



JUDO 

Kids

SHO 5

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CHECKLIST

- Theory
- STAGE 1:
Ankle Touches –
De-ashi-bari
- STAGE 2:
Bridge and Turn
- STAGE 3:
Cross Hops
- STAGE 4:
Frog Hop with
High Hold
- Alternative
Activities

THEORY:

YUKO – SCORE PARTNER MOSTLY ON BACK

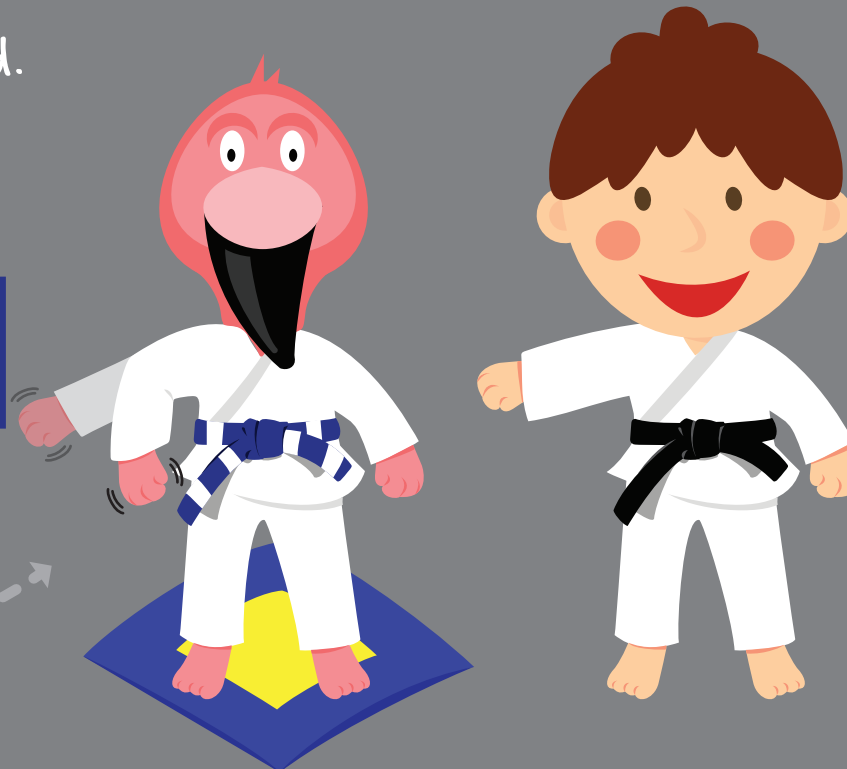
Yuko is the lowest score, when your partner falls onto their side. The coach will put their arm out and down to the side to signal this score.

OSAE-KOMI – HOLDING

This is said when a hold down has started. The coach will hold their hand out and over the players to signal this.

TOKETA – HOLD BROKEN

This is said when the hold down is broken. The coach will wave their hand to signal this.



