



6-8 YEARS GROUP 1 COMPETITION FORMAT

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- **Race over 20 meters including:** running, hopping, jumping, crawling.

Scoring: timed over all and seconds added for mistakes.

- **Judo Game:** take the belt from behind partners back

Scoring: one point for taking belt

Rules: standing position one meter apart area size designated

- **Ne waza game:** take the sock off the partners foot

Scoring: 2 points for taking off the sock first, 1 point each if simultaneous

Rules: no standing. Starting position is facing each other on hands and knees

- **Ukemi :** back, side, front all from sitting (front is from knees). (see video from Kuldin) we need video for front ukemi (mae not zempo kaiten)

Scoring : key points executed = chin to chest, feet position correct, hand/arm position correct.

- **Ukemi** With a partner who is in high kneeling position with hands on hips of tori. Tori makes a tai sabaki, creates kuzushi by pulling sleeve, uke rolls to side for a breakfall tori supports by keeping hold of sleeve. (need video)

Scoring : one point for key points executed = kuzushi, tai sabaki, ukemi, support with sleeve, good posture. uke has chin to chest, feet in correct position, hand/arm correctly positioned

Judo terminology: test knowledge of Japanese terminology : hajime, mattei, dojo, Jigoro Kano,

Moral code of judo: mention one of the values of judo and illustrate with example

Scoring: point per correct answer

GUIDELINES FOR EXERCISES AND LESSON PLAN

6/8 years old (Group 1)

- **Start and end of every lesson should begin with a standing bow.** Heels together and hands come from the side of body to front of thighs. Children should line up in a straight line with the teacher

standing in front. He should use the word “REI” and explain the meaning. (Japanese word, Judo comes from Japan)

PHOTO OR VIDEO OF CORRECT STANDING BOW

- **WARM UP**

The fact that general physical and well-rounded training is the main focus for this age category in order to develop physical literacy and improve specific trainable qualities, the beginning of the training session (warm up) is of extra importance.

Coaches should be focusing on developing the qualities of coordination in particular balance, strength, reaction speed, performing movements in different planes, working with a partner, listening and obeying instructions (with Japanese terminology)

JUDO VALUES (mondo) - this moment in the lesson (after the warm up) is a good time to bring the children together sitting in a circle and to speak about one of the values of judo : respect, modesty, friendship, confidence, self-esteem.

UKEMI

MATERIALS NEEDED - rear, side breakfall and mae (front) and ukemi with partner

MOVING EXERCISES (preparation for tachi waza)

MATERIALS NEEDED - games/exercises with tsugi ashi, (with and without partner)

NE WAZA

Rolling exercises, rolling with partner, basic hold downs - kuzure kesa gatame, yoko shiho, mune gatame, basic turnover

MATERIALS NEEDED - photos/video for rolling exercises, basic hold downs, turn overs

JUDO GAME

MATERIALS NEEDED - examples of games linked to judo

COOL DOWN

Relaxation, recap of lesson (reminder of Japanese terminology, judo value spoken about ...

LINE UP AND BOW - finish by bowing to friends in the class (bow off the mat)