

## Competition Judo

Instruction and participation in judo competition. Student will develop basic, intermediate and advance skills and knowledge necessary to participate in judo safely. Competition strategy and tactics will be covered in detail. Students will have the opportunity to test for their next rank during the semester.

### MAJOR LEARNING OUTCOMES

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

- A. Compare, contrast and distinguish the maxims of Mutual Welfare and Benefit and its relationship to the ultimate goal of judo.
- B. Identify, assemble and demonstrate throwing, holding, submission and its application in tournament competition.
- C. Examine, assemble and integrate coaching methodologies

### Course Content:

1. Philosophies of Judo
  - a. Mutual welfare and benefit with Maximum efficiency
2. Gokyo-no-waza (Five Forms of Throws) application to competition
3. Intermediate and Advance Judo Techniques
  - a. The first three kyo's in the Gokyo-no-waza (Forms of Throws)
  - b. Two different combinations using throws from the 1 & 2 Kyo's
  - c. Techniques and escapes for each, Osae waza (Holding Techniques)
4. Coaching Methods
  - a. Mapping out a strategy

### Grading:

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

- Judo Etiquette, Hygiene and Safety, Judo History, Judo Maxim's, Int/Adv. Technique Key Points, Tournament Management: Pool Sheets, Timer/Scoreboard, Referee Hand Signals.

**In-class assignment:** Demonstrate the use Kuzushi, Tsukuri and Kake when demonstrating judo techniques

- Review competition journal

**Out-of-class assignment:** Compile a competition journal

- Review the United States Judo Federation Coach Certification program
- Participation in two Bay Area Judo Competitions

### Evaluation

#### Performance and In-Class Participation (50%)

- Instructor observation of the of the student's performance of techniques in Nage (throwing) (Skills Test)

#### Performance and Out of Class Participation (10%)

- Assist as Timer/scorekeeper in one Bay Area Tournament

#### Written Test (30%)

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

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

- Final Project:-CCSF Judo Tournament, Students will be assessed in 5 areas; knowledge, teamwork, leadership, dependable, and self motivation

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