

Warmup	Duration	Considerations
<p>General warmup</p> <ul style="list-style-type: none"> • running • skipping • hopping • facing in and out (ayumi ashi) • cross overs 	6-8 minutes	This part of the warmup targets general athletic skills
<p>Specific warmup</p> <ul style="list-style-type: none"> • frozen tag with crawling • frozen tag with breakfalls • tails game in group style • tails game one on one <p>Specific warmup - Part 2</p> <ul style="list-style-type: none"> • crab tag • passing guard 	10-12 minutes	<p>This part of the warmup targets specific athletic qualities related to judo such as crawling, breakfalls, gripping (tails)</p> <p>Crab tag promotes the use of ayumi ashi by the standing partner to catch their opponent, while the lying partner learns to use core and both arms and legs to protect themselves.</p> <p>Passing guard has one partner on their knees in between uke's legs trying to escape around the legs and perform a hold down. The helps with partner in the bottom position to utilize their whole body in protecting their position.</p>
<p>Ukemi - Relay style</p> <ul style="list-style-type: none"> • forward rolls • backward rolls • army crawl • spiderman crawl • shoulder rolls • shrimping • monkey walk • crab walk • monkey walk to shoulder roll • yoko ukemi • ko ukemi 	5 minutes	Various exercises and movements to teach physical literacy in a relay style fashion.

Warmup	Duration	Considerations
<p>Technical Newaza</p> <ul style="list-style-type: none"> • bus driver turnover • snow plow turnover <p>Games</p> <ul style="list-style-type: none"> • turn the turtle • turn the skate fish 	<p>10 minutes</p>	<p>Bus driver turnover is used to demonstrate principle of action and reaction.</p> <p>Snow plow demonstrates the principle of using the whole body in the execution of a judo movement.</p> <p>Turn the turtle/skate gives the partner in the turtle position an opportunity to learn how about weight distribution while giving the other partner a chance to use the skill previously acquired.</p>
<p>Newaza Randori</p>	<p>5 randori of 1-1 1/2 minutes each</p>	<p>Offers the opportunity for the individual to practice techniques acquired and learn judo rules and etiquette.</p>
<p>Tachiwaza Tai otoshi with moving down the mats</p>	<p>10 minutes</p>	<p>Promotes throwing and breakfall practice</p>
<p>Game and cooldown</p> <ul style="list-style-type: none"> • british bulldog or • monkey/dogs/ snakes 	<p>5 minutes</p>	<p>Ends the session in a fun manner. ** It is important to cut the game short of the point where the kids are satisfied. This keeps them wanting to come back.</p>