

Syllabus: Fundamentals Class, Wednesdays

CLASS	WEEK	Theme	Fundamental Judo Skill	Judo Technique	Remarks
Fundamentals	1	Basic Upper Body and Lower Body Movement	Side rolls, side breakfall, 8 methods of gripping	O Soto Gari (Major Outer Reaping)	
Fundamentals	2	Basic Upper Body and Lower Body Movement	Tai Sabaki & Shintai (Body repositioning & movement)	O Goshi (Major Hip Throw)	
Fundamentals	3	Basic Upper Body and Lower Body Movement	8 ways of breaking balance	Ippon Seoi Nage (One arm shoulder throw)	
Fundamentals	4	Basic Upper Body and Lower Body Movement	Bridging and Shrimping (Ebi)	Kesa Gatame (Scarf hold)	
Fundamentals	5	Posture and Core control	Forward Roll Break Fall, Front Breakfall	Sasae Tsurikomi Ashi (Ankle Propping Throw)	
Fundamentals	6	Posture and Core control	Newaza Movement; Cycling, Scissors, Circles	Kata Gatame (Shoulder Hold)	
Fundamentals	7	Posture and Core control	Cartwheels, Defensive Tai Sabaki	De Ashi Barai (Advancing Foot Sweep)	
Fundamentals	8	Transitions	Breakfall while moving	Transition: Ogoshi to Kesa Gatame	
Fundamentals	9	Transitions	8 Directions Kuzushi -	Morote Seoi Nage	

			extend to throwing	(Two arm shoulder throw)	
Fundamentals	10	Transitions	Rolling Breakfall over obstacle	Escape from Kesa Gatame	
Fundamentals	11	Transitions	Shrimping and Reverse Shrimping	Escape from Kata Gatame	
Fundamentals	12	Transitions	Waki Shime (Closing armpits and pulling)	Koshi Guruma to Kesa Gatame (Hip wheel throw to scarf hold)	