

4/10/2026

Finish Time

| | | |
|------------------------------|---------------|------------|
| Warm-Up and Stretches | 15 min | 6:15:00 PM |
|------------------------------|---------------|------------|

| | | |
|---------------------------|---------------|------------|
| Pivot and Uchikomi | 10 min | 6:25:00 PM |
|---------------------------|---------------|------------|

| | | |
|---------------|---------------------------------------|------------|
| Basics | 10 min | 6:35:00 PM |
| Review | Tying Belt, Count 1 to 10 in Japanese | |

| | | |
|------------------|----------------|------------|
| Nage-Waza | 15 min | 6:50:00 PM |
| O-Soto-Gari | 4-Rule, Review | |

| | | |
|----------------------|---------------|------------|
| Newaza | 15 min | 7:05:00 PM |
| Yoko and Kami Escape | See Sheets | |

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

| | | |
|----------------|---------------|------------|
| Randori | 10 min | 7:20:00 PM |
|----------------|---------------|------------|

| | |
|--------------------|-----------------------------|
| O-Soto-Gari | |
| Rule 1 | Heel to heel |
| Rule 2 | shoulder to shoulder, (hug) |
| Rule 3 | Kick the soccer ball |
| Rule 4 | Chop down the tree |

| | |
|--|--|
| | |
| | |

| | |
|----------------|---|
| 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. |

Counting in Japanese

Judo has its historical roots in Japan and as such adopts most of its terminology from Japanese. Counting is one such aspect.

| | | | |
|---|-----------|------------|---------------|
| Bangou | Numbers | Ni-Ju | Twenty |
| Rei | Zero | Ni-Ju-Ichi | Twenty-One |
| Ichi | One | San-Ju | Thirty |
| Ni | Two | Yon-Ju | Forty |
| San | Three | Go-Ju | Fifty |
| Shi or Yon | Four | Roku-Ju | Sixty |
| Go | Five | Nana-Ju | Seventy |
| Rokuu | Six | Hachi-Ju | Eighty |
| Shichi or Nana | Seven | Ku-Ju | Ninety |
| Hachi | Eight | | |
| Ku | Nine | | |
| Ju | Ten | | |
| Counting beyond ten is to use the number of tens plus the base number. Eg. eleven is one ten and one. Twenty-two is two ten and two. | | | |
| Ju-Ichi | Eleven | | |
| Ju-Ni | Twelve | Hyaku | One Hundred |
| Ju-San | Thirteen | Nihiyaku | Two Hundred |
| Ju-Yon | Fourteen | Sanbyaku | Three Hundred |
| Ju-Go | Fifteen | Yonhyaku | Four Hundred |
| Ju-Roku | Sixteen | Gohyaku | Five Hundred |
| Ju-Nana | Seventeen | Ropyaku | Six Hundred |
| Ju-Hachi | Eighteen | Nanahyaku | Seven Hundred |
| Ju-Ku | Nineteen | Happyaku | Eight Hundred |
| | | Kyuuhyaku | Nine Hundred |
| | | Sen | One Thousand |

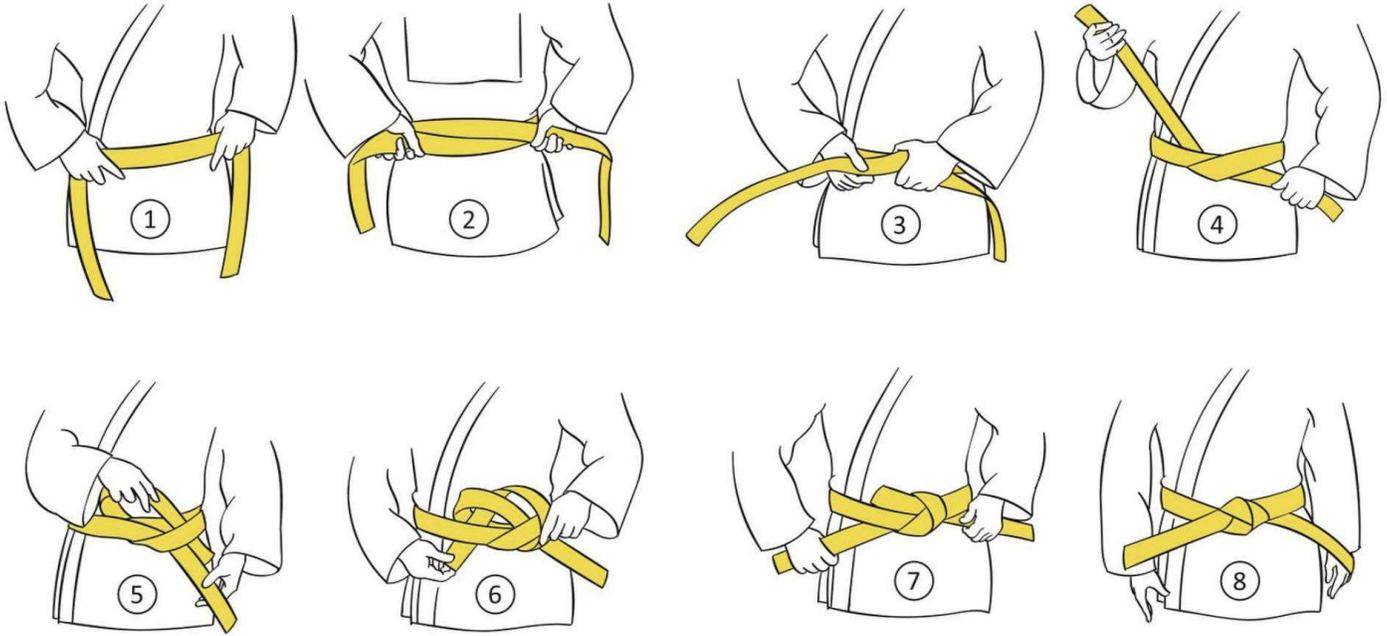
Some of the numbers have two pronunciations – respectively, 4, 7, 9. This is due to similarities in pronunciation with these numbers and other words that Japanese people consider to be “unlucky numbers”.

The first pronunciation of the number 4 (shi) also means death (shi). Although 7 (shichi) is thought of as a lucky number in Japan, because it sounds like death nana is used instead.

One reading of 9 (ku) can mean agony or pain (ku).

Because of these “unfortunate” similarities, Japanese people avoid using these numbers. The superstition even goes so far as to omit the 4th floor in the design of buildings, or the 4th seat in a theater!

4. How to tie your Obi (belt)



ijf.org



O-Soto-Gari (Ashi-Waza)

- O = major or Large
- Soto = Outside
- Gari = Reap (cut down)

Tip: Don't put your attacking foot on the ground

1. Heel to Heel
2. Shoulder to Shoulder
3. Kick the Soccer Ball
4. Chop down the tree

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



https://www.youtube.com/watch?v=c-A_nP7mKAc



<https://www.youtube.com/watch?v=x3cTRRspZ5M>