

SUGGESTIONS FOR A FORMAT FOR A BEGINNERS LESSON

The instructors' attitude to their judo is what encourages beginners to continue or puts her/him off returning to the dojo. All Junior and Senior instructors must show they can teach beginners confidently and sympathetically; it is the most important lesson that novices learn.

Before joining a class, beginners should be told judo is about control, both in tachi waza and ne-waza.

a. *Basic etiquette*- knowing the basic rules avoids embarrassment

- Rei on and off mat, Rei to partner
- When leaving the mat- stepping on and off mat – what to do with shoes.
- Hygiene – nails, hair, no hair clips or jewellery, clean gi's and bodies.
- What *matte* means, and why it is important to stop as soon as it is called.

b. *Breakfalls*-explain why they are important

Preparation for breakfalls

- Lay on back and hit the mat with straight arm
- Rolling from side to side hitting mat

From squatting position and then from standing;

- Back breakfall
- Side breakfall
- Front breakfall

Head over heels and then;

- Rolling break fall

Stepping off on one foot, with one hand going down

2) ***Novice Judoka should now be thrown by an experienced judoka*** - so they can understand why break falls have to be learnt and how they work when being thrown

3) ***Teach basic movements to throw forwards and backwards***

- a. How to take hold of a partner.
- b. How to break the balance forwards, backwards and sideways
- c. How to throw using;

Ototogari supporting uki by holding arm

Ogoshi supporting uki by holding arm

I. Teach kesa-gatame

II. Explain and teach general principles of how to fight on ground.

Explain how to wear gi and tie belt

Beginners should now be ready to take part in general judo sessions.