

**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	Safety 1/Hygiene review	

<b>Nage-Waza</b>	<b>15 min</b>	6:50:00 PM
Okuri-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>Okuri-Ashi-Barai</b>	
Rule 1	Follow uke sideways
Rule 2	Step close
Rule 3	Sweep sleeve side ankle
Rule 4	Turn the steering wheel


<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.

## Safety #2 – Judo Rules

SAFETY, El Toro Judo continually emphasizes the importance of safety.

Occasionally students can lose concentration, and safety may not be on your mind.

So, we continue to discuss how you can continue to be safe and at the same time protect others around you.

**It is important to follow the rules of Judo. Examples of Judo specific safety rules include:**

**An important contribution to Judo Safety are the ‘Rules of Judo’. As well as making sure the correct person wins in a match, the rules of judo protect judoka from injury. As well as remembering to not mess about and to always be aware of what is going on around you.**

- Respond to a call of “Matte” (Stop) **immediately**,
- Don’t put your fingers inside jacket sleeves,
- Don’t let your head touch the ground when throwing,
- Don’t entangle your leg around your partner’s leg when throwing,
- Take the Fall...
- When thrown do not bridge to avoid the throw,
- Don’t do any forbidden throws,
- Only do strangle and chokes in tournament or randori if 13 years and older,
- Only do armbars in tournament or randori if 17 years and older,
- Only locks to the elbow joint are allowed. No head, shoulder, wrist, knee or other leg locks.

### Introduction to HYGIENE:

**Hygiene is CLEANLINESS.**

It may be obvious, but hygiene is very important when in the dojo. It is common for young students to occasionally forget to protect themselves and others by practicing common sense procedures.

Hygiene means cleanliness. This is very important part of practicing Judo because it is a contact sport. We touch each other all the time. By being clean it makes our interactions more pleasant, it avoids infection through scratching and helps to protect each other when ill.

- Do not come to Class if you are feeling unwell.
- Be clean personally when coming into the dojo.
- Wash your judogi often and wear a clean judogi
- No walking barefooted off the mat (including the restroom). Always wear shoes or zori when off the mat.
- Keep finger and toenails short to avoid scratching and cutting partners,
- do not wear jewelry on the mat, which can cause injury to self or others.



# Okuri-Ashi-Barai (Ashi-Waza)

- Okuri = sliding
- Ashi = foot
- Barai = (Harai) = sweep

Tip: sweep at a close distance

1. Follow Uke sideways
2. Step close
3. Sweep sleeve side ankle
4. Turn the steering wheel

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



<https://www.youtube.com/watch?v=nw1ZdRjrdRI>



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

# 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.