



JUDO 
Kids

SHO 1

THEORY

REI – BOW



STANDING



KNEELING

MATTE STOP!

The coach uses the word matte to stop the class when they have something to say and want you to listen or to keep you safe. When the coach says matte you must stop what you are doing and listen.

"MATTE!"



SHO 1 CHECKLIST

- Theory
- STAGE 1:
 - Assisted Ushiro Ukemi
- STAGE 2:
 - Ushiro Ukemi
- STAGE 3:
 - Double Footed Jumps:
 - Forward
 - Backwards
 - Alternative Activities
- STAGE 4:
 - Bunny Jumps:
 - Forward
 - Backwards
 - Alternative Hops

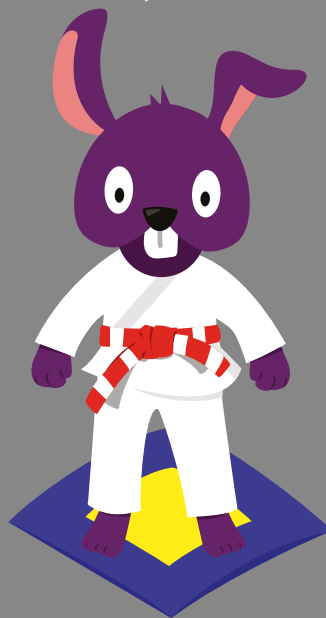
HA - JIME – BEGIN

The coach uses the word hajime to start activities.

HYGIENE AND SAFETY

- Always wear a clean judo-gi and t-shirt (girls)
- Short clean finger and toe nails
- Tie hair back if long
- Listen and do what the coach asks
- Look after your partner when practising
- Do not kick, punch or bite anyone
- Do not go close to the edge of the mat

"HA-JIME"



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HOW TO TIE YOUR BELT

SHO 1 CHECKLIST

- Theory
- STAGE 1:
- Assisted Ushiro Ukemi
- Ukemi

- STAGE 2:
- Ushiro Ukemi

STAGE 3:
Double Footed
Jumps:

- Forward
- Backwards
- Alternative
Activities

STAGE 4:
Bunny Jumps:

- Forward
- Backwards
- Alternative Hops

1

To tie the obi (belt), hold the centre of it on your belly button. Draw it around from the front.

2

Pull it firmly across the front, pass both ends around the back and bring them to the front again.

3

Pass one end over the other and up between the body and the whole of the obi.

4

Pull hard on both ends in an outward direction to ensure the obi is fitting tightly around the body.

5

Loop the right end back over and under the left end and pull both ends outward to form a reef-knot.

6

Arrange the ends of the obi neatly, adjust your jacket and you're ready to go!



STAGE 1: ASSISTED USHIRO UKEMI



Start in crouched position then progress to standing to produce this assisted movement.



Step to side of your partner and help them fall backwards with support.



They will hit the mat with only one hand.



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STAGE 2: USHIRO UKEMI



1



Ushiro Ukemi is a breakfall to the back. Start from standing and put your arms out in front.



2



They will hit the mat with only one hand.



3



Sit down, tuck your chin in to your chest and gently roll back.



4



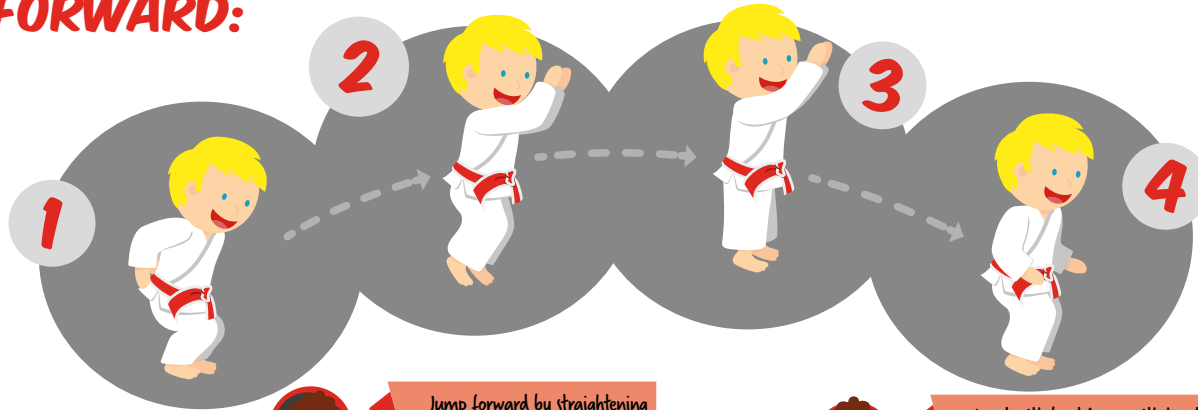
Roll with a curved back, hit the mat with the palm of both hands as you land.

