

Training Plan-1

Skill- Introduction**Objective-** Know the Game & Basic Etiquettes & Instructor**Introduction-****(10 min)**

- Welcome - Introduction to coach/students
- Dojo Rules / Class Rules:
 - 1) Rei / Bow when entering & leaving Dojo & Tatami (include what is Rei)
 - 2) Rei / Bow – Instructor & Training Partners
- What is JuDo ?
 - 1) Way of Agility & Swiftness
 - 2) Refined form of Jujitsu – Japanese Martial Art founded by Prof. Jigoro Kano in 1882
 - 3) Includes Throws, Grappling, Kicks & Punches (Self Defense only)

Warm-Up-**(15min)**

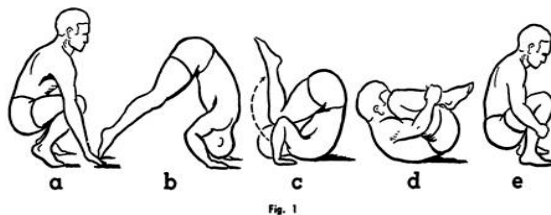
- **General Warm-up: Running, Hopping, Crawling etc.**

Stretching the hands, legs, toes, ankle, b) bending forward, backward, sideways, c) neck rotation, hands rotation----- (please use cone, ladder, Rings etc for warm-up)

- **Gymnastic Element:**

- **Front Roll-**

• Front Roll - Squat & Crouch, Hands on the Mat, Tuck Head in & Directly roll on back by pushing off with legs.

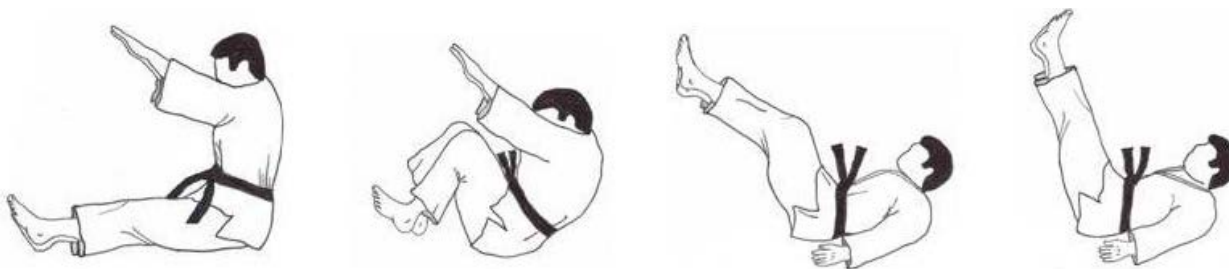
**Judo-****(25Min)**

- UshiroUkemi (standing)

(10 to 15 time each partner)

Imp Points:

- Rolling the body
- Slapping the hand at 45 degree angle
- Palm down & Head Up

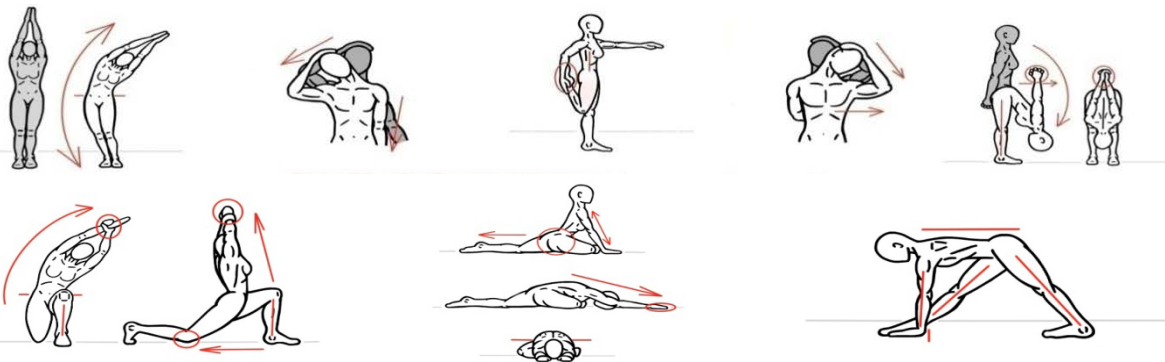


- KohoUkemi (Standing)- Head Up, Slamming Hands bent at 45 degree angle from elbow, Palms Down - using fleshy portion of forearms. (10 to 15 time each partner)



- Cool Down-
- Static Streching

(10 min)



- Sumo Squat

- Butterfly

