. Follow through to the ground for 5 seconds.	Students pair up and try to throw each other using any of the throws they have learnt so far.	Ensure that there is enough room for each pair to move freely.
Ne Waza (5 Minutes) <i>Game - Video</i> <i>Clip 6</i>	King Pin	Students grip each other's jackets in the kneeling position and try to get each other on their back and hold them down for 5 seconds. The winner then starts on all fours. Change partners.	Remind students not to touch the face.
Game Warm Down (10 Minutes) <i>Game - Video</i> <i>Clip 14</i>	British Judo Dog	Choose one student to start in the middle of the mat. All other students on one side. Choose one student to crawl to the other side. If he/she gets turned over onto their back or makes it to the other side safely all the others try to get across safely. If you are put on your back, you need to stay in the centre.	Remind students not to touch the face or jumping onto anyone. Need to stay on all fours.
Bow Off (5 Minutes)	The coach discusses what was learnt in this session.		Ensure students put on their shoes as they walk from the mat area.

4. PROGRAM RESOURCES

4.1 Activity Videos

Theory

- [Demonstrate how to tie a belt](#)
- [Demonstrate how to do a kneeling bow](#)
- [Demonstrate a standing bow](#)
- [How to fold a judo jacket](#)

Warm Up

- [A variety of Across the mat warm up activities](#): Double arm drag, Commando crawls, Bear walks, Gymnastic Forward roll, Gymnastic Backward Roll
- [Sit throughs](#) both Static and Continuous
- [Scale the Belt](#). One student holds the belt while the other student climbs up the belt on their back
- [Pull Throughs](#). One student lies on his back whilst the other student stands in front. The person on their back holds on to the other person's ankle and pulls
- [Ebi head first](#)
- [Ebi feet first](#)
- [Crocodile/Spiderman crawl](#)

Ukemi

- [Left Breakfall](#): Start lying on left side with head up off the mat and with left leg lying on its side while right leg is standing up with toes level. Hit the mat hard in a relaxed way. Sit up and fall 45° to the back and hit the mat. Squat and bring the left leg out to the front. Say sit down on your left butt and hit the mat. Standing say squat and then sit on your left butt and hit the mat.
- [Right Breakfall](#): Start lying on right side with head up off the mat and with right leg lying on its side while left leg is standing up with toes level. Hit the mat hard in a relaxed way. Sit up and fall 45° to the back and hit the mat. Squat and bring the right leg out to the front. Say sit down on your right butt and hit the mat. Standing say squat and then sit on your right butt and hit the mat.
- [Toilet roll Ukemi](#): Uke in push up position, Tori pulls arm through and Uke hits the mat. Try both sides.
- [Back Breakfall](#): Start lying on your back with head up off the mat. Hit the mat hard in a relaxed way. Sit up and fall backwards and hit the mat. Squat, sit and fall backwards and hit the mat. Stand, squat, and sit and fall backwards and hit the mat.
- [Judo Roll from kneeling \(Right\)](#): Students start from a kneeling position on their left knee. Place left hand facing forward as their balancing hand and their right hand with elbow facing forward as their rolling arm.
- [Judo Roll from kneeling \(Left\)](#): Students start from a kneeling position on their right knee. Place right hand facing forward as their balancing hand and their left hand with elbow facing forward as their rolling arm. Breakfall with their right hand. Students need to roll smoothly over their left shoulder and land in a right breakfall position
- [Judo Roll \(Right\)](#): Students start from a standing position with their right foot forward. Place left hand facing forward as their balancing hand and their right hand with elbow facing forward as their rolling arm.
- [Judo Roll \(Left\)](#): Students start from a standing position with their left foot forward. Place right hand facing forward as their balancing hand and their left hand with elbow facing forward as their rolling arm.
- [Revise Backward Breakfalls](#) by taking it in turns to push each other backwards.
- [Revise Left and Right Breakfalls](#) by grabbing Uke's far leg and far arm and pulling up so Uke spins and lands on their side to perform a side breakfall.

Throws (Nage Waza)

- **Tai Otoshi:** Demonstrate the correct grip. Uke (the person being thrown) kneels on his knees while Tori (the thrower) stands. Tori jumps around so he is facing the same direction as Uke and both of his feet are on the outside of Uke's feet. Tori then swings Uke over his outstretched leg, and while holding onto Uke's right sleeve, Uke does a left break fall.
- **Ducks or cards Uchi Komi sweep across mat,** ducks can't tumble over and cards cannot flip. Try the same with a partner.
- **De Ashi Harai:** Demonstrate De Ashi Harai using left foot and how to support their partner.
- **Uki Goshi:** Demonstrate Uki Goshi and revise how to support their partner.
- Demonstrate **O Soto Otoshi** walking through to support their partner.
- Demonstrate **O Goshi.** Students need to step in, pivot and then step in with their other foot inserting their hip right across Uke's hip and pull Uke onto your hip. Uke's legs need to move over the top rather than around the side like in Uki Goshi.
- Demonstrate **O Uchi Gari.** Student needs to know how to step in, open up Uke to unbalance, step in behind and sweep Uke's left foot and use hand and hip to throw Uke backwards who does a back breakfall.
- **Combination Uki Goshi into Uchi Gari:** Tori starts to throw with an **Uke Goshi,** Uke blocks the throw with their hips, Tori takes advantage of Uke leaning back to block by throwing them backwards with **O Uchi Gari** who then does a back breakfall.
- **Counter Uki Goshi with a Uki Goshi:** Uke starts to throw with an **Uki Goshi.** Tori steps to the side and then steps in front of Uke to throw with a left-handed **Uki Goshi.**

