

JUDO

DESCRIPTION OF COURSE: Instruction and practice in the basic skills of the Sport: Judo. Course will cover the terminology, etiquette along with throwing, grappling and submission techniques, with integration of various Katas (forms) and Randori (free exercise).

COURSE CONTENT:

History

Tai-sabaki (Use of the feet in movement)

Use of Strength (Composure)

Kuzushi (Disturbing balance)

Uke-mi (Breakfall)

Tachi-Waza (Throwing Techniques)

O-Soto-Gari (Big outside reap)

Ko-Soto-Gari (Small outside reap)

Ashi-barai (Foot sweep)

Harai-goshi (Lifting pull throw)

Koshi Guruma (Hip throw)

Osae-Waza (Grappling Techniques)

Kesa-Gatame (Regular scarf hold)

Kami-Shiho-Gatame (Upper four direction hold)

Kuzure Yoko-Shiho-Gatame (Modified side hold)

Shime-Waza (Submission Techniques)

Okuri-Eri-Jime (collar strangle)

Kata-Ha-Jime (single wing strangle)

Gyaku-Juji-Jime (reversed cross strangle)

Tournament Management

Elements of a Judo Tournament

Methods of Scoring and Timekeeping in a Judo Tournament

Tournament Elimination Systems: Pool Sheet

STUDENT REQUIREMENTS:

- Judo-gi: Approximate cost \$47-\$50 (depending on size). The Physical Education Judo Classes will make a bulk purchase of Judo-gi's. You may purchase the judo-gi's from your instructor. The prices quoted are the wholesale price. Used judogi's are usually \$35 per set.
- **KARATE OR TAE KWON DO UNIFORMS ARE NOT ACCEPTABLE.**
- **Participation in the CCSF Invitational Judo Tournament**
 - Competitor, and/or Scorekeeper/Timer/Pool Recorder

GRADING:

Grading will be based on participation (60%)

CCSF Invitational Judo Tournament (20%)

Knowledge test (20%)

- Demonstration: Throws/Pins/Chokes
- Tournament Management: Pool Recording
- Referee's Hand Signals
- Scoring a Judo Match

Attendance Grade:

Absences will accumulate from beginning of semester until last class meeting.

Attendance: Midterm Grade = Abs.

A - 3

B - 5

C - 7

D - 9

F - 10+

Final: Grade = Abs.

A - 3

B - 4

C - 5

D - 7

F - 9+

Make-up classes will only be acceptable in other Judo Classes or by arrangement with Instructor.

For more information about our CCSF Judo Club visit our Website:

www.ccsfjudo.org