

SYDNEY UNIVERSITY WOMEN'S JUDO CLUB

Beginners Course for Semester 1 2005

Week 1 - 8/3/2005

Introduction	Outline of course, Dojo etiquette Warm up & purpose of ukemi (breakfalls)
Tachi--Waza (standing techniques)	Basics - Kuzushi (breaking opponents balance) Uki-Goshi (hip throw)
Ne-Waza (grappling techniques)	Kesa-gatame (scarf hold)
Goshinjitsu (self-defence techniques)	Breaking away from wrist grips

Week 2 - 15/3/2005

Tachi-waza	Tai-sabaki (standing body movements) Ippon-seoi-nage (one arm shoulder throw) Seoi-nage (shoulder throw)
Ne-waza	Kata-Gatame (shoulder hold)
Goshinjitsu	Escape from strangle + practice wrist breaks

Week 3 - 22/3/2005

Tachi-waza	O-soto-gari (major outer-reaping throw)
Ne-waza	Juji-gatami (cross arm lock)
Goshinjitsu	Break front grip to wrist & arm locks

Easter Recess -

Friday 25/3/2005 to Friday 1/4/2005

Week 4 - 5/4/2005

Tachi-waza	O-uchi-gari (major inner-reaping throw)
Ne-waza	Yoko-shiho-gatame (side locking of four quarters)
Goshinjitsu	Escape from side waist hold to wrist lock

Week 5 - 12/4/2005

Tachi-waza	Ko-uchi-gari (minor inner-reaping throw)
Ne-wa-za	Okuri-eri-jime (sliding collar strangle) Kata-Ha-jime (single wing strangle) Hadakai-jime (naked choke)
Goshinjitsu	Overarm grip from side (to Ashi-guruma, O-uchi-gari & Ko-uchi-gari)

Week 6 - 19/4/2005

Tachi-waza	De-ashi-harai (advancing ankle throw)
Ne-waza	Ude-hishigi-hiza-gatame (knee armlock) Yoko-ude-hishigi-hiza-gatame (side knee armlock)
Goshinjitsu	Overarm grip from front (to o-uchi-gari & ko-uchi-gari)

Week 7 - 26/4/2005

Tachi-waza	Hiza-guruma (knee wheel)
Ne-waza	Arm locks against belt grab (two)
Goshinjitsu	Overarm grip from rear (to sukui-nage & seoi-nage)

Week 8 - 3/5/2005

Tachi-waza	0-goshi (major hip or loin throw)
Ne-waza	Kami-shiho-gatame (upper four corners hold)
Goshinjitsu	Underarm grip from rear

Week 9 - 10/5/2005

Tachi-waza	Sasae-tsuri-komi-ashi (propping drawing ankle throw)
Ne-waza	Nami-juji-jime (normal cross strangle) Gyaku-juji-jime (reverse cross strangle) Kata-juji-jime (half cross strangle)
Goshinjitsu	Escapes from handshake grip

Week 10 - 17/5/2005

Preparation for Yellow Belt Grading

Week 11 - 24/5/2005

Tachi-waza	Okuri-ashi-harai (sweeping ankle throw)
Ne-waza	Ushiro-kesa-gatame (rear scarf hold)
Goshinjitsu	Break strangle grip and throw

Week 12 - 31/5/2005

Tachi-waza	Harai-goshi (sweeping loin throw)
Ne-waza	Escape from Kesa-gatami
Goshinjitsu	Defences against punches

Week 13 - 7/6/2005

Tachi-waza	Uchi-mata (inner thigh sweep)
Ne-waza	Escape from Yoko-shiho-gatame
Goshinjitsu	Revision of all techniques and practice

Study Vacation -

Monday 13/6/2005 to Friday 17/6/2005

Examination Period -

Monday 20/6/2005 to Saturday 2/7/2005

AVCC Common Week/Easter -

Friday 25/3/2005 to Friday 1/4/2005

Holiday Judo Sessions

Monday & Wednesdays - 5:30 to 7:30

Revision and further techniques for orange belt grading.

First Tuesday Semester 2 -

26/7/2005

Advanced techniques and preparation for orange belt grading