

4/3/2026

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
Jitte Kyoei	See Sheet: #39	

Nage-Waza	15 min	6:50:00 PM
Soto-Makikomi	Review-L1	

Newaza	15 min	7:05:00 PM
Full Guard Attack/Defense		

Fighting Skills	5 min	7:10:00 PM
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Randori	10 min	7:20:00 PM
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Soto-Makikomi	Review las weeks L1 class. Beginner level: Student has no or little experience executing the waza. Focuss is upon following the 4 rules of the waza to their best ability.
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Achieve Full-Guard	
Control Uke	
Placing feet	

Level 1	Beginner level: Student has no or little experience executing the waza. Focuss 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.

39. What is Jita-Kyoei?

Jita-Kyoei [じたきょえい: gee-ta kyoh-eh] is the idea that if everyone cooperates with each other, then each person's work will benefit not only themselves, but everyone else. Jita-Kyoei is, to summarize, the concept of mutual benefit. While judo may be a competition sport, it is nonetheless an activity that cannot be practiced alone.

On the mat, applying this Jita-Kyoei principle involves the judoka helping their training partners. Share ideas and remarks, speak with tact, and encourage often. Be a good partner to them, and they will be a good partner to you. A judoka who refuses to help others will often find themselves without a practice partner.

A judoka who thinks only of themselves will practice without thinking about their partner's experience level and confidence. A tori (attacker) may only pay attention to their own technique, and consequently the uke (defender) may fall and hurt themselves. The tori will be left with a bad reputation and may find it difficult to practice with others. The uke, as well, will be left with a bad experience, and may find it just as difficult to regain their confidence. To understand the idea of Jita-Kyoei, you must first understand what it is to be a good judo player.