JUDO 360:

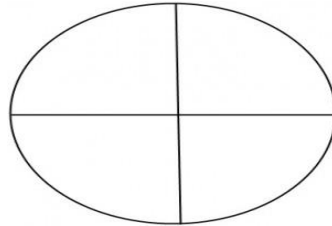**Skill Acquisition Model:** Introduction, Practice, Drill, Randori, Competition

A) **Tachi-waza Attacking Plan**
   1) 360 Attacking Plan – 1 to 3 techniques in each quadrant (scoring in competition or randori)
      - Development of attacking plan needs to be around primary throwing technique

   2) Ashi-waza – minimum of 1 ashi-waza attack: de-ashi-bari, okuri-ashi-bari, sticker, etc
   3) Counter – 1 Counter vs Same side situation / 1 Counter vs Opposite side situation
   4) Off Grip attack – 1 to 3 techniques attacking while attempting to take kumi-kata
   5) Kumi-kata Flavours – ability to do major attacks from variety of different grip situations

B) **Kumikata Plan**
   1) **Same Side Situation**
      Posture
      Control Sleeve
      Post Grip to control shoulder and/or capture sleeve
      Cross Lapel to get to the sleeve
   2) **Opposite Side Situation**
      Posture
      Inside Control + ability to open up
      Overhand Control or around the side or 2 on 1 European Grip
      Circle in front to get the sleeve or lapel
   3) **Same Side Defense / Strip Kumi-kata**
      Posture
      Strip/Free the sleeve
      Strip Lapel
      Escape or neutralize over hand grip
   4) **Opposite Defense / Strip kumi-kata**
      Posture
      Clear shoulder
      Back Shrug to clear side grip
      2 on 1 European Grip Defense

C) **Ne-waza Attacking Plan – 1 to 3 techniques in**
   1) Opponent on stomach
   2) Opponent in turtle
   3) Opponent facing in guard – around the legs
   4) Facing opponent while in guard
   5) Free the leg when opponent has leg
   6) Transition from standing to ne-waza
   7) Active defense – stomach, turtle, guard, pin escape

Appendix A:

Sample of Basic Attacking Plans:

Execution of the techniques should be done from one standardize kumi-kata (do not switch grips/kumi-kata to execute the techniques). The goal is for the athletes to have multiple attacking options from one gripping situation so they can attack in sequences. The attacking plan should be built around a strong forward attack in which athletes can build action reaction and combinations around this technique.

O-Soto-gari	O-uchi-gari
Uchi-mata	Sasae-tusrikomi-ashi

Ko-uchi-gari	O-uchi-gari
Morote-Seoi-nage	Ippon seio-nage or Sode-tusri-komi-goshi

O-Soto-gari or Ko-uchi-gari	O-uchi-gari
Tai-otoshi	Ippon Seio-nage