



JUDO ★
Kids

SHO 6

THEORY:

TECHNICAL

De-ashi-bari – Advanced Foot Sweep

Mune-gatame – Chest Hold



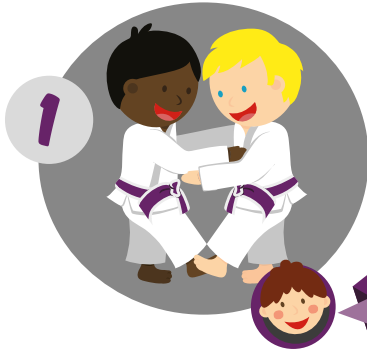
SHO 6 CHECKLIST

- Theory
- STAGE 1:
- De-ashi-bari
- STAGE 2:
- Mune-gatame :
Chest Hold
- Stay with
Partner
- Bridge & Roll
to Escape
- STAGE 3:
- Forward Shrimp
- Backward Shrimp
- STAGE 4:
- Wall Walk
- Alternative
Activities

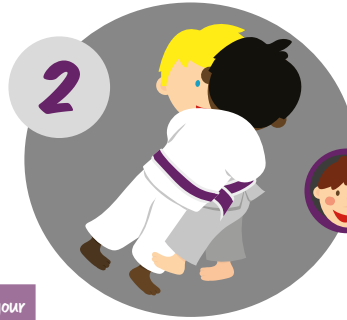


STAGE 1: DE - ASHI - BARI

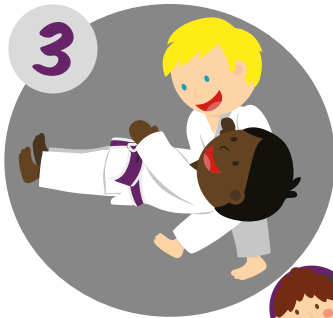
ADVANCED FOOT SWEEP:



Pull on sleeve to make your partner step forward. As they step sweep their foot.



Use the soft part of your foot to sweep your partner sideways.



Lift with both your collar and sleeve hands as you sweep.



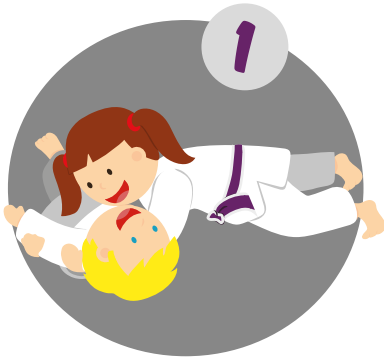
For safety hold onto your partners sleeve as they fall.

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STAGE 2: MUNE-GATAME

CHEST HOLD:



Place your chest on your partners. Clamp them to you with your arms under their neck and arms. Keep your body over your partners and use your legs for stability.

STAY WITH PARTNER:

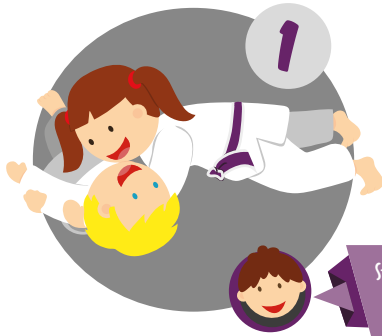
- Holding your partner in a loose mune-gatame position.
- From here they move backward, forward and sideways.
- You have to stay with them in the hold down for 15 - 20 seconds.
- Swap over and give your partner a turn.

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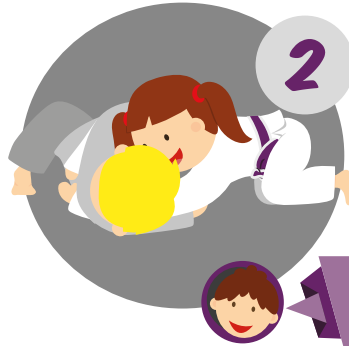


STAGE 2: MUNE-GATAME

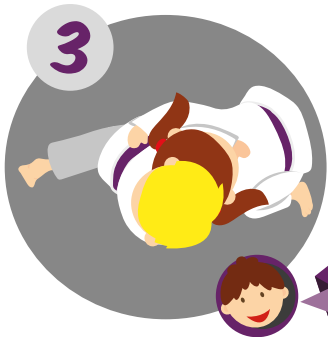
BRIDGE & ROLL TO ESCAPE:



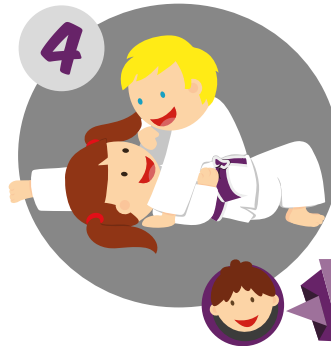
Start in Mune-gatame position



To escape bring your feet close to your bottom. From here bridge turn towards your partner.



As you bridge keep turning and pushing your partner.



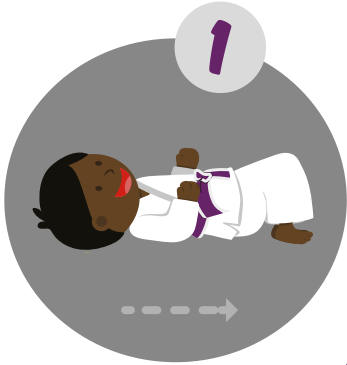
Sit-up into the hold.

