

**4/3/2026**

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	Terms 1 to 15	

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

<b>Newaza</b>	<b>15 min</b>	7:05:00 PM
Kesa and Kata escape	See Sheets	

<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>Sasae-Tsurikomi-Ashi</b>	
Rule 1	Major to Minor Tee
Rule 2	Lift guiding hand sleeve High
Rule 3	Block the ankle
Rule 4	Chase your tail


<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.

# Vocabulary 1 to 20

1	Judo	ju (gentle) + do (way)
2	Judogi	uniform
3	Obi	belt
4	Dojo	club or hall where judo is practiced
5	Sensei	teacher or head instructor (person who has gone before)
6	Tatami	Mat
7	Rei bow)	Bow
8	Shomen	front of dojo or place of honor
9	Anza	sitting cross-legged
10	Seiza	kneeling at attention
11	Hajime	Begin or Start
12	Matte	stop or wait
13	Kiai	yell or noise used to gain strength
14	Uke	defender
15	Tori	attacker
16	Migi	right
17	Hidari	left
18	Ushiro	back, backwards
19	Mae forward)	forward
20	Osaekomi	holding

# Sasae Tsurikomi Ashi

Blocking Pulling Lifting Throw.

## Four Rules

1. Major to Minor Tee
2. Raise Guiding Hand Sleeve
3. Block the ankle
4. Chase your tail

Scan the QR Codes for links to videos on this months throw



## **KESA GATAME ESCAPE #1**

- Ebi turn and Hook and Hold leg

## **KESA GATAME ESCAPE #2**

- Ebi turn and elbow to belly, turn on to knees

## **KESA GATAME ESCAPE #3**

- Ebi Turn, Bear Hug body, bridge and roll over shoulder

## **KESA GATAME ESCAPE #4**

- Free restrained arm, Hook with other hand under uke face, Squeeze and roll over shoulder

## **KESA GATAME ESCAPE #5**

- Push tori down and push to Sit up

## Kata Gatame Escape #1

- Grab own hands,
- Push elbow to move tori head away using both arms.
- Wriggle away from tori, attempting to roll onto Stomach



## Kata Gatame Escape #2

- Grab hands and push to pin tori in position.
- Rotate legs away from tori, Keeping head close.
- Raise legs and roll over own shoulder.

