EJU SEMINAR / REPORT FORM

-Seminar organizer:

-Purpose of the seminar / Headlines:

-Number of participants:

-Dates / Schedule / programme:

-Participant profile: black belt; judo teacher; sport teacher…

Judo history, Jigoro Kano theory:

Delivery about the origin of judo and J. Kano educational theory…

Judo values, Judo etiquette:

Introduction of judo value (moral code of judo)

Demonstration and explanation of Rei, ritsu rei, zarei (how to bow)

Teaching Ukemi (break fall):

Progression of drills from rolling to judo break falls (forward, backward, to the side)

Basic movement Tachi Waza (standing judo):

Progression of basic movement (judo moving): Tsugi Ashi; Ayumi Ashi; Tai Sabaki

Basic movement Ne Waza (ground technique):

Progression of basic movement on the ground: roll, shrimp, bridge

Games, drills, coordination exercises:

General and specific exercises to improve balance and coordination…

Circuits / challenges:

Introduction of a range of drills (circuits 1,2,3,4)

The judo teacher can use a stop watch to motivate the children

Questions / remarks:

All about the participants: interest, suggestions, requests…