



SHO 4

SHO 4 CHECKLIST

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

THEORY:

TECHNICAL

Mae-Yoko-Ukemi – forward side breakfall.

SHIDO – PENALTY

Shido is a penalty in Judo.
The coach will point their finger and say:

“SHIDO!”

WAZA-ARI – SCORE PARTNER MOSTLY ON BACK

Waza-ari is the second top score,
two waza-ari is Ippon.
The coach will put their arm out
to the side to signal this score.



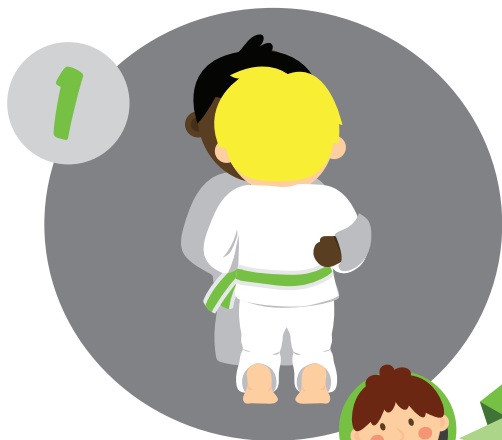
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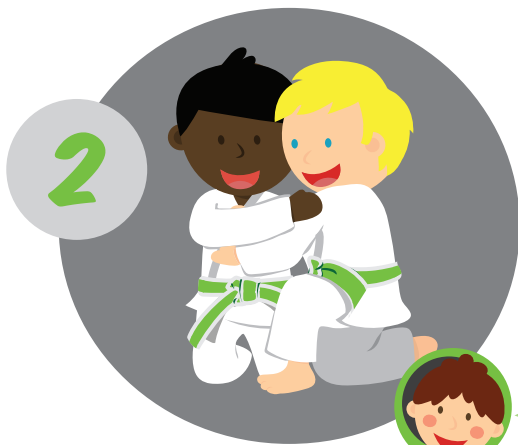


STAGE 1: ASSISTED MAE – YOKO-UKEMI

VARIATION 1:



Face partner in kneeling position.



Take sleeve and lapel grip, move to the side of your partner and bring one leg up.



From here roll partner into forward side breakfall.



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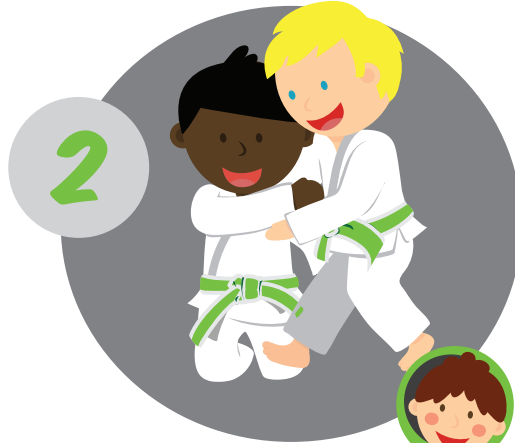


STAGE 1: ASSISTED MAE – YOKO-UKEMI

VARIATION 2:



Partner kneeling and you standing.



Take sleeve and lapel grip, step to the side of partner, place your foot on their thigh and help them to the ground.



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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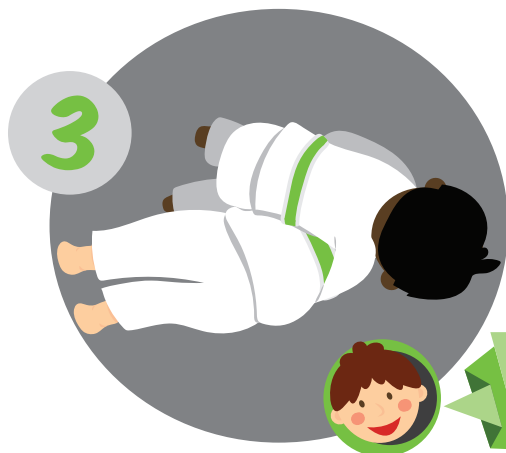
STAGE 2: ARM ROLL – MAE-YOKO-UKEMI



Catch your partners arm above their elbow.



Now straighten your leg to begin rolling your partner.



Continue to roll until your partner lands on the mat.



Continue to sit up into a hold down.

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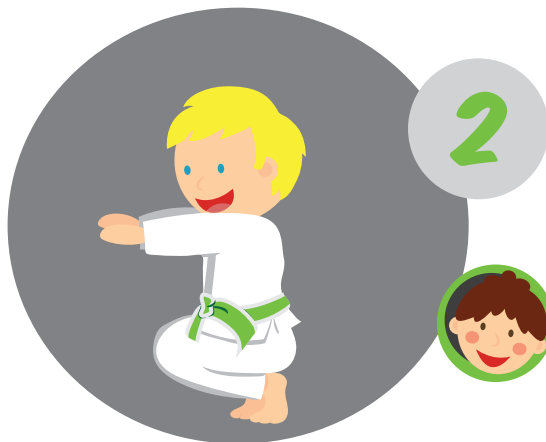
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STAGE 3: USHIRO-UKEMI WITH BACKWARD ROLL



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.



