



JUDO ★
Kids

SHO 3

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



SHO 3 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



STAGE 1: O - SOTO - OTOSHI

1



Take hold of your partner's sleeve and lapel.

2



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

4



Drive partner backwards keeping control and allowing them to breakfall.

3



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

Theory

STAGE 1:
o-soto-otoshi

STAGE 2:
Kesa-gatame:

- Scarf Hold
- Scarf Hold Escape
- Hug Rolls

STAGE 3:
Side Double
Footed Jumps

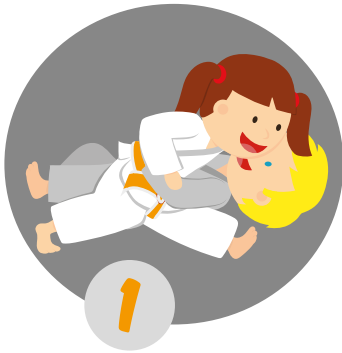
Alternative
Activities

- STAGE 4:
Row-the-boat
Forward &
Backward



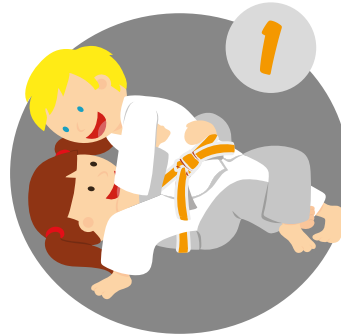
STAGE 2: KESA - GATAME

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.

- Theory
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 - Side Double Footed Jumps
 - Alternative Activities
 - STAGE 4:
 - Row-the-boat Forward & Backward

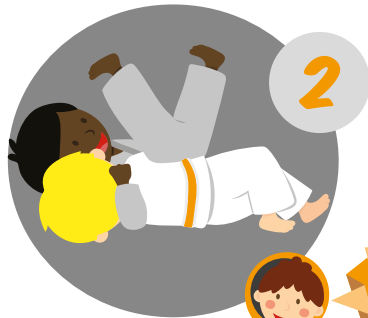


STAGE 2: KESA - GATAME

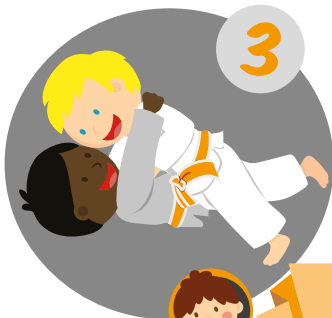
HUG ROLLS:



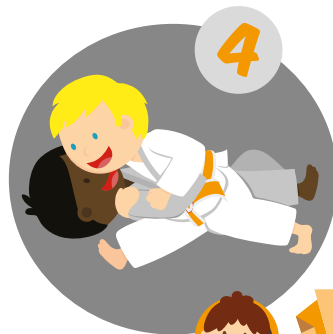
Hug partner around waist and bring them in close.



Now roll partner over your body and continue to turn.



Now sit up into Kesa-gatame.

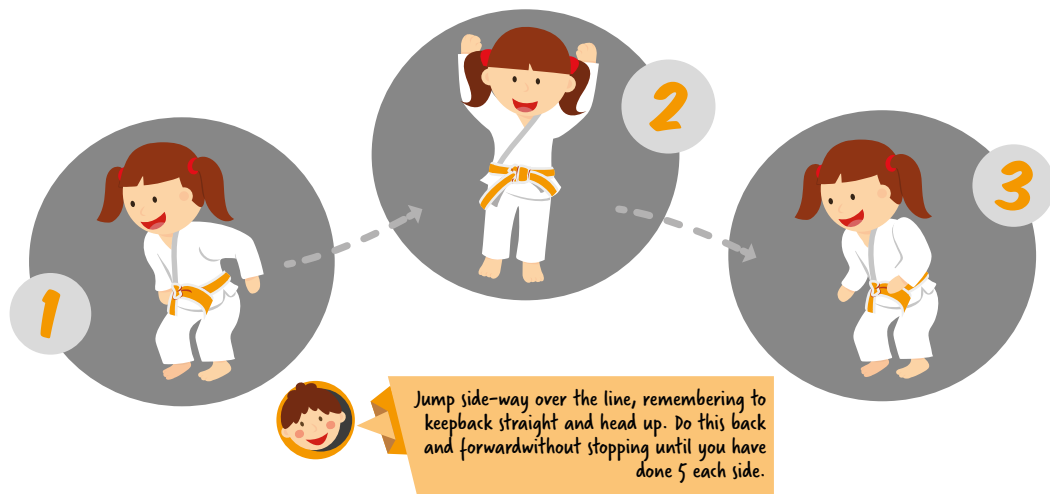


Now your partner rolls you.

- 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



STAGE 3: SIDE DOUBLE FOOTED JUMPS



ALTERNATIVE ACTIVITIES:

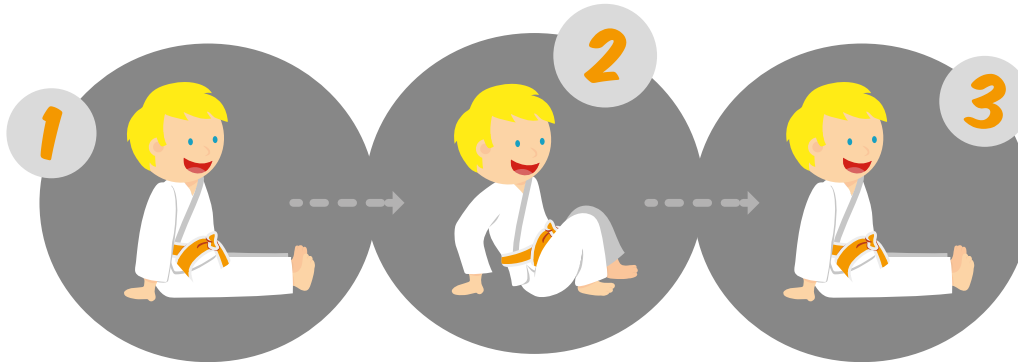
- For height jump over hurdles, ropes or cones.
- Jump and catch balls or bean bags etc.
- Travel down a line using belts or tape doing double or single footed jumps.
- Race to see how many you can do in 10, 15, or 20 seconds.

- Theory
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Alternative Activities
- STAGE 4:
 Row-the-boat Forward & Backward



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.

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

- Theory
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- STAGE 3:
 - Side Double Footed Jumps
 - Alternative Activities
- STAGE 4:
 - Row-the-boat Forward & Backward

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For more information, check our website

www.judokids.org.uk