

Ukemi / Breakfalls / Ukuwa ngokukhuselekileyo

(3 Actions/Inshukumo)

Falling Backwards/ Ukuwa ngasemva
»Ushiro-ukemi«



Falling Sideways/ Ukuwa emacaleni
»Yoko-ukemi«

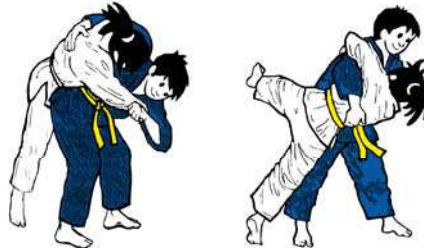


Nage Waza / Basic Throwing Techniques / Amaqhinga okuwisa

(4 Actions/Inshukumo)

O-goshi or/okanye **Uki-goshi**

Left and Right
Ngasekhohlo nangasekunene



O-soto-otoshi

Left and Right
Ngasekhohlo nangasekunene



Katame Waza / Basic Holds/Ukubamba

(4 Actions/Inshukumo)

Kuzure-keza-gatame
Left and Right
Ngasekhohlo nangasekunene



Mune-gatame

Left and Right
Ngasekhohlo nangasekunene



Application of Throws / Indlela yokuwisa

(2 Actions/Inshukumo)

When Uke moves forward or pushes - Tori throws with Uki-goshi or O-goshi/

Xa omhlaselwa ebheka phambili okanye eTyhala - umhlaseli umwisa nge Uki-Goshi okanye i- Ogoshi



When Uke pulls or moves back - Tori throws with O-soto-otoshi/

Xa umhlaselwa etsala okanye ebuyela ngasemva - umhlaseli Uwisa nge O-soto-otoshi



Application of Basic Holds / Indlela yokucinezela phantsi

(2 Actions/Inshukumo)

Two (2) different combinations with Tori throwing Uke and continuing into a hold down. To be followed by Uke escaping from the hold/

Indlela ezimbini zokuwisa ezinxulumanisa ezinye iindlela zokuwisa zisingisela phantsi, zilandelwa ngamacebo okuphuncuka xa ubanjwe phantsi.

Controlled throw/ Ukuwisa ngokukhuselekileyo ...



into hold down/ Ngena ekucinezeleni phantsi ...



escape from hold/ Ngena ekucinezeleni phantsi ...



Randori

3 - 5 Randori @ 1 Minute each/ Umlo we Judo imizuzu emibini emnye

From a kneeling position do randori and attempt the holds learned/

Uguqe ngamadolo yilwa umlo we Judo, uzame amacebo okubamba owafundileyo

Kneeling/ugaqile ...



Turn and control/ Guquka wongamele ...



into holds and escapes/Ngena Ekucinezeleni nase kuphuncukeni



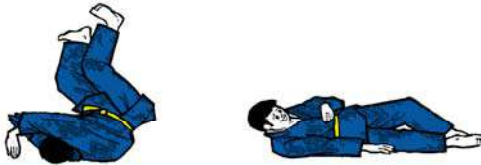
Breakfalls/ Ukuwa ngokukhuselekileyo

(5 Actions/Inshukumo)



Forward Roll (Left & Right)
Staying down or standing up/
Uqulukubhede
(ngasekhohlo nasekunene)
Phants okanye umile-

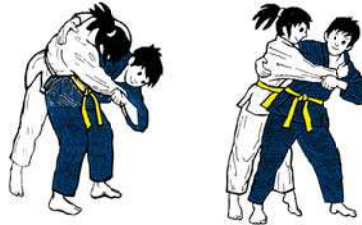
>>Mae-mawari-ukemi<<



Basic Throwing Techniques indlela yokuwisa

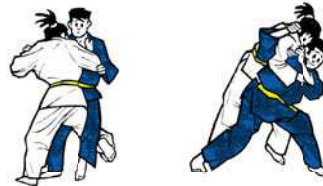
(7 Actions/Inshukumo)

O-goshi and Uki-goshi
Left and Right
ngasekhohlo nangasekunene



O-uchi-gari
Left and Right
ngasekhohlo
nangasekunene

Seoi-otoshi



Katame Waza / Basic Holds/Ukubamba

(6 Actions/Inshukumo)

Keza-gatame **Yoko-shiho-gatame**

Left and Right
ngasekhohlo nangasekunene



Tate-shiho-gatame **Kami-shiho-gatame**



Application of Throws / Indlela yokuwisa

(2 Actions/Inshukumo)

When Uke moves forward
or pushes - Tori throws with

xa umhlaseli esiya ngaphambili
okanye etyhala - umhlaseli uwisa
njengoba kuchaziwe.



When Uke pulls or moves back
- Tori throws with O-uchi-gari/

xa umhlaselwa esiya ngasemva
umhlaseli uwisa nge-njengokuba
kuchaziwe



Application Tasks Ne Waza ukwenza indima xa uphantsi

(7 Actions/Inshukumo)

1 Escape from each of the holds:
ukuphuncuka kwenye yeendlela
zokubanjwa phantsi



Turn Uke into hold from

1: All Fours 2: Lying on stomach/

guqula umhlaseli kwezimeko zibhaliweyo:
Uquqe ngamadolo nezandla naxa ulele ngesisu



Moving between different holds
with Uke attempting escapes/

Tshintsha tshintsha indlela yokubamba,
umhlaselwa ezama uku baleka



eg: Kuzure-kesa-gatame to Mune-gatame

Randori

4 - 6 Randori @ 1 Minute each/
Umlo we Judo umzuzu omnye

Start Ne-Waza/qala phantsi
Randori after throwing Uke/
Yilwa emveni kokuwisa umhlaseli



Uke does breakfall/
umhlaseli uwa ngokukhuselekileyo



Start Ne-Waza Randori/
qala umlo we-judo waphantsi