



PRE-JUDO PROGRAM

The focus in the Pre-Judo class is primarily to have fun! The other goals are to build listening skills, improve motor skills as they relate to Judo and to get used to the Judo environment. Nage waza is not taught in this class and the children do not wear Judo gi's. Children are between the ages of 4 and 6 with a class size between 10 and 20 students. You may wish to run this class between 3 and 6 months. Please note that Judo Alberta uses year born to determine eligibility for this program

Curriculum

Pre-Judo is held once a week for 30 minutes. Each class has the same structure to accomplish our goals including a warm-up (approx. 5 minutes), Judo related exercises (approx. 20 minutes) and games (approx. 5 minutes).

Important Considerations

This class is not intended to teach Nage waza or Randori. The intent is to introduce young children to Judo and build their interest in joining a junior class when they are older. Focus on ensuring the children are having fun, are making new friends and practicing their new motor skills. You may find you are spending time supporting the children to maintain attention, to make new friends and handle emotional issues, as the children are very young.

Sample Lesson Plan

Warm-ups (5 min)...these vary slightly with each class with the intention of building motor skills and listening skills. We run in a circle but each time we add different instructions, for example 1 clap means Koho Ukemi and 2 claps means Zempo Ukemi. You can call out various animals and they have to imitate how they move, including crab walks, the inchworm and/or bunny hops.

You could place hula-hoops throughout the dojo and call out a number of body parts and the Judoka have to run to a hoop and place the said body part into the hoop, eg, 1 hand, 2 hands and 1 foot, 1 head etc. Do stretches after running and keep the same routine for the stretches to help children learn the routines.

Judo related Exercises (20 min)...this can include Leapfrog, over and unders (kids line up and jump over one, crawl under the next and so on from back of line to the front), somersaults, mat crawls on the stomach while pulling on partner's ankles, shrimping, barrel rolling over each other, etc. You can teach Ukemi including Koho, Sokuho, Zempo and Zempo Kaiten. Because there is only spend 15 to 20 minutes a week to teach "Judo" movements, break down the teaching into many various steps and over many weeks.

Games (5 min)...wrap up every class with a game and try and make it different every week. Some of the games to try are Tag, Tug of war, relay races, British bulldog, monkey (Judoka wraps their arms around the neck of an adult that is standing with arms stretched out and child has to climb from the front of the adult and make their way around their body without falling off) etc...