



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



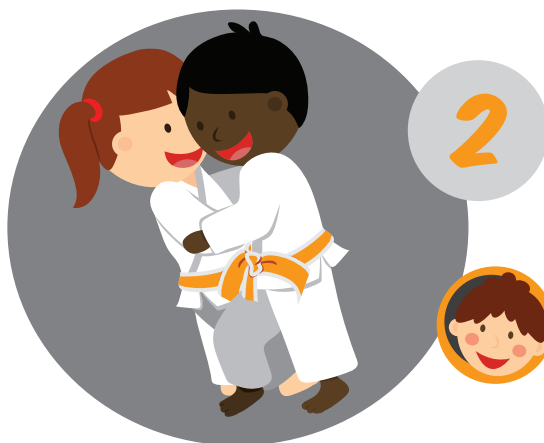
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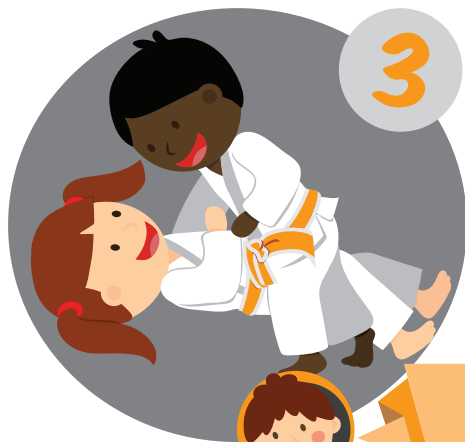
STAGE 1: O-SOTO-OTOSHI



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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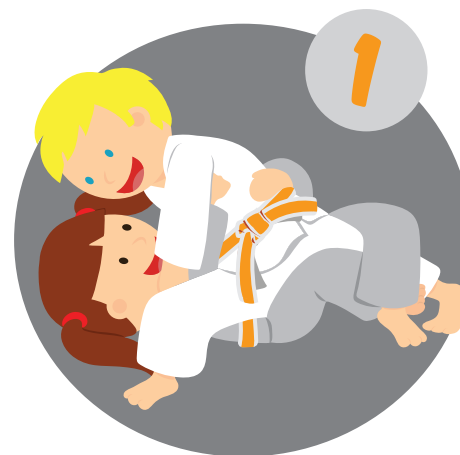
STAGE 2: KESA-GATAME

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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STAGE 2: KESA-GATAME

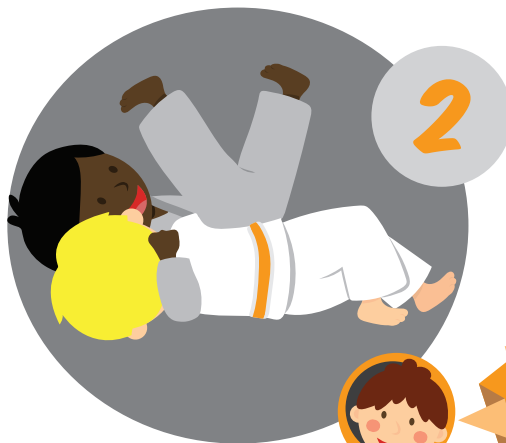
HUG ROLLS:



1



Hug partner around waist and bring them in close.



2



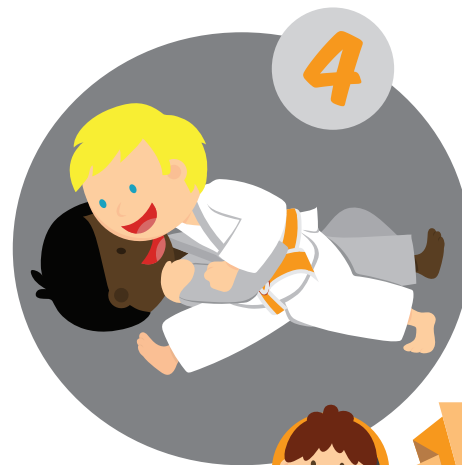
Now roll partner over your body and continue to turn.



3



Now sit up into Kesa-gatame.



