

### Beginning Judo

**DESCRIPTION OF COURSE** An introduction to Kodokan judo, an Olympic sport, focusing on fundamental judo techniques, skills and physical fitness. An examination of judo's development, philosophy, etiquette and principles with active participation within this setting.

### Major Learning Outcomes

Upon completion of this course the student will be able to:

- A. Interpret and identify fundamental knowledge of judo etiquette, hygiene, history and safety.
- B. Assemble and construct basic throwing, holding and submission holds in judo.
- C. Assemble and demonstrate elements of a judo tournament.

### Course Content:

#### A. Introduction to Judo

1. History, etiquette, hygiene and safety.

#### B. Instruction

##### Tachi-Waza (Throwing Techniques)/

- O-Soto-Gari (Big outside reap)
- Ko-Soto-Gari (Small outside reap)
- Ko-uchi-Gari (Small inside reap)

##### Osae-Waza (Grappling Techniques)

- Kesa-Gatame (Regular scarf hold)
- Kuzure Yoko-Shiho-Gatame (Modified side hold)
- Tate-Shiho-Gatame

##### Shime-Waza (Submission Techniques)

- Okuri-Eri-Jime (collar strangle)
- Hadaka Jime (Rear naked strangle)
- Gyaku-Juji-Jime (reversed cross strangle)

##### Kansetsu-Waza (Arm submission)

- Juji-gatame (Cross Armbar)
- Ude-garami (American)
- Ude-gatame (Kimura)

### Student Requirements:

- Judo-gi: Approximate cost \$70-\$80(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 \$45 per set.
- **KARATE OR TAE KWON DO UNIFORMS ARE NOT ACCEPTABLE.**

### Grading:

#### Assignments:

#### Online Viewing: [www.ccsfjudo.org/assignments](http://www.ccsfjudo.org/assignments)

- Judo etiquette, Hygiene and Safety, Judo History, Judo Philosophy, Beg. Technique Key Points, Tournament Management: Pool sheets, Timer/Scoreboard, Referee Hand Signals.

#### Performance and In-Class Participation (60%)

- Instructor observation of the of the student's performance of techniques in Nage (throwing) and Osae Waza (grappling). (Skills Test)

#### Written Test (30%)

- Judo Etiquette, Hygiene and Safety, Judo History, Beg. Technique Key Points, Tournament Management: Pool sheets, Timer/Scoreboard, Referee Hand Signals.

#### End of Semester Project: CCSF Invitational Judo Tournament (10%)

- Tournament Management: Pool recorder, Scorekeeper

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