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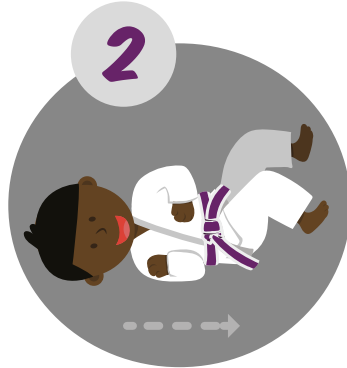


STAGE 3: FORWARD SHRIMP

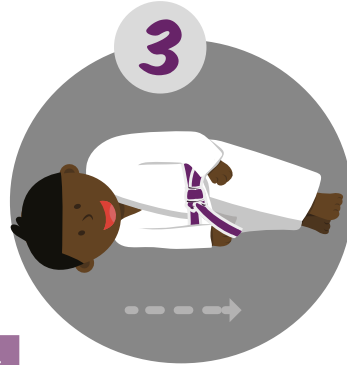
1



2



3



Start on your back with feet close to you.

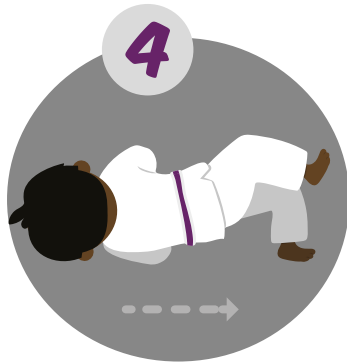


Use one foot to push you forward. At the same time push your hips out to the side until you are in a shrimp position.

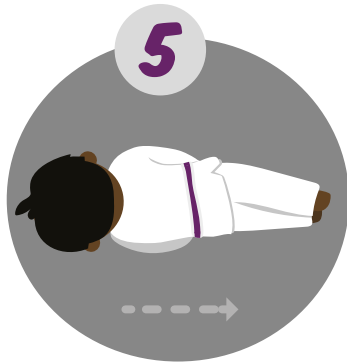


Now use other foot to push to the other side into the shrimp position.

4



5



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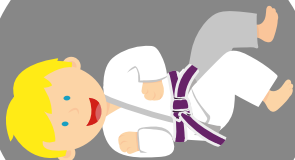
STAGE 3: BACKWARD SHRIMP

1



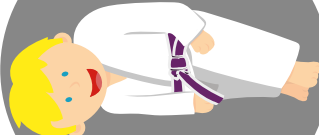
Start on your back with feet close to you.

2



Use one foot to push you backwards. At the same time push your hips out to the side until you are in a shrimp position.

3

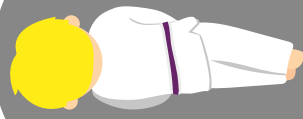


Now use other foot to push to the other side into the shrimp position.

4



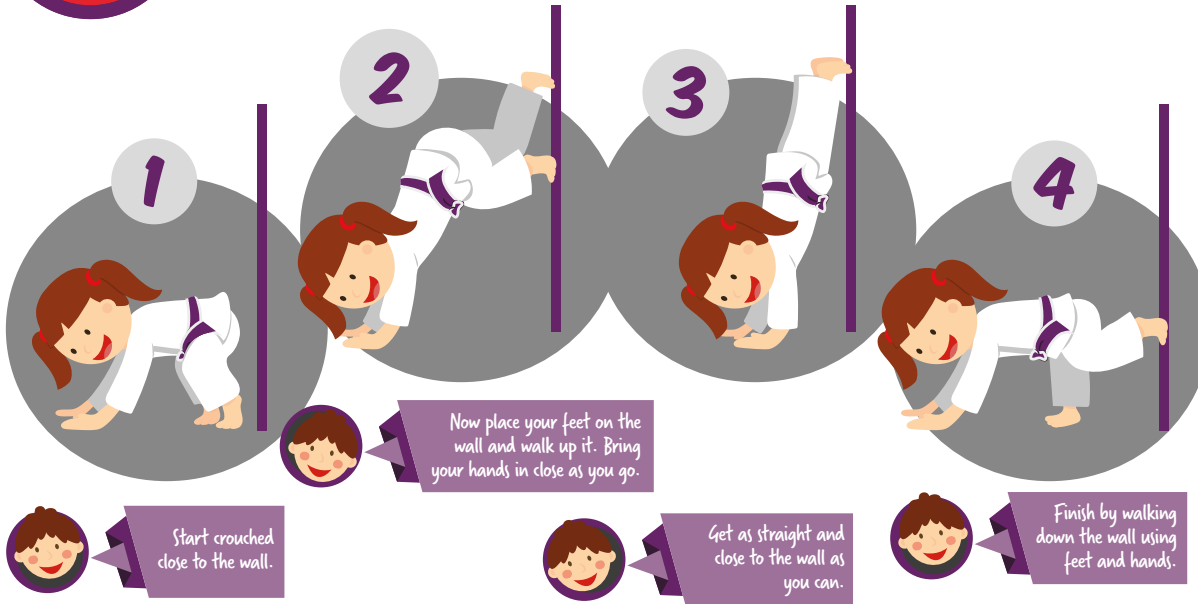
5



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STAGE 4: WALL WALK



Start crouched close to the wall.

Now place your feet on the wall and walk up it. Bring your hands in close as you go.

Get as straight and close to the wall as you can.

Finish by walking down the wall using feet and hands.

Remember to keep arms and stomach strong during the wall walk.

ALTERNATIVE ACTIVITIES:

- Partner drill forward shrimp – partner follows you push off their shoulders to move forward, left and right
- Partner drill backward shrimp – partner follows you push with your feet off their knees to move backward

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