

**4/10/2026**

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	Tying Belt/Fold Gi	

<b>Nage-Waza</b>	<b>15 min</b>	6:50:00 PM
Koshi-Guruma	4-Rule, Review	

<b>Newaza</b>	<b>15 min</b>	7:05:00 PM
Prone Turnover	#1, #2 and #3	

<b>Fighting Skills</b>	<b>5 min</b>	7:10:00 PM
Light Randori		

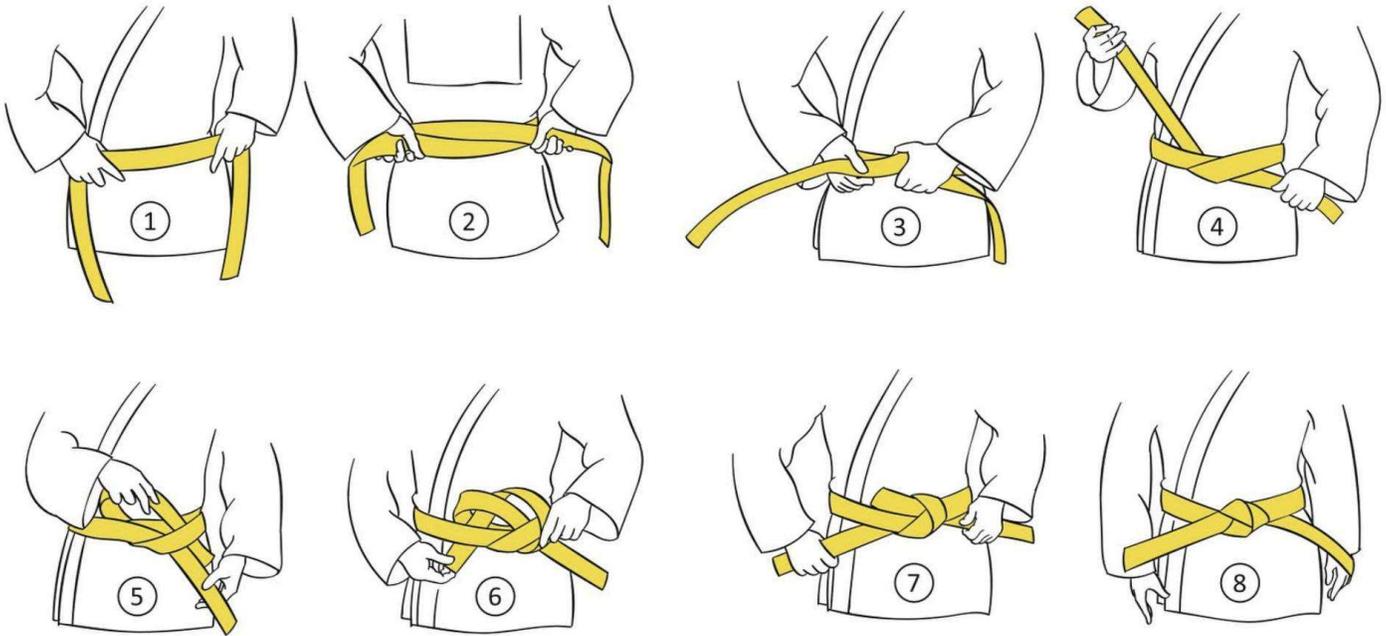
<b>Randori</b>	<b>10 min</b>	7:20:00 PM
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<b>Koshi-Guruma</b>	
Rule 1	Uke Head Down
Rule 2	Reach for Opposite Shoulder
Rule 3	Deep Normal Pivot
Rule 4	Hand reach for the floor

<b>Prone Turnover 1</b>	<b>Pump and Dump</b>
<b>Prone Turnover 2</b>	<b>Ride'm Cowboy</b>
<b>Prone Turnover 3</b>	<b>Snake and Collar</b>

