

CCSF

PE Judo 1 unit

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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)

Tsuri-komi-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)

Juji-jime (cross strangle)

Tournament Management

Elements of a Judo Tournament

Methods of Scoring and Timekeeping in a Judo

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 \$30 per set.

KARATE OR TAE KWON DO UNIFORMS ARE NOT ACCEPTABLE.

GRADING:

Grading will be based on attendance (70%)

Knowledge test Green Belt Test) (30%)

- General Knowledge
- Vocabulary
- 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 - 2

B - 4

C - 5

D - 6

F - 7+

Final: Grade = Abs.

A - 2

B - 3, 4

C - 5

D - 6

F - 7+

Make-up classes will only be acceptable in other Judo Classes or by arrangement with Instructor. Participation (Competition or Management) in the CCSF Judo Tournament can be used for extra credit.

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

www.ccsfjudo.org