



JUDO Kids

SHO 3

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CHECKLIST

- Theory
- STAGE 1:  
o-soto-otoshi
- STAGE 2:  
Kesa-gatame:
  - Scarf Hold
  - Scarf Hold Escape
  - Hug Rolls
- STAGE 3:  
Side Double  
Footed Jumps
- Alternative  
Activities
- STAGE 4:  
Row-the-boat  
Forward &  
Backward

## THEORY:

### TECHNIQUES

o-soto-otoshi (Japanese) – Major body drop (English)  
Kesa-gatame (Japanese) – Scarf hold (English)

### FAIR PLAY

- No biting, scratching, kick or pulling hair
- No swearing
- No cheating in games or activities
- Everyone gets a turn
- obey the dojo rules



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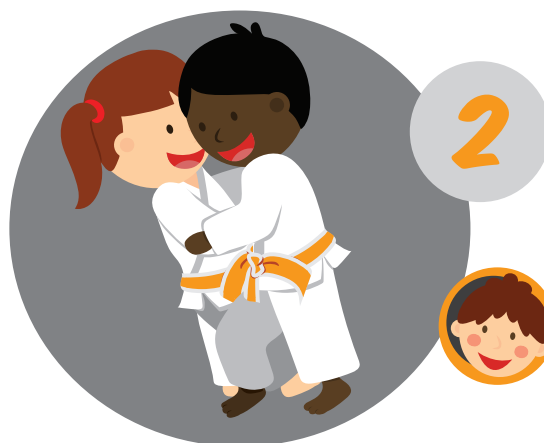
Alternative  
Activities

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## STAGE 1: O-SOTO-OTOSHI



Take hold of your  
partners sleeve  
and lapel.



Take a small step to the side of  
partner, then swing your  
attacking leg past their knee.



Bring your leg backwards  
against partner's calf, putting  
your foot firmly on the floor.



Drive partner backwards  
keeping control and allowing  
them to breakfall.

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## STAGE 2: KESA-GATAME

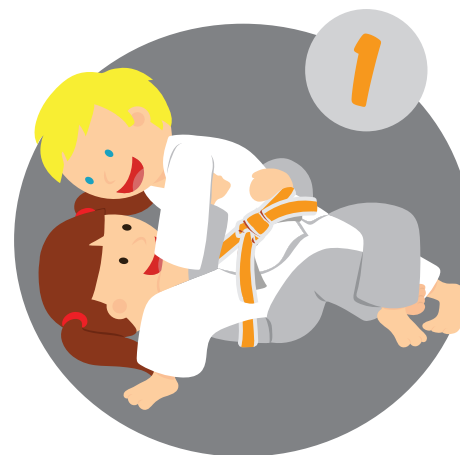


### SCARF HOLD:



Sit beside your partner and wrap your arm around their neck and hold their jacket. Tuck partners arm tightly under yours and spread your legs into a 'T' position.

### SCARF HOLD ESCAPE:



You can break any hold by trapping your partner's leg. To escape, grab partner around their waist and mover towards them. Catch their leg between both of your legs.

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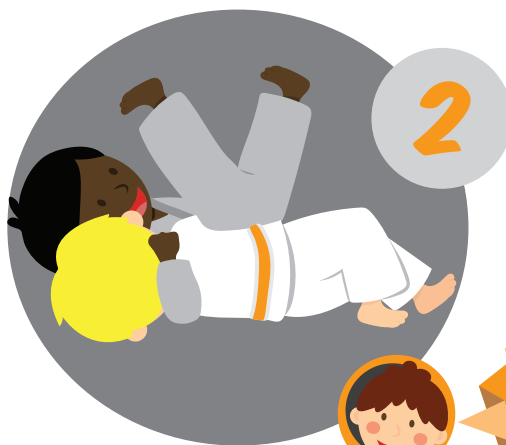
### HUG ROLLS:



1



Hug partner around waist and bring them in close.



2



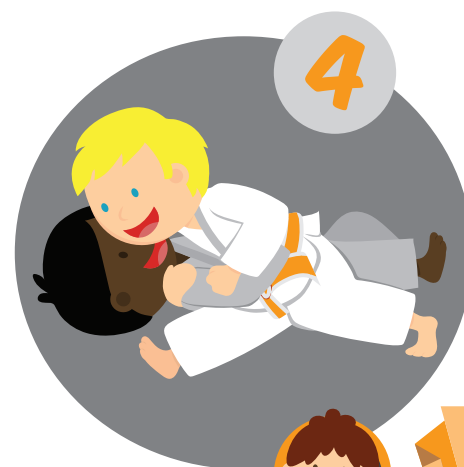
Now roll partner over your body and continue to turn.



3



Now sit up into Kesa-gatame.



