



Pee-Wee Judo at Venice Dojo

Practice times: 7:30 – 8 p.m, Tuesdays

Instructor: Dr. AnnMaria Rousey

Class members: Kevin, Kiah, Julia, Erin, Morgan,
Lucas, Nicole

OBJECTIVES:

During the next eight weeks your child will learn:

- How to safely fall backward, forward and sideways,
- To correctly execute three judo throws
- To correctly perform two judo hold-downs
- One turnover to a pin from the ground
- Judo etiquette, including bowing, and
- Basic Japanese vocabulary for judo.

SCHEDULE

September 24: O-goshi, ukemi, o uchi gari

October 1: O uchi gari ukemi, yoko shiho gatame

October 8: O soto gari, ukemi, kesa gatame

October 15: O goshi, ukemi, yoko shiho gatame

October 22: O soto gari, ukemi, o uchi gari

October 29: Kesa gatame, ukemi, turnover to kesa gatame

November 5: Rehearsal for demonstration

November 12: Judo Demonstration

Vocabulary:

O goshi – major hip throw

O soto gari – major outside reap

O uchi gari – major inside reap

Kesa gatame - scarf hold

Yoko shiho gatame – side four-corner hold

Ukemi – falling

IMPORTANT INFORMATION FOR PARENTS

1. While some clubs allow students as young as three, this program is one of only two in the United States teaching judo in a class tailored for preschoolers. The other is in northern California, approximately 350 miles from us.
2. This class is FULL. We believe it is essential for young children to have individualized attention, and therefore limit the class size to seven. There will be no openings until someone moves into the older class. Therefore, feel free to talk about the class to any of your friends, but, I am sorry that we cannot accommodate any more children at this time.
3. There will be a judo demonstration on November 12th. The students will perform falls and exercises as a group. Each student will also demonstrate at least two throws and one hold-down. Each student will also have a short (one or two sentence) speaking part, using the microphone.
4. PLEASE try to be here on November 5th for the rehearsal.
5. When can my child enter the regular class? When he or she is five years old, can tie his or her own belt, and stay on the mat for a half-hour without leaving.