

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
Review	Enter Dojo and Mat/Start Randori	

Nage-Waza	15 min	6:50:00 PM
O-Goshi	4-Rule, Review	

Newaza	15 min	7:05:00 PM
Turtle Turnover	#1, #2 and #3	

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

Randori	10 min	7:20:00 PM
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O-Goshi	
Rule 1	Short step and pull
Rule 2	Shoot your major arm
Rule 3	Minor hip to belt knot
Rule 4	Hug then Rock and Roll

Turtle Turnover 1	Bulldozer
Turtle Turnover 2	Snake
Turtle Turnover 3	Ride'm Cowboy

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.

7. Dojo Entry

Judo inherits its culture from early 20th century Japan. Even though it is 'old fashioned' it is an important part of what makes Judo unique in that it embeds an expectation of behavior and respect which other sports do not.

Entry into the Dojo

1. Remove your footwear.
2. Ritsu-Rei
3. Walk into the dojo.

Entry on to the mat - If Class has not started.

1. Ritsu-Rei
2. Step on to the tatame

Entry on to the mat - If Class has already started

1. Wait at the edge of the mat until given permission by sensei to join the class.
2. Ritsu-rei
3. Step on to the mat
4. Approach and bow to sensei
5. Join in the class

Leaving the Dojo

1. Perform the entry steps, but in reverse.
2. Step off the mat – bow,
3. Leave the dojo – bow.

Randori

- Randori is Japanese for 'free practice'. For most judoka this is the fun part of training. Here we get to practice and improve our fighting skills.
- It is easy to forget that the intent of Randori is to 'practice'. Often the session turns into a sparring session and judoka take this session too intensely. Randori is not sparring and should not be treated as such.
- Randori is not all about winning. Most Yudansha (Black Belts) will tell you it is not all about doing the throw. Much experience is gathered by being thrown.
- By being too combative often means that that too much emphasis is placed upon avoiding being thrown. This compromises posture which becomes too defensive. This hurts your ability to throw which is not conducive to improving your ability.
- Be Open. Have a plan to practice.

Entry into Randori

- a) Face your partner.
- b) Ritsu- Rei and take one step forward.
- c) Wait for Hajime.

Completing Randori

- d) On Matte return to your starting position.
- e) Take a step back and Ritsu-Rei.
- f) Step away.



O-Goshi (Koshi-Waza)

- O = Major or Large
- Goshi = Hip technique

Hug the beltline tightly

1. Short step and pull
2. Shoot your Major Arm
3. Minor Hip to knot
4. Hug, Rock and Roll

Scan the QR Codes or click the link to view videos on O-Goshi



<https://www.youtube.com/watch?v=yhu1mfy2vJ4>



https://www.youtube.com/watch?v=35qAGGn_mes