



## **BASIC THROWING TECHNIQUES FOR JUNIORS**

### **Jim Pedro, Sr. , Chair, USJA Coach Development & Education**

I have a very specific system for teaching and reasons for selecting the throws I teach to juniors. In response to many requests, I have given a partial outline of my program below. Along with Bill Montgomery, Maurice Allan, George Weers, Lanny Clark and other volunteers, I will be expending a major amount of my time over the next six months revising a coach education program with a greater technical emphasis on judo. In the interim, it is my hope that occasional articles published in this newsletter and on the website may be of assistance to other USJA coaches. For coach certification questions, please contact committee vice-chair George Weers – [gweers@theramp.net](mailto:gweers@theramp.net)

#### Throwing Techniques for juniors - beginning

O goshi or Koshi garuma – Major hip throw

**Why I teach it as a basis:** Teaches kids to use hips to throw.

#### Right vs. Right:

Ippon Seoi nage            Ippon Seoi nage to Kouchi Sutemi

Sode when they grab neck    Left side o goshi when they grab neck

**Why I teach it as a basis:** Both are common situation for juniors, encountering a right-handed player against another right-handed player and having another player grab the student around the neck. It is simply good practice to teach beginning students the situations they are most likely to encounter.

#### Counters:

Tani otoshi                    Uranage

**Why I teach it as a basis:** Again, these counters are effective against very common throws, such as seoi nage. Also, it is important to teach children early on to start thinking about counters. If you watch the junior nationals, you will notice that very few students perform counters, thus giving an advantage to your students that do.

#### 13 Year Olds (Intermediate) Throwing technique

#### Left vs. Right Basic Technique:

Tai otoshi                    Uchimata

Knee O soto Gari        Ko soto gari

Ashi barai

Kata Garuma

**Why I teach it as a basis:** As the student masters the basics, it is time to move into less common situations. The most common of these ‘less common’ situations is fighting against a player who is the opposite side from you.

Left vs. Right Combination Techniques:

O uchi to tai otoshi

O uchi to uchimata

O uchi to knee o soto gari

Uchi mata to kosoto gari

**Why I teach it as a basis:** Once students can do the throws individually, it is time to start putting them together. Again, it is important to teach children early on to start thinking about combinations. If you watch the junior nationals, you will notice that very few students perform combinations. Not only do learning counters and combinations earlier than their peers give your students an advantage at the junior level, but this gives them a head start building as a basis for the senior level where they must be able to use more counters, combinations and complex attacks.

Left vs. Right Complex Combinations:

Cross grip ouchi gari

Cross grip sumigaeshi

Russian firemans

Reverse Firemans

Yoko tomonage

**Why I teach it as a basis:** You might say we are starting to move beyond the basics here. Still, we are building on the base a student learned in the previous steps in the curriculum. They know o uchi gari, presumably by this time they have learned a cross grip. They are now ready to learn to throw in less common situations, and to set up those situations more rather than in the case of, e.g., o uchi gari or seoi which often take advantage of situations that commonly occur in a match.

**Beyond the basics** as you move to the techniques below, you are really aiding your student in moving from the junior to senior level. Attacking off the grip, one-handed attacks and cross grip techniques are seldom seen at the junior level. Does this mean that I think you should teach your eight-year-olds these techniques so they will beat all of the other eight-year-olds? No, I do not! Start with the basics. Build a foundation. Build from there.

Same sided opponents (Left vs. Left or Right vs. Right) Techniques:

One-handed tai otoshi

Off the grips to:

Crotch pick (must change levels)

Crotch pick to ippon seonage (must grab leg)

Crotch pick to fireman's carry (must lift elbow high)

Sode Series:

Sode

Sode to osoto gari

Sode to double leg

Drop sode

Sode to fireman's carry

**Note: Teach and drill transitions from standing to newaza techniques**

Techniques off the grip:

Sleeve Cross grip techniques:

Low ouchi gari                      Kouchi gari

Knee pick                      Traditional Sumi gaeshi

New Sumi gaeshi

Lapel Cross Grip

Two hands on same side seoi nage

If you have questions about these techniques, or any other questions or suggestions about coaching, or requests for coaching clinics, please email me at [pedrosjudo@verizon.net](mailto:pedrosjudo@verizon.net) or give me a call at 978 335-5216.