

3/27/2026

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
Review	Mae, Yoko, Ushiro Ukemi	

Nage-Waza	15 min	6:50:00 PM
Morote-Seoinage	4-Rule, Review	

Newaza	15 min	7:05:00 PM
Kata-Gatame	See Sheet	

Fighting Skills	5 min	7:10:00 PM
Light Randori		

Randori	10 min	7:20:00 PM
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Morote-Seoinage	
Rule 1	Yawn
Rule 2	Shoe size step
Rule 3	Corkscrew Pivot
Rule 4	Pull off your sweater

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.

Umeki (Breakfalls) Basics

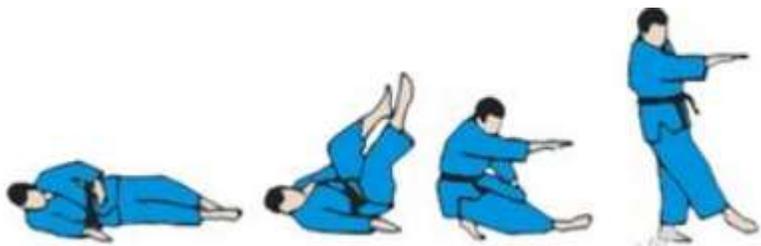


Instructor Notes

- Being able to take a fall when being thrown is very important. Breakfalls are a skill for life. **Helps you now and when you get to be old.**
- Practice and repeated practice of Ukemi builds a **reflexive response** in judoka that is essential.
- Losing your fear of falling and knowing that even in defeat you have **control over your safety** and ability to react in the presence of adversity.
- This ability is a cornerstone for **building one's self-confidence** and allows one to focus on attack rather than defense.

Important points

1. Try to land on your side
 - a. This protects your head
 - b. and your back
2. Chin to chest
3. Never reach for the floor.
4. Slap hand position close to the body
5. If Feet go high, then head goes low.
6. Kiai; sharp exhaling of breath, relaxes internal muscle, reduces tension when landing.



Ukemi Types

- | | |
|---------------|---------------------------|
| Ushiro Ukemi: | Rear breakfall |
| Yoko Ukemi: | Side breakfall |
| Mae Ukemi: | Front breakfall |
| Zenpo Kaiten: | Forward rolling breakfall |

Morote-Seoinage (Te-Waza)

- Morote = Two-handed
- Seoi = Back/Shoulder
- nage = throw

Tori belt must be lower than Uke Belt

1. Yawn
2. Shoe size step
3. Seoinage Pivot
4. Pull off your sweater/Hoodie

Scan the QR Codes or click the link to view videos on Morote Seoinage



<https://www.youtube.com/watch?v=z1q0xl0ogxk>

<https://www.youtube.com/watch?v=nOCbn787tss>



KATA GATAME

Kata = Shoulder

Gatame = Katame = Hold



Main Form



Second Form

Key points

Body Position

- Trap uke upper arm against his own head.
- Use hands to tighten the hold.
- Push your weight forward into uke's shoulder. This is helped in main form by using your leg as a brace.
- Minimize any gaps or space for uke to move into.

Upper Body Control

- Tighten your arm around the neck remove any slack in the hold.

Optional body position.

- Use hands and head as described above.
- Sit as in Kesa Gatame.

In both forms keep your head low to the mat.