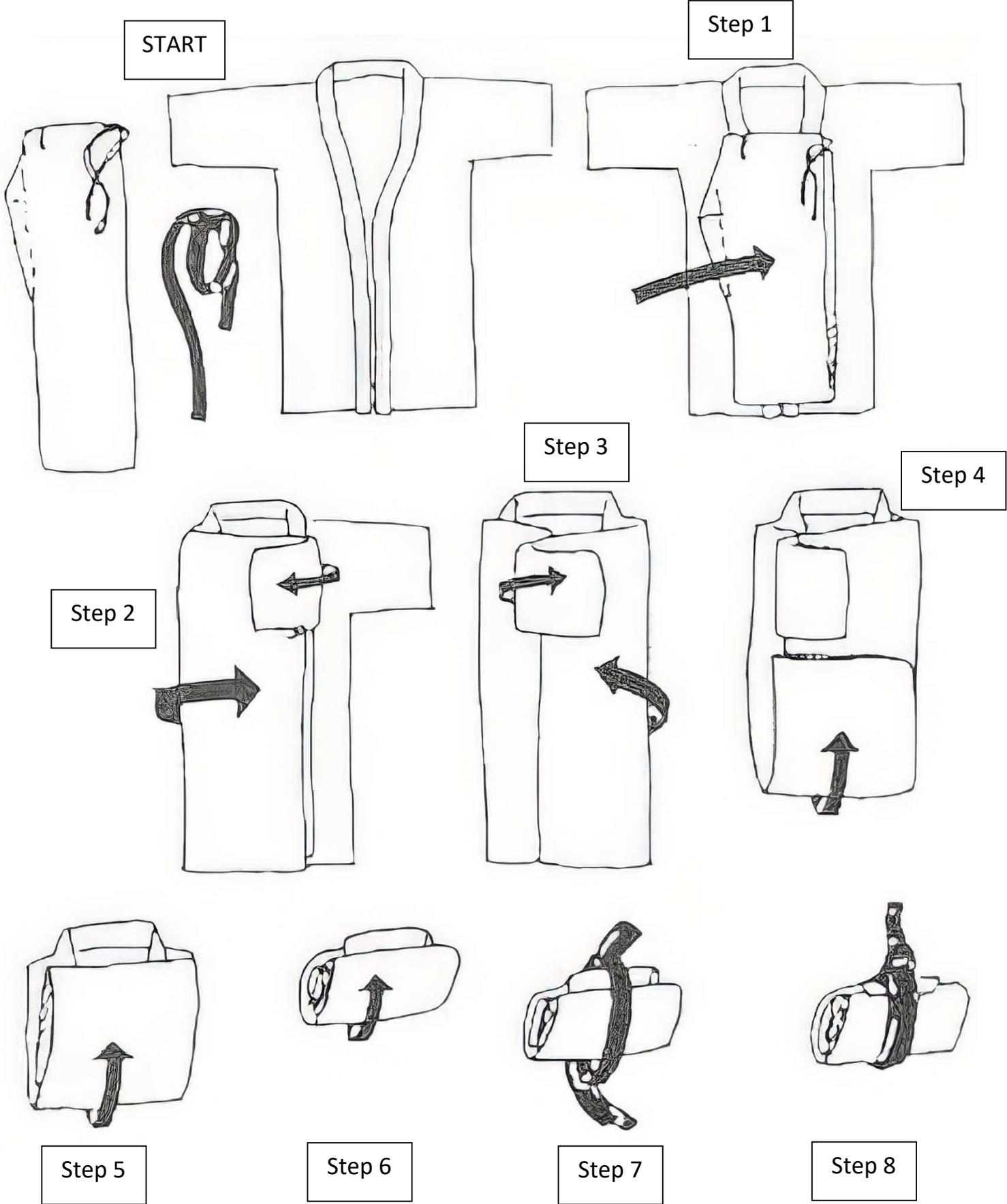
<b>Level 1</b>	Beginner level: Student has no or little experience executing the waza. Focus is upon following the rules of the waza to their best ability.
<b>Level 2</b>	Intermediate level: Student has some experience with the waza. Focus is on being able to do the waza confidently and be able to adjust 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.

## 4. How to tie your Obi (belt)



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# 22. Folding A Judogi



# Koshi-Guruma (koshi-waza)

- Koshi = Hip
- Guruma = Wheel

Tip: Control the head

1. Head down
2. reach for opposite shoulder
3. Deep Normal Pivot
4. Hand to the floor

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



<https://www.youtube.com/watch?v=SU71d6uVJ44>



<https://www.youtube.com/watch?v=JgiaC4x9lgQ>

