



JUDO 

Kids

SHO 9

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CHECKLIST

- Theory
- STAGE 1:
Uki-goshi:
 - Single Hip
 - Avoidance
 - Hip Block
- STAGE 2:
Kuzure-kesa-gatame:
 - Broken Scarf Hold
 - Escape
- STAGE 3:
Squat
- STAGE 4:
Plank
- STAGE 5:
 - Seated Spin
 - Alternative Activities

THEORY:

TECHNICAL

Uki-goshi – single hip
Kuzure-kesa-gatame – broken scarf hold



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STAGE 1: UKI-GOSHI

SINGLE HIP:



Now straighten your knees to lift partner off the ground.

Let go of your collar grip and hug your partner around the waist. Turn in while pinning partner to your hip. Knees should be bent.



Keep pulling your partners sleeve as you turn to throw them onto their back.

Finish by keeping hold of the sleeve hand. Avoid landing on your partner.



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STAGE 1: UKI-GOSHI


AVOIDANCE:




 Partner Attacks with Uki-goshi. To avoid this use you're outside leg to jump over.

HIP BLOCK:



 Partner Attacks with Uki-goshi. To avoid this bend your knees slightly while at the same time using you're inside hip to block your partner.

...  Repeat 5 right and 5 left.



 Land in standing position in front of your partner.

...  Partner continues to do this 5 right then 5 left.

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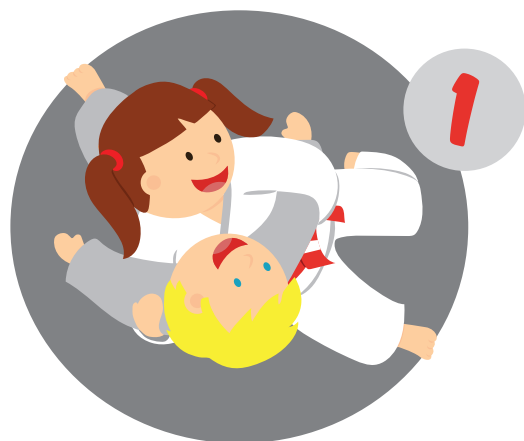


STAGE 2: KUZURE-KESA-GATAME



BROKEN SCARF HOLD:

ESCAPE:



This is similar to Kesa-gatame. Hold partner under the arm instead of around the head.

Start with partner holding with kuzure-kesa-gatame.



Now chase the leg to escape. Quickly change direction until your body is far from your partners.



From here quickly sit-up into Kesa-gatame.

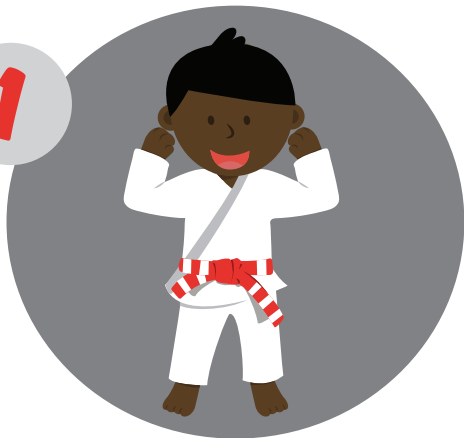
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STAGE 3: SQUAT

1



2



3



Start with hands behind your head and feet shoulder width apart. Pull stomach into your back to keep it strong.



Squat down by bending your knees. Keep your feet flat on the ground, head up and back straight.



Now straighten legs and come back to the start position and repeat 10 times.

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STAGE 3:
Squat

Plank

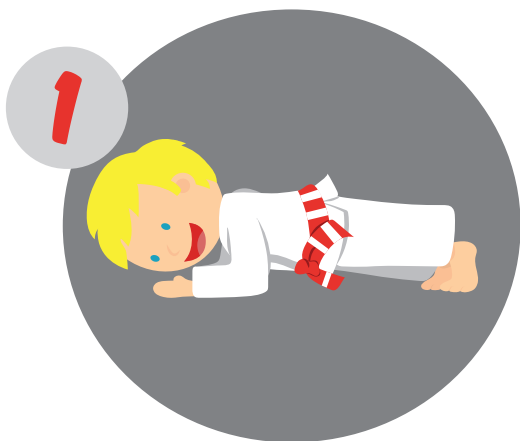
STAGE 4:

Seated Spin

Alternative Activities



STAGE 4: PLANK



Balance on your elbows and feet while pulling your stomach into your back. Hold steady for 20 seconds.

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STAGE 5: SEATED SPIN



 Start sitting forward with legs out in front of you.

 Spin your legs to the side. Keep spinning your legs behind you until you are lying on your front.

 Move legs in a circle until you are sitting up.

ALTERNATIVE ACTIVITIES:

- Wall squat holds
- Plank turns
- Seated spin – catch a ball, throw a ball (or bean bag)



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