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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.



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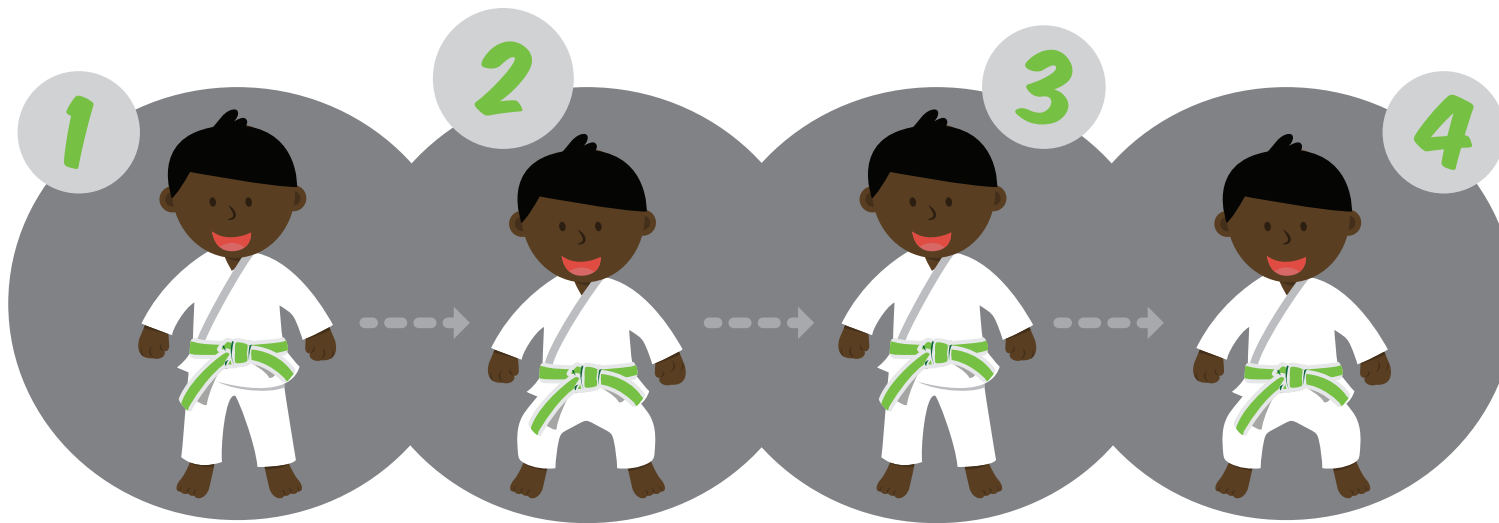
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STAGE 4: SHADOW REACTION SIDE STEPS



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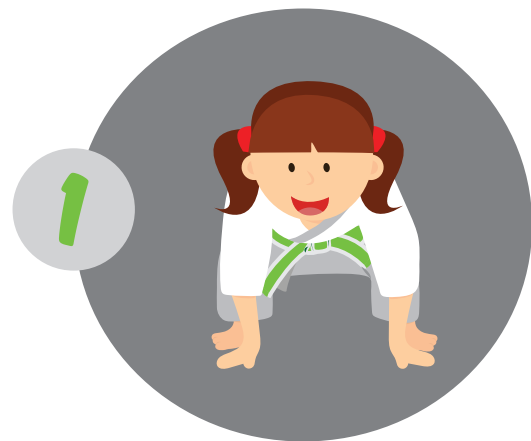


Side step to down the mat facing and staying with your partner. Once you can do this play a game of trying to get your partner to stay with you

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STAGE 5: MONKEY (CHIMP) CRAWL



Start on hands and feet.



Move hands to one side and move feet, while balancing on hands.



Feet should move past hands. Continue movement.

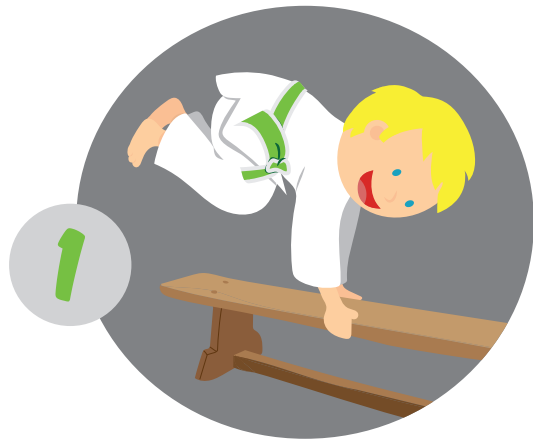
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STAGE 6: BUNNY HOPS

SIDE OVER BENCH OR PARTNER:



Place hands on bench or partners back and jump over side to side.

ALTERNATIVE ACTIVITIES:

- Play shadow mirror game
- Shadow down-ups with partner
- Chimp and bear tig



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