Transition

- **Uki Goshi to Kuzure Kesa Gatame:** Tori throws Uke with **Uki Goshi** and follow through to the ground and move into **Kuzure Kesa Gatame.**
- **O Soto Otoshi to Kuzure Kesa Gatame:** Demonstrate **O Soto Otoshi** moving into **Kuzure Kesa Gatame.**

Ground Work (Ne Waza)

- **Mune Gatame:** Uke lies on their back while Tori kneels with one knee touching Uke armpit and the other knee touching Uke's hip. Tori leans over Uke to apply chest pressure on Uke's chest. Lift Uke's shoulder and Tori insets his left hand under Uke's shoulder to trap Uke's arm. Tori then puts his left hand under Uke's arm from the other direction so both of his hands grip the other elbow. Tori then pulls in tight to control Uke. Uke tries to get out of the hold down. Demonstrate how to get out of Mune Gatame. Bridge in the two directions where Uke is the weakest.
- **Double Arm Drag:** Uke on all fours. Tori puts both arms through to grab Uke's far arm and then pushes Uke over without letting go. Move into Mune Gatame.
- **Kuzure Kesa Gatame:** Demonstrate Kuzure Kesa Gatame and how to escape.
- Demonstrate **Kesa Gatame** and how to escape.
- Demonstrate the **½ Nelson** Turnover: Ensure student uses the hand closest to the head to control the neck and follow through to ensure no pressure on the neck.
- Demonstrate **Grab the Belt & Grab the Wrist:** Uke starts on all fours. Tori is near Uke's head. Tori grabs Uke belt with right hand and then through the arms and around Uke's right arm to turn them over into a hold down

Games

- **Scarecrow Tiggy:** Three or four students are chosen to chase all the other students. When caught the student needs to stand with their feet apart. To be able to get back into the game a child who has not been caught needs to crawl through their legs. Once freed the student can re-join the game. Explain that the chasers are not allowed to fox-guard – in other words stand guard when a student is freeing someone who has been caught.

- **Run the Gauntlet:** Have children all at one end and get children wearing specific colours to go until all at the other end. As a student goes out, they join the outside to try to get the rest of the students out. Use very soft balls. Ensure students only run in one direction at a time.
- **Left Breakfall Scarecrow Tiggy:** Same as Scarecrow Tiggy but now when the student is caught he/she needs to run to a designated area and do five left breakfalls
- **Circle Randori:** Students hold each other in a circle and use De Ashi Harai to attempt to throw each other.
- **Side Breakfall Scarecrow Tiggy:** Same as Scarecrow Tiggy but now when the student is caught they need to run to a designated area and do three left and three right breakfalls
- **King Pin:** Students grip each other's jackets in the kneeling position and try to get each other on their back and hold them down for 5 seconds. The winner then starts on all fours.
- **Hit the Circle:** The students try to make their partners step on their disc, not fall on the disc. The student need to be able to change direction by pivoting to ensure they don't step on their disc. Ensure the students do not use stiff arms.
- **Backward Breakfall Scarecrow Tiggy:** Scarecrow Tiggy but now when the student is caught they need to run to a designated area and do eight backward breakfalls.
- **Uki Goshi Scarecrow Tiggy:** Scarecrow Tiggy but now when the student is caught they need to stand with right arm forward and left arm out to the side. To get into the game someone needs to throw them with an Uki Goshi.
- **Tepee Treasure Hunt:** Divide the children in half based on size. All the bigger students form a circle whilst the smaller students stand behind them. Place enough belts in the middle of the circle so one student will miss out. On the command of Hajime, the children run anti-clockwise around the circle until they get back to their partner, crawl through their legs, grab one belt and then crawl back through their legs to safety.
- **O Soto Otoshi Scarecrow Tiggy:** Scarecrow Tiggy but now when the student is caught they need to stand with right arm forward and left arm out to the side. To get into the game someone needs to throw them with an O Soto Otoshi.
- **Randori:** Free Practice. Students pair up and try to throw each other using any of the throws they have learnt so far. Follow through to the ground for 5 seconds.
- **Partner British Judo Dog:** Uke starts and stays on all fours. Uke's goal is to crawl across the mat to the other side. Tori's goal is to turn Uke over onto their back and hold them down, so they can't get across to the other side of the mat.
- **British Judo Dog:** Choose one student to start in the middle of the mat. All other students on one side. Choose one student to crawl to the other side. If he/she gets turned over onto their back or makes it to the other side safely all the others try to get across safely. If you are put on your back, you stay in the centre.
- **Poison Ball:** All students start in the middle of the mat. Two students start with a soft ball each. The goal is to hit everyone else in the middle of the mat. Anyone can pick up a ball and throw it at anyone else. If hit, stand on the outside of the mat and when ball comes to you, try and hit a student still in the middle. Winner is the last student standing in the middle. You are not allowed to move if you have a ball.

4.2 Terminology Posters

- [The Japanese word for bow is Rei](#)
- [The Japanese word for stop is Matte](#)
- [The Japanese word for teacher is Sensei](#)
- [The Japanese word for judo student is Judoka](#)
- [The Japanese word for begin is Hajime](#)
- [The Japanese words for 1, 2, 3, 4 & 5 are ichi, ni, san, shi, go](#)
- [The Japanese word for judo hall is Dojo](#)
- [The Japanese word for a judo mat is Tatame](#)





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