

**3/20/2026**

Finish Time

<b>Warm-Up and Stretches</b>	<b>15 min</b>	6:15:00 PM
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<b>Pivot and Uchikomi</b>	<b>10 min</b>	6:25:00 PM
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<b>Basics</b>	<b>10 min</b>	6:35:00 PM
Review	What to do to begin and finish Randori	

<b>Nage-Waza</b>	<b>15 min</b>	6:50:00 PM
De-Ashi-Barai	4-Rule, Review	

<b>Newaza</b>	<b>15 min</b>	7:05:00 PM
Kami-Shiho-Gatame	See Sheet	

<b>Fighting Skills</b>	<b>5 min</b>	7:10:00 PM
Light Randori		

<b>Randori</b>	<b>10 min</b>	7:20:00 PM
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<b>De-Ashi-Barai</b>	
Rule 1	Step Major leg back (Cheat step)
Rule 2	Push minor elbow
Rule 3	Cup your minor foot
Rule 4	Push the foot


<b>Level 1</b>	Beginner level: Student has no or little experience executing the waza. Focus is upon following the rules of the waza to their best ability.
<b>Level 2</b>	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.
<b>Level 3</b>	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.

# Randori

- Randori is Japanese for 'free practice'. For most judoka this is the fun part of training. Here we get to practice and improve our fighting skills.
- It is easy to forget that the intent of Randori is to 'practice'. Often the session turns into a sparring session and judoka take this session too intensely. Randori is not sparring and should not be treated as such.
- Randori is not all about winning. Most Yudansha (Black Belts) will tell you it is not all about doing the throw. Much experience is gathered by being thrown.
- By being too combative often means that that too much emphasis is placed upon avoiding being thrown. This compromises posture which becomes too defensive. This hurts your ability to throw which is not conducive to improving your ability.
- Be Open. Have a plan to practice.

## Entry into Randori

- a) Face your partner.
- b) Ritsu- Rei and take one step forward.
- c) Wait for Hajime.

## Completing Randori

- d) On Matte return to your starting position.
- e) Take a step back and Ritsu-Rei.
- f) Step away.



# De-Ashi-Barai

- De = Advancing
- Ash- = Foot
- Barai/Harai = Sweep

Always attack sleeve side

1. Step Major leg back (Cheat step)
2. Push minor elbow
3. Cup your minor foot
4. Push the foot

Scan the QR Codes or click the link to view videos on De-Ashi-Barai

[https://www.youtube.com/watch?v=4BUUvqxi\\_Kk](https://www.youtube.com/watch?v=4BUUvqxi_Kk)



<https://www.youtube.com/watch?v=Dd6GuATqWrl>

# KAMI SHIHO GATAME

**Kami** = Upper, above

**Shiho** = Four Quarter

**Gatame** = Katame = Hold



## Key points

### Body Position

- a. Focus most of your weight just above the sternum. (Throat area)
- b. Smother uke face. Goal to force uki to submit if they can't breathe or force them to turn head to restrict ability to roll.
- c. Don't Ride high, keep hips back away from uke's head.
- d. Keep legs wide open. Legs kept very wide and use live toes.

### Upper Body Control

- j. Tighten your arm under the arms.
- k. Have your elbows pointing out to broaden holding base.
- l. Control ukes elbows to restrict their ability to grab hold.
- m. Use uke's obi to anchor the tightness of the arm control

### Counter Uke movement

- h. No matter how uke moves **always** try to keep tori body position central. Stay aligned by maintaining position by watching between ukes legs
- i. If uke manages to circle and create an angled position, correct quickly as possible.
- j. Never bring your legs together even when moving with uke.