

<p>The one day course is aimed at 3rd Kyu (junior) and above, but lower grade may attend at the discretion of their club Instructors.</p> <p>Time 0930am-5.00pm</p>		Time
<p>The dynamics of Kuzure Objective: To be able demonstrate Kuzushi and the functions of each hand.</p>	<p>Abbe Sensei simplistic view of Kuzushi Happo-no-kuzushi (8-points) Hando-no-kuzushi (by reaction) Debana</p> <p>Function of the Hands when performing Kuzushi prior to the technique Tsurite Hikite</p> <p>Tsukuri before Kuzushi: Linear and circular movements</p>	30mins
<p>Morote-seo-nage Objective: To be able to demonstrate Morote seo nage stepping away from Uki</p>	<p>A different approach with Morote-seo-nage Common failures</p>	30mins
<p>Ashi waza Objective: To demonstrate ashi waza and demonstrate the difference between Uchi mata (goshi waza) and Uchi mata (ashi waza)</p>	<p>Uchi-mata Ko-uchi-gari De-ashi-bari O-kuri-ashi-bari Harai-sasae-tsuri-ashi* If time permits</p>	1hrs
<p>Techniques used in shiai Objective: To be able to analyse the strengths and weakness of their students and develop an action plan to improve their students ability in a contest situation</p>	<p>The Instructor's role in analysing the capabilities of their students The use of bi-lateral techniques Many techniques: Master of none - but Master of a few. A case study Note:-You will need to choose a Judoka before the course that I can use as a case study</p>	2hrs
<p>Lunch 1pm-2pm</p>		1 hour
<p>Shime waza Objective: To be able to demonstrate the key principles of Shime waza</p>	<p>The principles and keys points of shime waza Hadaka-jime and variations O-kuri-eri-jime Kata-ha-jime and variations Nami/Kata/Gyaku-juji-jime</p>	1hr
<p>Sangaku-jime</p>	<p>Omote-sangaku-jime Yoko-sangaku-jime Ura-sangaku-jime</p>	

One day course at Kitsune Gari Judo Club on the 21st November – Course Instructor Nigel Crofts 5th Dan

<p>Use of Judo techniques in Self defence Objective: The student will be able to demonstrate defences against a frontal and Rear attack using Judo techniques.</p>	<p>An introduction to self defence The most effective technique to use in self defence Key points of weakness Breaking grips and deflection Use of the opponent's wrist and arms Utilization of Judo techniques in self defence Attack from the rear Attack from the front</p>	<p>1hr-2hrs</p>
<p>Terminal behaviour</p>	<p>Have the course objectives been met</p>	<p>Finish time 5.00pm</p>