

## Intermediate Judo

In addition to new skills and techniques, students will be required to demonstrate greater proficiency in basic skills and techniques covered in the introductory course. Students will be eligible to test for the next Judo belt rank during the semester.

### MAJOR LEARNING OUTCOMES

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

- A. Describe, identify and interpret maxims of judo.
- B. Assemble, construct and differentiates basic and intermediate throwing, holding and submission holds in judo.
- C. Assemble, construct and integrate elements of a judo tournament.

### Course Content:

1. Foundations of Judo
  - a. Mutual welfare and benefit
  - b. Maximum efficiency
2. Basic and Intermediate Judo Techniques
  - Tachi-Waza: Review (Throwing Techniques)
    - O-Soto-Gari (Big outside reap)
    - Ko-Soto-Gari (Small outside reap)
    - Ko-uchi-Gari (Small inside reap)
    - Ippon Seio-nage
    - Harai goshi
    - Koshi guruma
  - O-goshi
  - Uchi-mata
  - O-uchi-gari
  - Kata: Predefined movement application drills
    - Uchikomi
    - Nage komi
  - Randori: Free-moving application skills

### Grading:

#### Assignments:

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

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

#### 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