



PARENT/CHILD PROGRAM

The target audience is families with children already enrolled in Judo. Frequently, after a child has enrolled there is additional interest from other siblings and parents. Running a couple of parent/child classes as an introduction to judo will often be the catalyst to add new members to your club. If possible and numbers warrant, define the age of the child to be enrolled (ie 7-9yrs). Try and keep the kids at similar development stages to make it easier to plan your practice sessions. You can choose to run this program between 3 and 6 months on a weekly basis.

Curriculum

When planning a program consider the factors motivating your target audience to enroll. What is it they want?

For **parents** this may include increasing their physical fitness; interacting with their child in a positive environment; learning and participating in a lifelong activity; learning about self-defense; and building self-confidence.

For **children**, they just want to have fun! Allow time for games, but keep in mind that the factors motivating the parent to enroll are the same things they want for their child.

Important Considerations

Scale down the intensity of practice from that of a typical practice. You can include Randori into the practice but this does not need to be a priority. Include as many tandem exercises for parents and children to partner up for during the warm up. When teaching a new technique, first pair parents with their children, then allow time for parent/parent and child/child interactions. Take time each class to go over the etiquette of Judo (regisaho), as the parents will appreciate this. Provide a realistic goal for both the parent and child upon completing the program, for example issue a white/yellow belt to parents at the end. Nage-no-kata is an excellent tool for teaching sound basic judo (kuzushi and tai sabaki) and it includes some elements of self defense. Use it to demonstrate correct bowing, tsukuri, tsugi ashi, but eliminate the kake (completion of the throw). Use a crash mat when teaching Ukemi and new throws. Keep the lesson plans simple.

Sample Lesson Plans

Lesson #1

Introduction to Judo (10 min)...this may include what Judo is, how it differs from other martial arts, basic etiquette and proper bowing.

Warm up (20 min)...do a basic Judo warm up but scale down the intensity (ie 10 push ups is plenty). Take time to demonstrate proper technique for uncommon exercise such as Judo push-ups and mat crawls. Introduce one tandem exercise that can easily be done by the parent and child together such as sit ups with interlocking legs.

Technical (20 min)...this can include the basic or natural posture to take (Shizentai), the basic posture of defense (Jigohontai), natural way of walking (Ayumi ashi), forward movement (Tsugi ashi) and how to tie an Obi (belt) properly.

Game (5 min)...you can play frozen tag, dodge ball, British bulldog etc.

Lesson #2

Introduction (10 min)...review Judo etiquette and proper bowing and provide a brief history of Kodokan Judo.

Warm up (20 min)...try to stay consistent with the warm ups so parents and children can become comfortable and successful with the exercises. Slowly add more components and increase the intensity. Introduce a new 'crawl' and a new tandem exercise such as light jogging with parent and child holding hands.

Technical (20 min)...go over postures and foot patterns from the last class and begin teaching Ukemi.

Game (5 min)...Sensei says, Ukemi tag etc.