

## This Page is for Parents

- At least one (1) parent or guardian must be in attendance in the dojo room while beginning students are participating.
- once a beginning student has shown proper dojo etiquette and received their first rank promotion the parent or guardian no longer need be in the dojo room but should remain on the community center property if possible
- Judogi (Judo Uniform) are required by the 3rd class of each session for new students and are always required for continuing students
- Crewneck undershirt is always required for XX chromosome students and is highly recommended for XY chromosome students
- Footwear is always required when leaving the mat area; slip-on style footwear such as slippers, zori, flip-flops, crocs, slides, ect. are highly recommended
- There is a drinking fountain in class but this becomes crowded quickly; as such, each student is encouraged to bring a water bottle.
- Restroom Breaks: of course children can use the restroom but we encourage them to try to use the restroom prior to the start of class. Judo is a Martial Art that requires a partner and if that partner is in the restroom then you are unable to participate until they get back.
- Multi-sport children: If you are a parent of a child that does multiple sports: Note that we teach each individual technique across 2 week blocks before moving onto the next technique. this means that even if you have a child that plays another seasonal sport or full-time sport that only allows their participation in Judo to once a week, that they'll still get multiple days of repetition on each technique per session.
- Sick days: If your child is sick or ill please keep them home. We teach each technique across 2 weeks both on Tuesday and Thursday before moving to another. this means even if the child needs 10 days to rest for recovery it is still possible they could not miss a single technique in a given season.
- Testing: testings are done at the end of each session. Testing criteria is based heavily upon Physical Aptitude, Academic Knowledge including Vocabulary, Time in current Grade (rank) and Age. If you are curious of what individual trait or skill your little Judoka (Judo Practitioner) is needed to improve upon at the moment do not hesitate to ask an instructor after class.
- All for One, One for ALL Policy. We will do our best not to single out any individual behavior deemed inappropriate for the Dojo. Rather than punish an individual we will work as a class room and that means everyone including the coaches; so when one person acts up instead of that one person doing push-ups; the whole room including the coaches will do push-ups.
- You Break you Buy Policy. Your child will be working with other children and engaging in free play Judo at times during the session. A key principle of Judo is Mutual Welfare and Benefit. As such if one child injures another child to the point that they can not participate for the rest of the class period that student also can not participate for the rest of the class period. Our goal is to ensure children do not equate injuring their friends with positive outcomes but rather to care for their partners when engaged in sparring activities.
- If you have any questions or concerns please do not hesitate to reach out [info@srjudo.com](mailto:info@srjudo.com)

# THEORY

## REI – BOW



STANDING



KNEELING

## MATTE STOP!

The coach uses the word matte to stop the class when they have something to say and want you to listen or to keep you safe. When the coach says matte you must stop what you are doing and listen.

**"MATTE!"**



## SHO 1 CHECKLIST

- ☐ Theory
- STAGE 1:
  - ☐ Assisted Ushiro Ukemi
- ☐ STAGE 2:
  - Ushiro Ukemi
- STAGE 3:
  - Double Footed Jumps:
    - ☐ Forward
    - ☐ Backwards
  - ☐ Alternative Activities
- STAGE 4:
  - Bunny Jumps:
    - ☐ Forward
    - ☐ Backwards
  - ☐ Alternative Hops

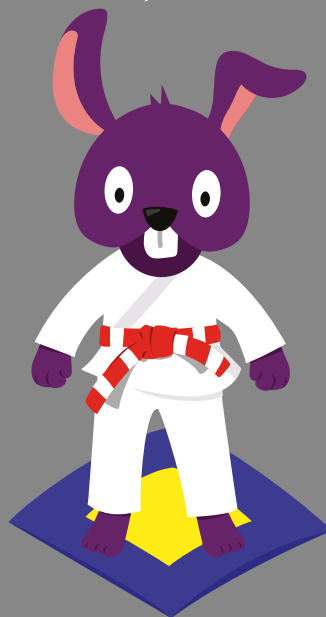
## HA - JIME – BEGIN

The coach uses the word hajime to start activities.

