

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	Happno Kuzushi	

Nage-Waza	15 min	6:50:00 PM
Hiza-Guruma	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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Hiza-Guruma	
Rule 1	Toes in front of toes
Rule 2	Lift the sleeve
Rule 3	Block the knee
Rule 4	Disney tea pot ride

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.

Kuzushi – Intermediate Concept

Notes to Instructor.

Previous discussions on Kuzushi have indicated how important breaking balance is for judo. It enables us to throw more effectively with safety to ourselves.

In the intermediate Level on kuzushi we introduce the concept of Happno-Kuzushi (direction)

Tips

1. Head moves in the direction of kuzushi
2. Lost Balance to the front, uke on toes
3. Lost balance to the rear, uke on heels

Kuzushi Drills

1. **Forward Motion:** Uke stands with feet together, hands up at shoulder height, hands in front (Sleep-walker position). Tori holds sleeves and takes a big step back with right leg, gently pulling uke. Uke should have some reaction to their balance. Repeat with Tori stepping back with their left leg.
2. **Backward Motion:** Uke stands with feet shoulder width apart. Tori has hands flat on top of Uke's shoulders. Keeping their elbows close to their sides, tori steps past to the right and then left. Goal is to have uke rock back on their heels.
3. **Side Motion:** Uke stands with feet together, Arms up at shoulder height to their side ('T' position). Tori holds Uke sleeves and rocks his/her side to side. Uke does not resist but moves with the motion. Slowly build up the rocking motion until uke loses balance and has to move or fall down.





Hiza-Guruma

- Hiza = knee
 - Guruma = Wheel
1. Toes in front of toes
 2. Lift the sleeve
 3. Block the knee
 4. Disney tea pot ride

Scan the QR Codes or click the link to view videos on Hiza-Guruma

<https://judo.ijf.org/techniques/Hiza-guruma>



https://www.youtube.com/watch?v=_n_BzCxob6I

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.