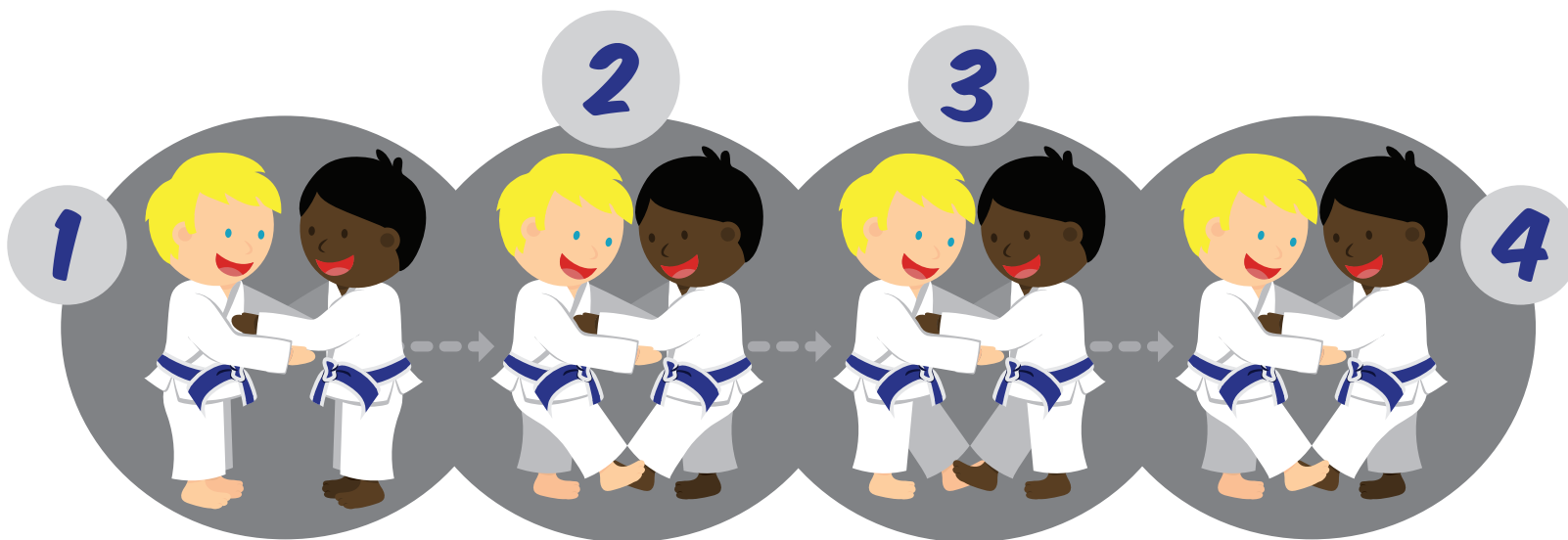
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STAGE 1: ANKLE TOUCHES – DE-ASHI-BARI

FORWARD:



Start facing your partner holding on with sleeve and lapel grip.



From here, walk forward touching each of your partner's ankle as you go in a sweeping action.

SHO 5 CHECKLIST

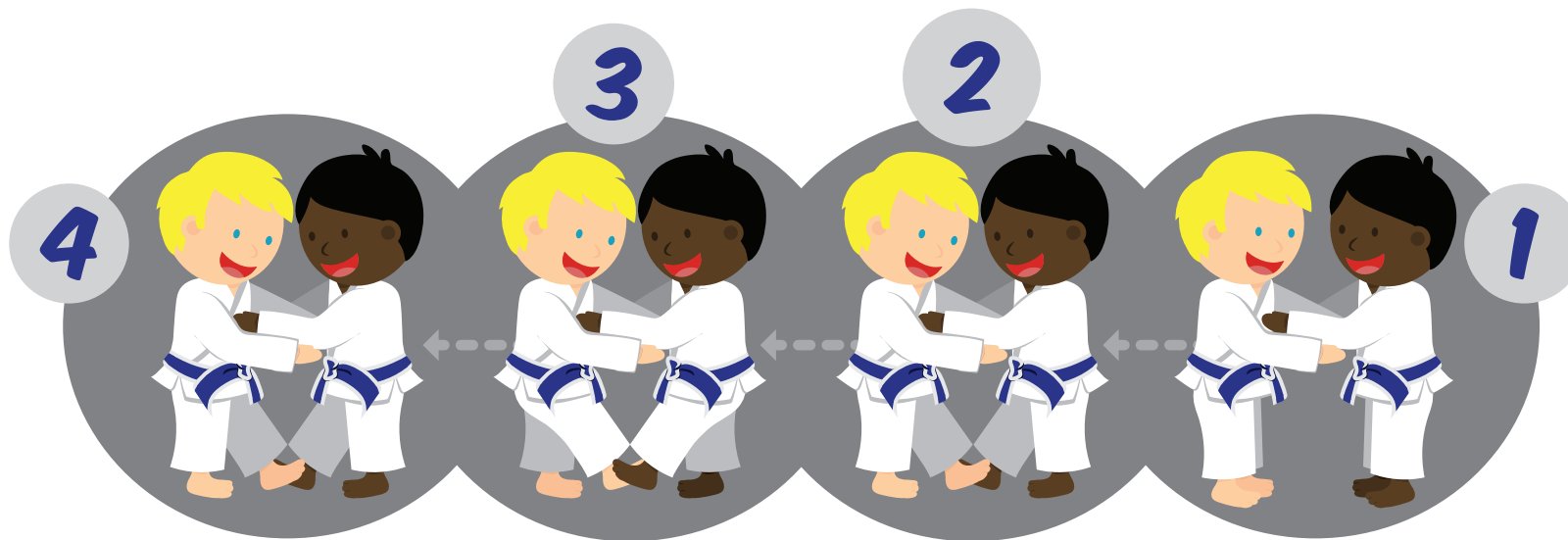
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STAGE 1: ANKLE TOUCHES – DE-ASHI-BARI



BACKWARD:



From here, walk backward touching each of your partner's ankle as you go in a sweeping action.