## HYGIENE AND SAFETY

- Always wear a clean judo-gi and t-shirt (girls)
- Short clean finger and toe nails
- Tie hair back if long
- Listen and do what the coach asks
- Look after your partner when practising
- Do not kick, punch or bite anyone
- Do not go close to the edge of the mat

"HA-JIME"



## SHO 1 CHECKLIST

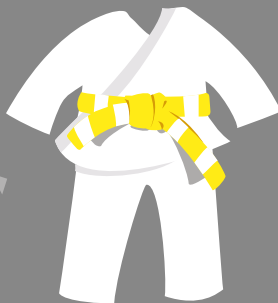
- ☐ Theory
- STAGE 1:
  - ☐ Assisted Ushiro Ukemi
- ☐ STAGE 2:
  - Ushiro Ukemi
- STAGE 3:
  - Double Footed Jumps:
    - ☐ Forward
    - ☐ Backwards
  - ☐ Alternative Activities
- STAGE 4:
  - Bunny Jumps:
    - ☐ Forward
    - ☐ Backwards
  - ☐ Alternative Hops

# THEORY:

## IPPON - SCORE PARTNER FULLY ON BACK

Ippon is the top score in judo. The coach will put hand straight up in the air and say:

## JUDO GI - JUDO SUIT



## ZORIS - JUDO SLIPPERS



"IPPON!"



## SHO 2 CHECKLIST

- ☐ Theory
- STAGE 1:
- ☐ Assisted Yoko Ukemi
- ☐ Alternative Activities
- STAGE 2:
- ☐ Yoko Ukemi
- STAGE 3:
- ☐ Balance on one leg (10 sec)
- ☐ Alternative Activities
- STAGE 4:
- ☐ Bear (crawl Forward & Backward (10m))

## RESPECT

- Respect other judo players, your coach and everyone
- Bow to your partner
- Look after partner
- Listen to the coach
- Watch the coach
- Do what the coach asks on the mat



## SHO 2 CHECKLIST

☐ Theory

### STAGE 1:

- ☐ Assisted Yoko Ukemi
- ☐ Alternative Activities

### STAGE 2:

- ☐ Yoko Ukemi

### STAGE 3:

- ☐ Balance on one leg (10 sec)
- ☐ Alternative Activities

### STAGE 4:

- ☐ Bear (crawl Forward & Backward (10m))

# HOW TO TIE YOUR BELT



## SHO 1 CHECKLIST

- ☐ Theory
- STAGE 1:
- ☐ Assisted Ushiro Ukemi

- ☐ STAGE 2:
- Ushiro Ukemi

STAGE 3:  
Double Footed  
Jumps:

- ☐ Forward
- ☐ Backwards
- ☐ Alternative Activities

STAGE 4:  
Bunny Jumps:

- ☐ Forward
- ☐ Backwards
- ☐ Alternative Hops

1

To tie the obi (belt), hold the centre of it on your belly button. Draw it around from the front.

2

Pull it firmly across the front, pass both ends around the back and bring them to the front again.

3

Pass one end over the other and up between the body and the whole of the obi.

4

Pull hard on both ends in an outward direction to ensure the obi is fitting tightly around the body.

5

Loop the right end back over and under the left end and pull both ends outward to form a reef-knot.

6

Arrange the ends of the obi neatly, adjust your jacket and you're ready to go!



## STAGE 2: USHIRO UKEMI



Ushi-ro Ukemi is a breakfall to the back. Start from standing and put your arms out in front.



They will hit the mat with only one hand.



Sit down, tuck your chin in to your chest and gently roll back.



Roll with a curved back, hit the mat with the palm of both hands as you land.

☐ Theory

STAGE 1:

☐ Assisted Ushi-ro Ukemi

STAGE 2:

☐ Ushi-ro Ukemi

STAGE 3:

Double Footed

Jumps:

☐ Forward

☐ Backwards

☐ Alternative Activities

STAGE 4:

Bunny Jumps:

☐ Forward

☐ Backwards

☐ Alternative Hops



## STAGE 2: YOKO UKEMI



Yoko Ukemi is a side breakfall. Begin by lifting your arm to the side.