4

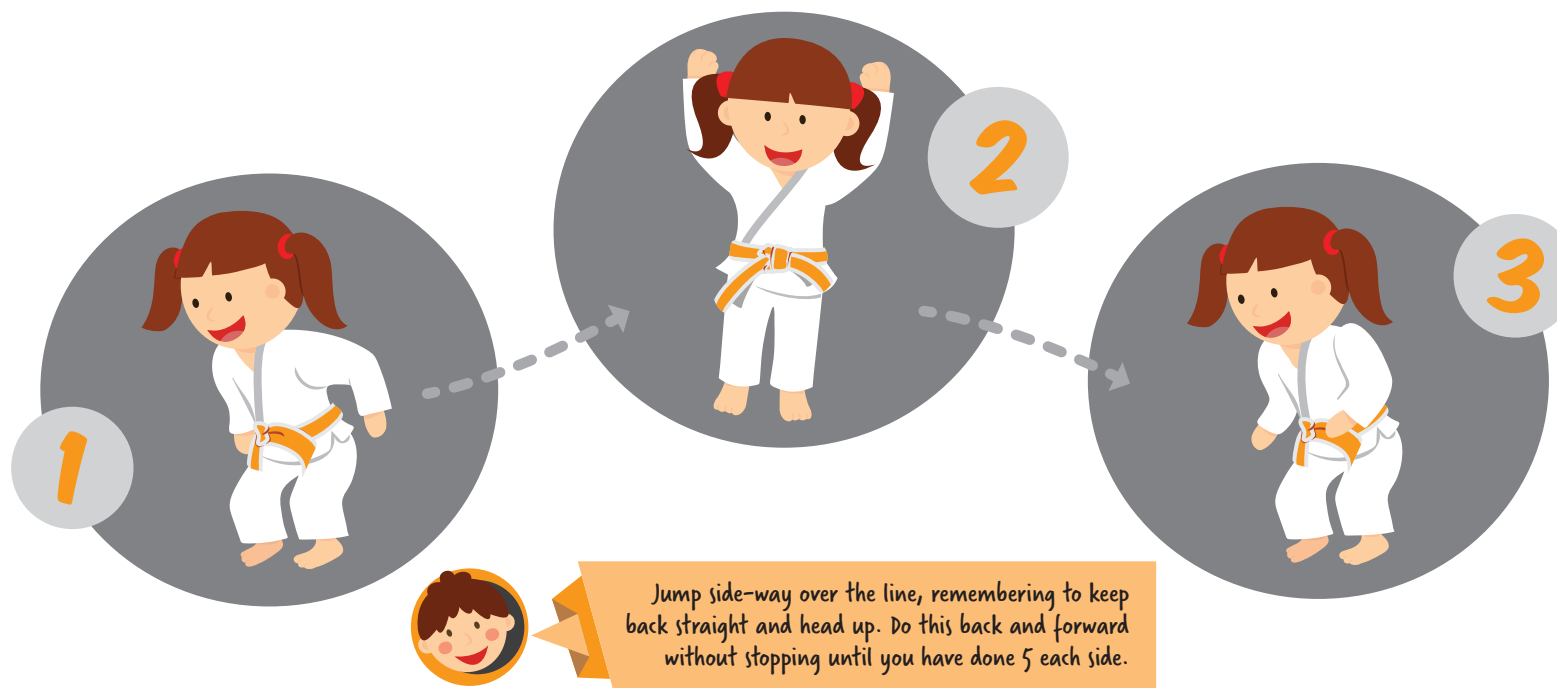


Now your partner rolls you.

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STAGE 3: SIDE DOUBLE FOOTED JUMPS



ALTERNATIVE ACTIVITIES:

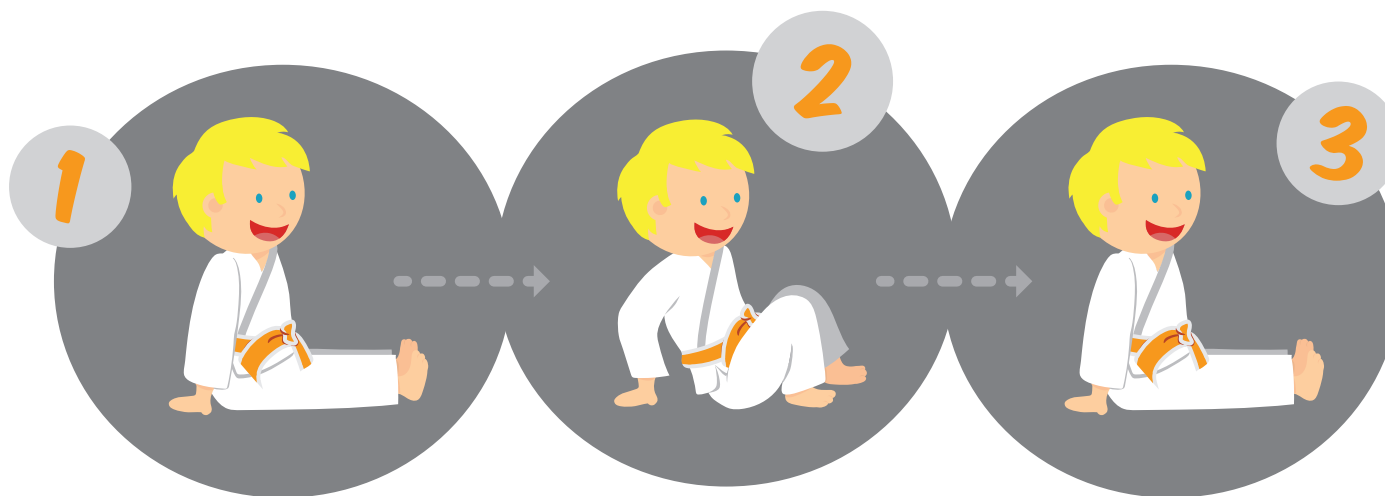
- For height jump over hurdles, ropes or cones.
- Travel down a line using belts or tape doing double or single footed jumps.
- Jump and catch balls or bean bags etc.
- Race to see how many you can do in 10, 15, or 20 seconds.

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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.