

3/20/2026

Finish Time

Warm-Up and Stretches	15 min	6:15:00 PM
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Pivot and Uchikomi	10 min	6:25:00 PM
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Basics	10 min	6:35:00 PM
Vocabulary	Terms 25 to 45	

Nage-Waza	15 min	6:50:00 PM
Yoko-Otoshi	Review-L2	

Newaza	15 min	7:05:00 PM
Kata-Gatame	Kuzure, Escapes	

Fighting Skills	5 min	7:10:00 PM
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Randori	10 min	7:20:00 PM
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Yoko-Otoshi	Revisit last weeks Level 2 class. Intermediate level: Student has some experience with the waza. Focus is on being able to do the 4-rules in a confident manner repeatedly.
Rule 1	Wide major side step
Rule 2	Major Tsurite push
Rule 3	Minor leg stretch forward and sit
Rule 4	Turn the wheel

Level 1	Beginner level: Student has no or little experience executing the waza. Focus is upon following the rules of the waza to their best ability.
Level 2	Intermediate level: Student has some experience with the waza. Focus is on being able to do the waza confidently and be able to adjust position when being opposed.
Level 3	Advance level: Student executes the waza very confidently with out having to think too much. Demonstrates knowledge of the waza in terms of when to enter, movement to maintain position, and when to exit.

Vocabulary 20 to 45

20	Osaekomi	holding
21	Toketa	broken
22	Waza	technique
23	O	major
24	Ko	minor
25	Soto	outer
26	Uchi	inner
27	Nage	throw
28	Seioi	shoulder
29	Otoshi	drop
30	Kuzushi	off-balancing
31	Ebi	shrimp, warm-up exercise
32	Uchikomi	fitting in practice, warm-up exercise
33	Sonomama	freeze or stop and don't move
34	Yoshi	continue
35	Guruma	wheel
36	Gari	reap
37	Koshi / Goshi	hip
38	Tai	body
39	Yame	stop or wait
40	Ippon	full point, win
41	Wazari	almost an ippon, point, two wazaris = ippon
42	Jita Kyoei	Mutual Benefit
43	Seiryoku zenyo	Maximum Efficiency
44	Shido	penalty, minor
45	Katame or Gatame	hold /lock

Yoko Otoshi (Yoko-Sutemi-Waza)

- Yoko = Side
- Otoshi = Drop

Tip: Take big steps

1. Wide major Side Step
2. Major Tsurite push
3. Minor leg Stretch forward and sit
4. Turn the wheel

Scan the QR Code or click the link to view video on Yoko-Otoshi



https://www.youtube.com/watch?v=MnNG67pF_a0



Kata Gatame Escape #1

- Grab own hands,
- Push elbow to move tori head away using both arms.
- Wriggle away from tori, attempting to roll onto Stomach



Kata Gatame Escape #2

- Grab hands and push to pin tori in position.
- Rotate legs away from tori, Keeping head close.
- Raise legs and roll over own shoulder.

