

# EL Toro Judo Club Kodomo Curriculum

The El Toro Judo curriculum for students 5 years to 16 years of age is based on our established promotion syllabus. Our syllabus has been used for over 20 years and has proven to be an excellent system to help students learn, understand, and master the principles of waza (techniques) and culture of Judo.

Our curriculum is based on six-month session, which will lead our kodomo judoka through their yellow and orange belt promotions.

<b>Session 1: 0 to 6 months</b>				
<b>Week #</b>	<b>Tachi-Waza</b>	<b>Ne-Waza</b>	<b>Basic</b>	<b>Fighting Skill</b>
1	Falling/Yoko Ukemi		Intro to Judo	Pivot Basic
2	Falling/Zenpo Kaiten		Intro to Judo 2	Balance
3	O-Uchi Gari		Posture	Moving
4			Bow In/ Bow Out	Mine Games
5	Uki-Goshi	Squish	Safety- General	Light Randori
6			Hygiene - General	Shark Fin
7			Enter Dojo	Blue Belt
8			Tying Belt	
9	De Ashi Barai	Kesa	Begin Randor/Training	Tachi to Newaza
10			Ukemi - Focus	
11			Ushiro-Ukemi Focus	
12			Yoko -Ukemi Focus	
13	Morote Seoinage	Yoko	Mae- Ukemi Focus	Setup of Throws
14			Zenpo Kaiten	
15			Vocal 1 - 10	Kohaku (competitive)
16			Posture	
17	O-Soto Gari	Kami	Bowing Kneel/Stand	Angles and Body Position
18			Hygiene - General	
19			Tying Belt	Ne-Waza Randori
20			Enter Dojo	
21	Tai-Otoshi	Kata	Safety- General	
22			Ukemi - Review	
23			Tying Belt	
24			Vocab 1 - 10	
25	Promotion Review			
26	Promotion Review			

## Session 2" 6 month sto 1 year

Week #	Tachi-Waza	Ne-Waza	Basic	Fighting Skill
1	Ko-Uchi-Gari	Kesa	Posture	Approach your opponent and Kumi Kata (gripping)
2			Kuzushi	
3		Kesa Escape	Bowing	Gripping
4	O-Uchi-Gari (L2)		Safety/Judo Rules	
5	Ippon Seoinage	Kami	Enter Dojo	Defense/Hip
6			Tying Belt	
7		Kami Escape	Folding	
8	Morote Seoinage (L2)		Judogi	
9	Sasae	Yoko	Vocab 5 -10	
10			Ippon	Mistakes
11		Yoko Escape	Wazari	
12	De-Ashi-Barai (L2)		Matte/Gi	
13	Hiza	Kata	Posture	Judo Roll
14			Kuzushi	
15		Kata Escape	Bowing	Kohaku
16	O-Soto-Gari (L2)		Safety/Judo Rules	
17	O-Goshi	Leg Grab defense	Enter Dojo	Attacking
18			Tying Belt	
19		Turtle Turn-Over 1	Folding	
20	Uki-Goshi (L2)		Judogi	
21	Koshi-Guruma	Turtle Turn Over 2	Vocab 5 -10	
22			Ippon	Grip and Go
23		Prone Turn Over 1	Wazari	
24	Tai-otoshi (L2)		Matte/Gi	
25	Promotion			
26	Review			

### Session 3: 1 year plus

Week #	Tachi-Waza	Ne-Waza	Basic	Fighting Skill
1	Tai-otoshi	Kesa Gatame	Posture	Standing Attack drills
2			Kuzushi	
3		Kuzure Kesa Gatame		
4	Hiza Guruma (L2)		Safety/Judo Rules	
5	Okuri-ashi-harai	Yoko Shiho Gatame	Enter Shiai	Standing Defense drills
6			Improve Ukemi	
7		Kuzure YSG	Count to 20	
8	De-Ashi-Barai (L2)		Vocab 15 - 25	
9	Seoinage (Morote)	Kami Shiho Gatame	Shido	Transition drills
10			Hansaku-make	
11	Seoinage (Ippon)	Kuzure-KSG	Osakomi	
12			Toketa/Sano-mama	
13	Ko-Uchi-Gari	Tate-Shiho-Gatame		Ne-waza Attack drills
14				
15				
16	O-Uchi-Gari (L2)\			
17	Sode Tsuru Komi Goshi	Yoko-Shio-Gatame escape		Ne-Waza defense drills
18				
19				
20	Uki-Goshi (L2)			
21	Ko-Soto-Gari	Prone Turnover 1		Attacking drills
22				
23		Prone Turnover 2		Defending drills
24	O Soto Gari (L2)			
25	Promotion Review			
26	Promotion Review			

El Toro Judo Club reserves the right to modify and update the above curriculum