4

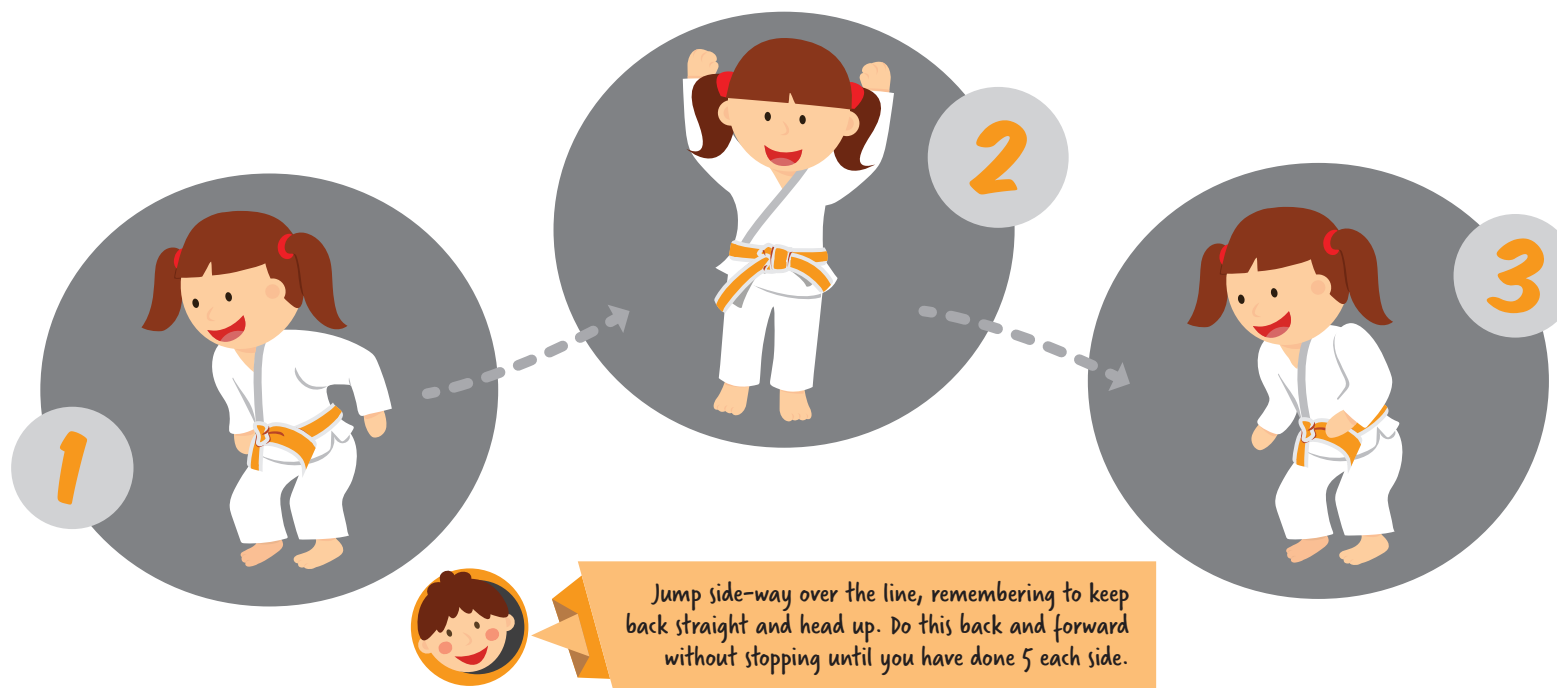


Now your partner rolls you.

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## STAGE 3: SIDE DOUBLE FOOTED JUMPS



### ALTERNATIVE ACTIVITIES:

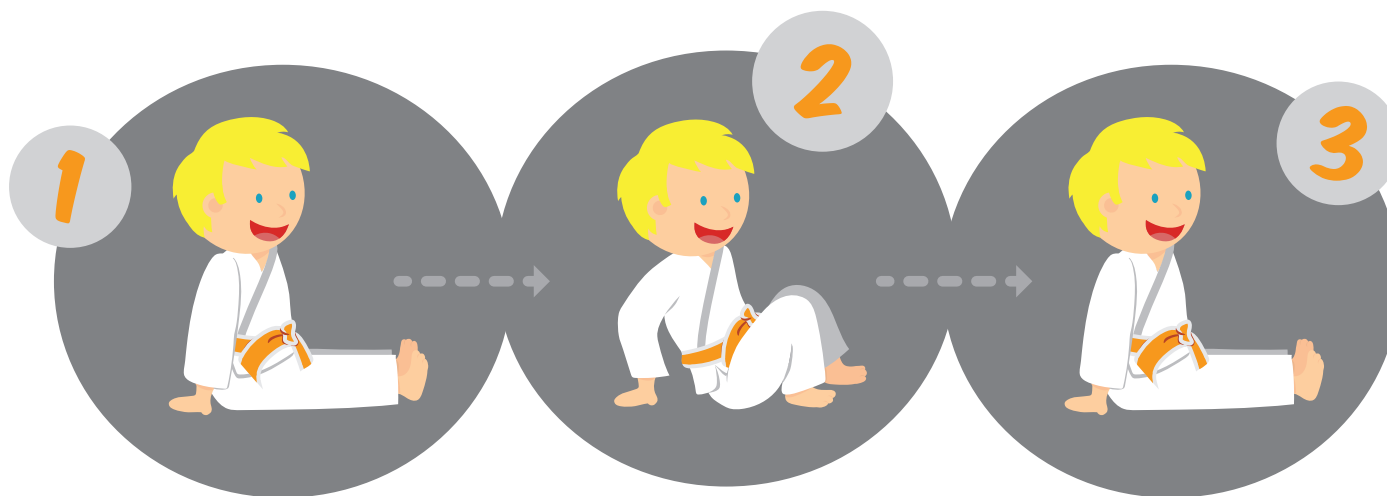
- For height jump over hurdles, ropes or cones.
- Travel down a line using belts or tape doing double or single footed jumps.
- Jump and catch balls or bean bags etc.
- Race to see how many you can do in 10, 15, or 20 seconds.

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## STAGE 4: ROW-THE-BOAT

### FORWARD & BACKWARD:



Sit with legs straight and hands behind you.



To move forward move your bottom to close to your feet. Now straighten legs and repeat movement down the mat.



Now try this backwards by putting your arms back and bring feet to bottom. Repeat movement down the mat.