



SHO 2

## 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))

## THEORY:

## SHO 2 CHECKLIST

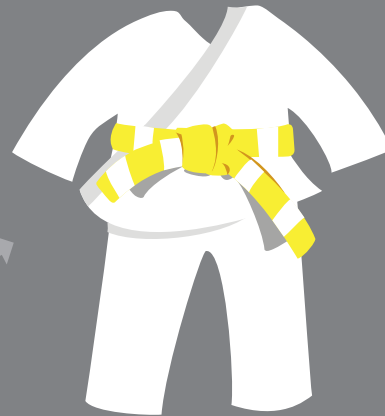
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### IPPON - SCORE PARTNER FULLY ON BACK

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

"IPPON!"

### JUDO GI - JUDO SUIT



### ZORIS - JUDO SLIPPERS



## 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



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# STAGE 1: ASSISTED YOKO UKEMI

## VARIATION 1:



Partner crouches down with one leg up.



Take sleeve and leg grip and help them land in a side breakfall.



## ALTERNATIVE ACTIVITIES:

- Crouched position – partner on all fours pull the arm through the body and roll them into the assisted side breakfall.
- Kneeling position – kneel facing each other with one leg bent and the other up. From here pull partners arm and leg that is up across their body until they land in a side breakfall.

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# STAGE 2: ASSISTED YOKO UKEMI

## VARIATION 2:



Partner standing.  
Take sleeve and leg grip.

Pull partners leg up  
and help them land in  
a side breakfall.

... With both these techniques help partner to the ground holding on with sleeve when they land. Partner should remember to keep their chin tucked in and breakfall with the palm of their hand.

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## STAGE 2: YOKO UKEMI

### SHO 2 CHECKLIST



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.

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: BALANCE ON ONE LEG



Lift one leg off the floor and balance on one leg for 10 seconds.



Now try and put leg in other positions while keeping balance.



### ALTERNATIVE ACTIVITIES:

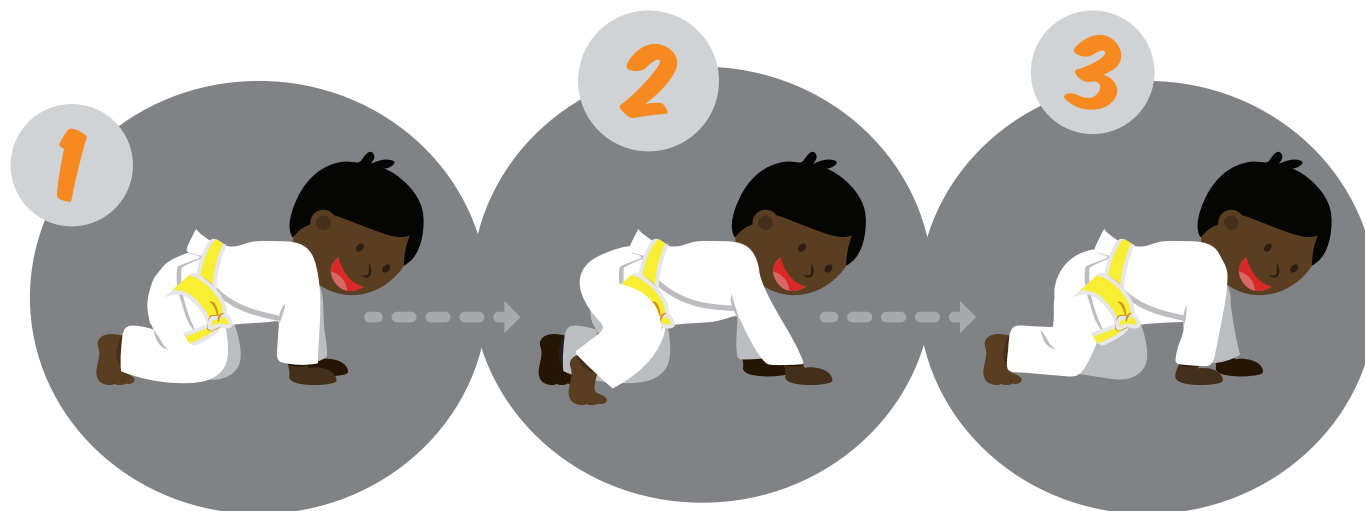
- Stand like a Flamingo.
- Partner unbalancing game holding each other with judo grip and one leg off the floor – attempt to make partner put foot down.
- Hopping forward, backward across the mat – distance, height or speed (racing games).
- Pick bean bags or other suitable objects off the ground while balancing on one leg – by self or holding partner.

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## STAGE 4: BEAR CRAWL



Start on your hands and feet.  
Move forward with the hand  
and foot on the same side.



Now get ready to move the other hand  
and foot forward. Remember to keep  
back straight and head steady.

Keep moving across the mat in the same  
way for 10 m. Now do the movement  
backward and side ward for 10m.

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Bear crawl  
Forward &  
Backward (10m)