Start facing your partner holding on with sleeve and lapel grip.

SHO 5 CHECKLIST

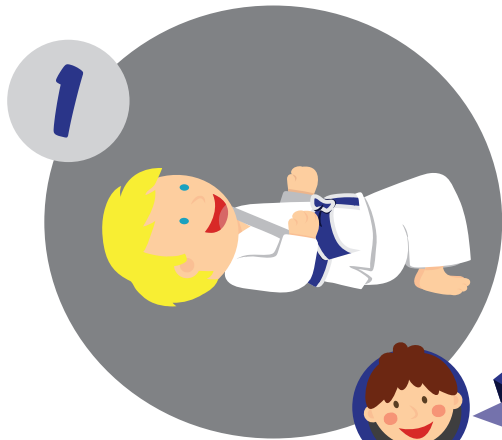
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STAGE 2: BRIDGE AND TURN



SHO 5 CHECKLIST



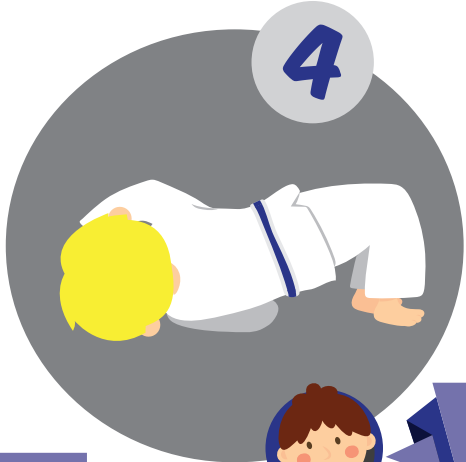
Start on your back feet flat on the floor and close to your bottom.



2



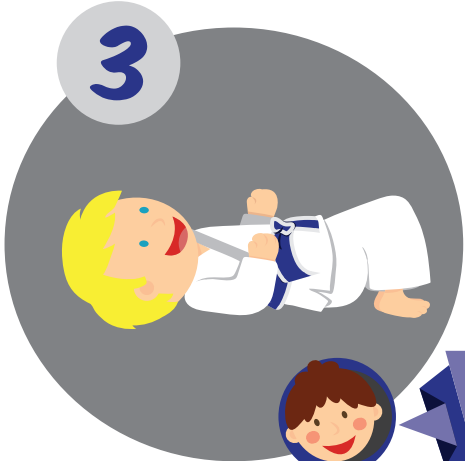
Now push up with your stomach and feet. At the same time reach with your hand to the other side. Reach with your hand until you touch the mat.



4



Reaching to the other side.



3



Come back to original position and then do the same on the other side.