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STAGE 3: DOUBLE FOOTED JUMPS

FORWARD:



Jump forward by straightening your legs and reaching up with your arms.



Land with bent knees with head up and back straight. Now jump 5 meters forward across the mat.



Bend your knees and reach back with your arms.



Reach forward with your legs and arms to begin landing.



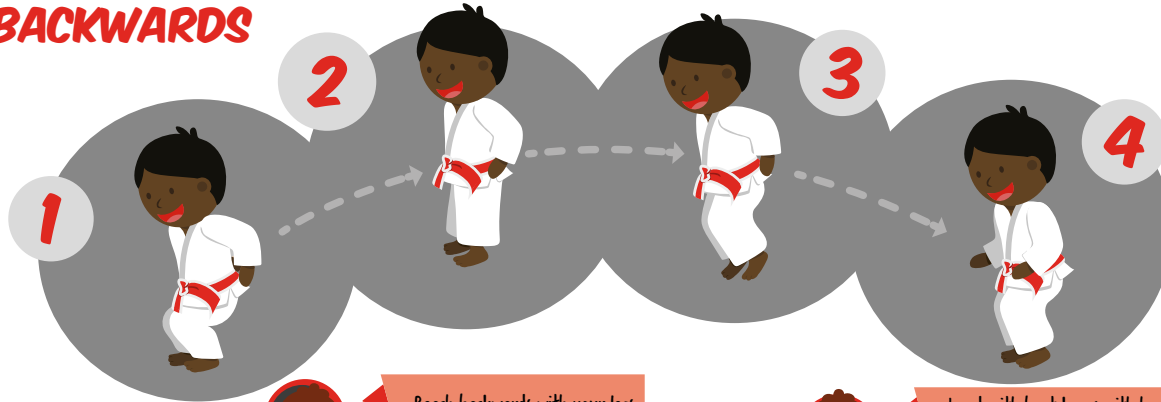
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STAGE 3: DOUBLE FOOTED JUMPS

BACKWARDS



Reach backwards with your legs and arms to begin landing.



Land with bent knees with head up and back straight. Now jump 5 meters backwards across the mat.



Bend your knees and reach back with your arms.



Reach backwards with your legs and arms to begin landing.

ALTERNATIVE ACTIVITIES:

- Jump to spots on the mat – various directions
- Jump to collect or catch objects on the mat
- Jump for distance, height or timed distance
- Jump over a rope over elastic band
- Jump over small hurdles
- Jumping tig game
- Play jump races

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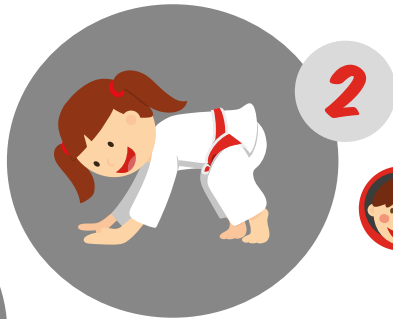


STAGE 4: BUNNY JUMPS

FORWARD



1 Start in crouched position.



2 Now reach forward with your hands.



3 Then bring feet towards hands.

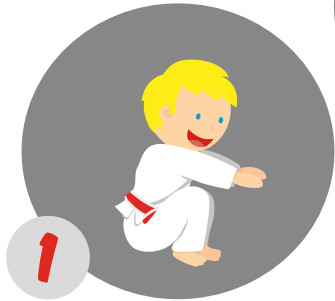
... Continue this hands to feet forward movement across the mat for 10m.

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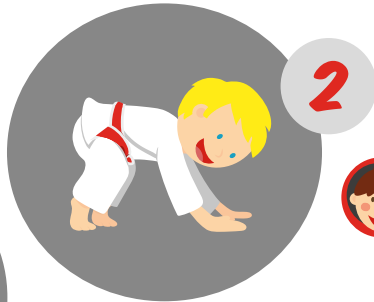


STAGE 4: BUNNY JUMPS

BACKWARDS



Start in crouched position.



Reach backward with your feet while balancing on your hands.



Then bring hands towards feet.



Continue this feet to hand movement backwards across the mat for 10m.

ALTERNATIVE HOPS:

- Bunny hop in various directions around the mat, play bunny tig, bunny hop racing game

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For more information, check our website

www.judokids.org.uk