

The Chinese University of Hong Kong
Physical Education Unit
Judo
Course Content

Week	Session 1	Session 2
1	<ol style="list-style-type: none"> Class regulations Course introduction Safety precautions 	<ol style="list-style-type: none"> Introduction to Judo Judo warm-up exercises instruction Judo etiquette
2	<ol style="list-style-type: none"> Backward breakfall - Lying down, Sitting, Crouched & Standing 	<ol style="list-style-type: none"> Sideways breakfall - Lying down, Sitting, Crouched & Standing Forward breakfall
3	<ol style="list-style-type: none"> Review of breakfalls Forward roll 	<ol style="list-style-type: none"> Gripping techniques 8 types (directions) of balance breaking
4	<ol style="list-style-type: none"> Review of breakfalls Standing technique - De-ashi-barai (Forward foot sweep) 	<ol style="list-style-type: none"> Standing techniques - Hiza-guruma (Knee wheel) & Sasae-tsurikomi-ashi (Supporting foot lift-pull throw) Practice De-ashi-barai, Hiza-guruma, & Sasae-tsurikomi-ashi
5	<ol style="list-style-type: none"> Review of De-ashi-barai, Hiza-guruma & Sasae-tsurikomi-ashi Standing technique - Uki-goshi (Floating hip throw) 	<ol style="list-style-type: none"> Standing technique - Osoto-gari (Large outer reap) Practice Uki-goshi & Osoto-gari
6	<ol style="list-style-type: none"> Review of Uki-goshi & Osoto-gari Pinning techniques - Kesa-gatame (Scarf hold) & Kuzure-kesa-gatame (Modified scarf hold) 	<ol style="list-style-type: none"> Pinning techniques - Yoko-shiho-gatame (Side four-corner hold) Practice Kesa-gatame, Kuzure-kesa-gatame, & Yoko-shiho-gatame
7	<ol style="list-style-type: none"> Review of Kesa-gatame, Kuzure-kesa-gatame & Yoko-shiho-gatame Standing technique - O-goshi (Large hip throw) 	<ol style="list-style-type: none"> Standing technique - Ouchi-gari (Large inner reap) Practice O-goshi & Ouchi-gari
8	<ol style="list-style-type: none"> Review of O-goshi & Ouchi-gari Standing technique - Seoi-nage (Shoulder throw) 	<ol style="list-style-type: none"> Standing technique - Ippon-seoi-nage (One-armed shoulder throw) Practice Seoi-nage & Ippon-seoi-nage
9	<ol style="list-style-type: none"> Review of Seoi-nage & Ippon-seoi-nage Pinning techniques - Ushiro-kesa-gatame (Reverse scarf hold) 	<ol style="list-style-type: none"> Pinning techniques - Kata-gatame (Shoulder hold) Practice Ushiro-kesa-gatame & Kata-gatame
10	<ol style="list-style-type: none"> Review of Ushiro-kesa-gatame & Kata-gatame Pinning techniques - Kami-shiho-gatame (Top four-corner hold) and practice Introduction to Judo rules and refereeing rules 	<ol style="list-style-type: none"> Free sparring techniques Free sparring
11	<ol style="list-style-type: none"> Pre-exam practice: Breakfalls 	<ol style="list-style-type: none"> Pre-exam practice: Standing techniques & Pinning techniques
12	Examination	Examination
13	Examination	Written Examination and Course Evaluation