Now swing your arm and leg to one side and sit down on your side.



Keep your chin tucked in as you fall. Break fall with your palm on the mat.



## SHO 2 CHECKLIST

☐ Theory

STAGE 1:

- ☐ Assisted Yoko Ukemi
- ☐ Alternative Activities

STAGE 2:

- ☐ Yoko Ukemi

STAGE 3:

- ☐ Balance on one leg (10 sec)
- ☐ Alternative Activities

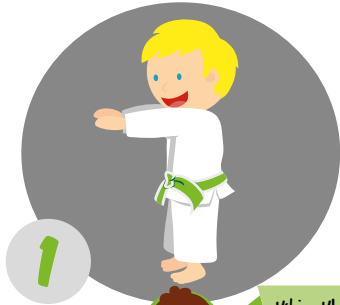
STAGE 4:

- ☐ Bear (crawl Forward & Backward (10m))

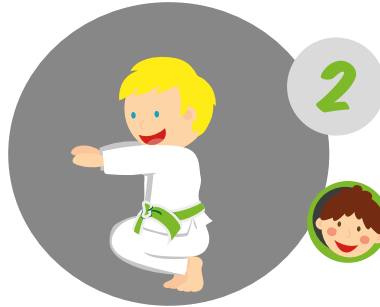




## STAGE 3: USHIRO - UKEMI WITH BACKWARD ROLL



Ushiro Ukemi is a breakfall to the back. Start from standing and put your arms out in front.



Crouch down, keep balanced with back straight and head up.



Sit down, tuck your chin in to your chest and gently roll back.



Roll with a curved back, hit the mat with the palm of both hands as you land.



## SHO 4 CHECKLIST

- ☐ Theory
- STAGE 1:
  - ☐ Assisted Mae-Yoko-Ukemi
- STAGE 2:
  - ☐ Arm-Roll Mae-Yoko-Ukemi
- STAGE 3:
  - ☐ Ushiro-Ukemi with Backward Roll
- STAGE 4:
  - ☐ Shadow Reaction Side Steps
- STAGE 5:
  - ☐ Monkey (Chimp) Crawl
- STAGE 6:
  - ☐ Bunny Hops
  - ☐ Alternative Activities



## STAGE 3: USHIRO - UKEMI WITH BACKWARD ROLL

CONTINUED...



After breakfall continue to roll backward over one shoulder.



Keep rolling until knees are on the mat.



Sit to finish.



