



## FEMALE PROGRAM

There are a number of ways to increase the number of females that are involved in Judo. There will usually be a number of mothers who potentially would be interested in learning judo without the pressures or intensity of a typical adult class. It is preferable to have a female instructor to lead this class if possible. Instructors can evoke interest by posting advertisements in the club before the class is scheduled to begin. Remember the goal of the class is to entice more females to become long-term members of Judo Alberta, to increase self-confidence and to build a skill set in the women. You may want to encourage the girls in your club to bring their moms, sisters, aunts, grandmas, or anyone other female in their lives to join the class. Be prepared to have a wide range of ages and physical abilities in the class. You may also have more experienced Judoka joining the class to learn skills that are more technical and to take part in Randori.

### Curriculum

Keep the classes short to begin (approximately 1 hour) with a mix of cardio, strength training and technical instruction. It is suggested that you do not introduce Randori for the first few months, as this will not be the focus of the class. This setting will also allow opportunities to focus on Ju No Kata. Use a crash mat when teaching Ukemi and Nage-waza.

### Important Considerations

Teach and support women in a way that increases self-esteem and confidence by using supportive and encouraging language. Ensure you continually monitor the Judoka to determine if they are keeping up with the level of activity. Focus on increasing self-esteem and build confidence by encouraging ALL attempts to learn a new skill and try. It is more important that the women feel comfortable trying something new than perfecting the skill right away. An important part of the instructor's role is to create a safe, comfortable and positive environment for each woman.

### Sample Lesson Plan

**Warm up (15-20 min)**...use alternate warm ups for each class, if you have 2-3 routines, you can alternate each week with a new one. The following is a breakdown of 3 different cardio warm ups, followed by stretches and strength training.

1. Begin with some cardio such as light jogging to begin the class with some push-ups, sit-ups and jumping jacks within. Run around the dojo a few times, then do some push-ups, run again and follow this with sit-ups, run again then follow with jumping jacks. Continue this for 5 -7 minutes then move on stretches etc.
2. Each Judoka can use their Obi to skip with in place. You can put on some music and when the song is done, they are finished skipping. You can also encourage them to skip around the room, on one foot, two feet, alternating jumps and skipping backwards. Continue this for 5 -7 minutes then move on to stretches etc.
3. Introduce a relay run scenario where all Judoka's start at one end of the room. Yell an instruction such as "sprint" or "backwards run" and have all Judoka do that to the other side. Have them walk back to the starting place and then call out another instruction such as "crab walk" or "side steps". Continue this for 5 -7 minutes then move on to stretches etc. Now you can move to some strength training with judo push-ups, core exercises and balancing postures. It is a good idea to incorporate core stability exercises that can be done with exercise balls or without them.

**Technical skills (30 min)**...begin with forward and backward rolls. If you want, you can encourage Judoka to try cartwheels and round offs. Then begin with Ukemi (such as Koho, Sokuho, Zempo and Zempo Kaiten). Following this, you can begin with the first technique of Ju No Kata or Nage No Kata. Alternately, you can start to teach Nage waza.

**Cool down (10 min)**...use this opportunity to practice some balance postures and stretching. Spend some time discussing the skills learned and practiced during the class and answer any questions.