

Roswell Judo Club Class Lesson Guide

Class:	Beginning Judo - Semester 1
Date:	22-Aug-11

Weekly Goals:	
1	Introduction to Judo
2	Sitting and Squatting Falls
3	O Goshi

Ukemi:	
1	Laying Down Ukemi (Back, Right, Left)
2	Sitting Ukemi (Back, Right, Left)
3	Kneeling Front Falls
4	
5	

Warm-Up:	
1	Somersault
2	Backward Somersault
3	Regular Push-ups
4	Side Jumps
5	Split Jumps
6	Front-to-back Split Jumps
7	Regular Sit-ups
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12	

Technical:	
1	Walking and Turning
2	Stepping and Squatting for O Goshi solo
3	Stepping and Squatting for O Goshi with a partner
4	Stepping, Squatting, and Throwing O Goshi
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