Theory

STAGE 1: Ankle Touches – De-ashi-bari

STAGE 2: Bridge and Turn

STAGE 3: Cross Hops

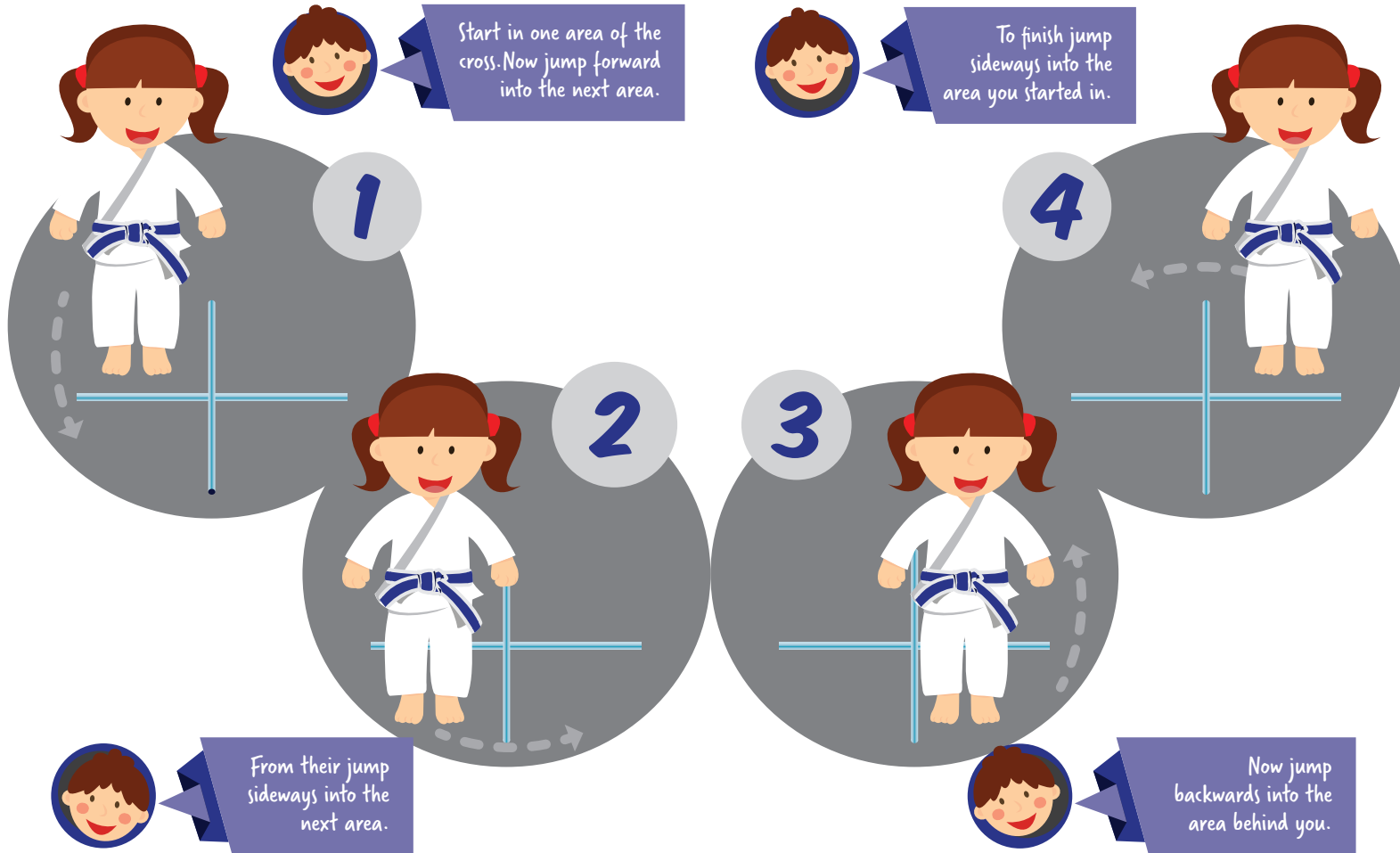
STAGE 4: Frog Hop with High Hold

Alternative Activities



STAGE 3: CROSS HOPS

SHO 5 CHECKLIST



... Now try the same thing in the other direction and hopping on one leg. Remember to keep head up and back straight during the whole movement – good posture!

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STAGE 4: FROG HOP WITH HIGH HOLD



Start in a crouched position.



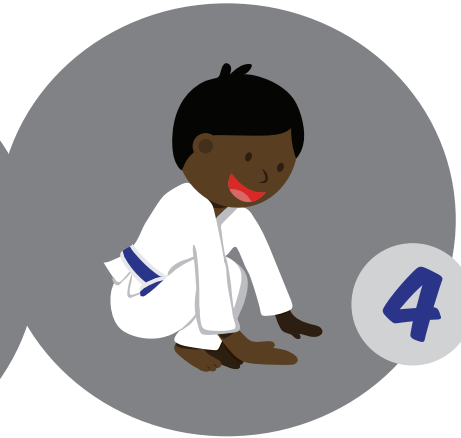
Now push with your legs and reach forward with your arms.



From here kick up with your legs and keep your arms strong on the mat. Now hold your legs in the air and keep arms strong.



Come down to starting position and repeat across the mat.



ALTERNATIVE ACTIVITIES:

- Ankle touch partner games
- Circle sweep group games
- See how long you can keep the high hold
- Sweep bags into a goal to score points
- Bridge and turn and collect bean bags
- Sweeping bean bags or tied belts around the mat in various directions

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