



## **ECLIPSE PROGRAM**

The Eclipse program is a Judo program designed for kids with learning impairments or at-risk kids. The age range is usually between 12 and 14 years old with an average size class of 20 Judoka. This program is funded through Judo Canada. The focus of the Eclipse program is Jita Kyoei or mutual respect through the sport of Judo. To build on this aspect, there is more emphasis on regisaho or Judo etiquette. Proper bowing at the beginning of class and prior to working with one and other is enforced. Listening is also strongly enforced and is emphasized when teaching new techniques.

One of the biggest keys to running this class is to have an understanding of what the learning impairments are. It helps to understand and anticipate a variety of behavioral concerns that you may come across. Judo Canada will provide a manual to the Eclipse Program on what techniques to teach and a time frame to teach it. It is recommended you use this manual more as a guideline as it is difficult to determine the learning abilities of the students. This manual also goes in depth about the intrinsic goals on what they want the participants to come out of the experience with. This information is invaluable to the proper mind-frame needed to teach this class.

### **Curriculum**

Classes are typically taught the same as any other Judo class for that age range. Some modifications are made to ensure safety and comfort. Modifications are also needed to accommodate different learning rates of the participants. A few stumbling blocks you may run into are attention span and willingness to participate. Classes can be either 1.5 hours or 2 hours in length. It is beneficial to plan to run the class during the school year. This would mean the class runs from September to mid December, starts again in January and is done in mid June. The goal is to get the willing participants to achieve a yellow belt.

### **Sample Lesson Plan**

A typical class includes a warm-, Judo exercises, and games. We start each class with a similar warm-up; running, stretching, tumbling, breakfalls, and crawls. After the kids are warmed up, they will participate in Judo exercises. During this time, they will be taught a new technique or practice various uchikomi exercises to build on previously learned techniques. After spending some time doing this, they will move onto yaku-soku-geiko or promissory practice before moving into randori. With about 5 minutes remaining in the practice, the kids will participate in playing various games. They have enjoyed playing dodgeball, belt hockey, tag, etc...