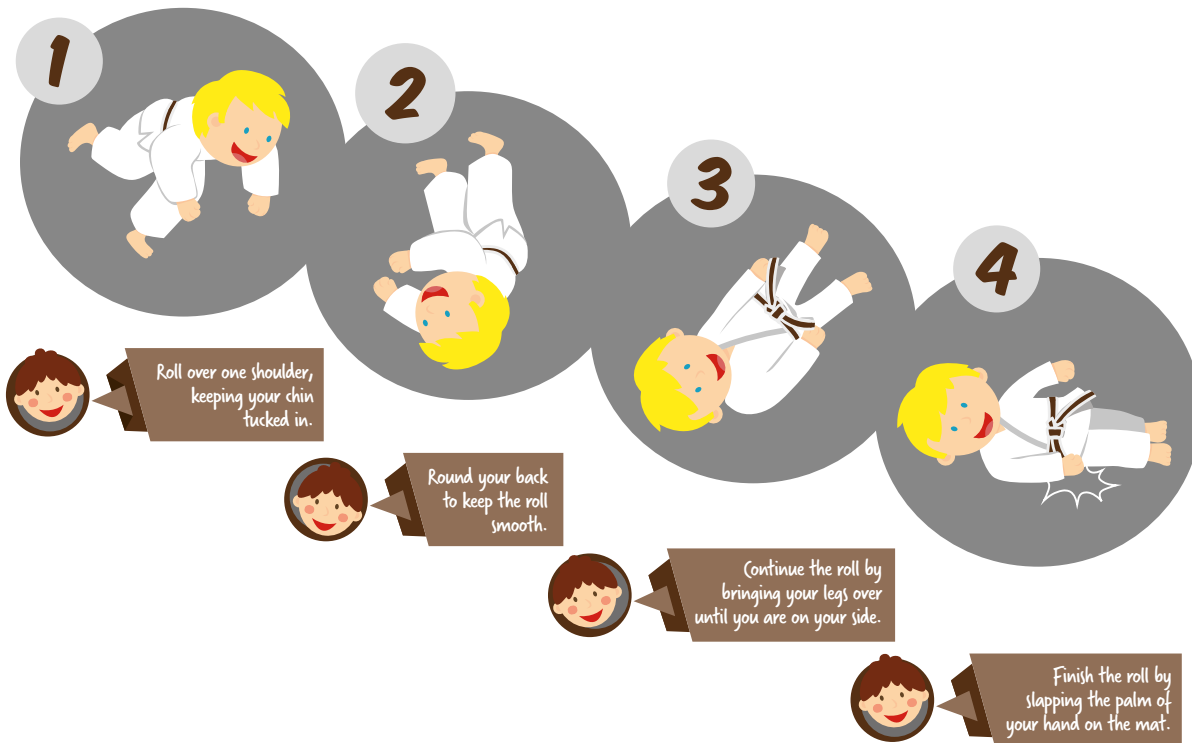
## SHO 4 CHECKLIST

- ☐ Theory
- STAGE 1:
  - ☐ Assisted Mae-Yoko-Ukemi
- STAGE 2:
  - ☐ Arm-Roll Mae-Yoko-Ukemi
- STAGE 3:
  - ☐ Ushiro-Ukemi with Backward Roll
- STAGE 4:
  - ☐ Shadow Reaction Side Steps
- STAGE 5:
  - ☐ Monkey (Chimp) Crawl
- STAGE 6:
  - ☐ Bunny Hops
  - ☐ Alternative Activities



## STAGE 1: MAE - MAWARI - UKEMI

### FORWARD ROLLING BREAKFALL:



## SHO 7 CHECKLIST

- ☐ Theory
- STAGE 1:
  - ☐ Mae-Mawari-Ukemi
- STAGE 2:
  - ☐ Double Lapel Roll
- STAGE 3:
  - ☐ Step-Turn-Across
- STAGE 4:
  - ☐ T-drills
- STAGE 5:
  - ☐ Crouched Rollover
  - ☐ Partners Back
- STAGE 6:
  - ☐ Spin Around
  - ☐ Partners back
- ☐ Alternative Activities

# MAE UKEMI

## Front breakfall



Lift your arms  
and get ready  
to fall forwards



Land on your  
forearms. Keep your  
body off the  
mat!

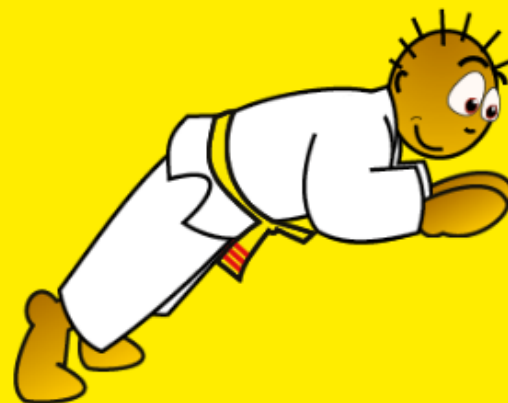


Learning  
to fall gives  
confidence



your  
turn

Keep your body  
taught as you  
fall forwards



click



1

2

3

# UKEMI SKILLS & DRILLS



Ask your partner  
to curl up in a ball  
in front of you



Now do a rolling  
breakfall over  
the top



Round your back  
as you roll



Can you  
roll over  
your  
partner?



**your  
turn**

Stand up at  
the end of the roll



click



1

2

3

4