



PODAR ENRICHMENT ACADEMY

Learning for Life

└ JUDO:-

└ Introduction of Judo.

- Basic: Fundamentals of Judo
- Salutation: RitsuRai & Za Rai
- Average: Postures - natural & defensive posture
- Advance: Ukemi's – Ushiro Ukemi & Yoko Ukemi
- Basic: Stepping – Ayumyashi & Tzughiyashi
- Kumikata & kuzushi
- Average: Ukemi's - Mai Ukemi & Mai Mawari Ukemi
- Advance: Tachi waza practice
- Basic: Ne waza holding practice
- Average: Tachi waza practice (small tech.) & Ukemi's
- Advance: Juranshow (newaza)

└ What are rules follow in course playing Judo.

- Basic : Newaza holding techniques
 - Average: Ukemi's nagecomi practice
 - Advance: Juranshow (standing & sitting) strength training
 - Basic: Defensive practice
 - Average: Counter techniques
 - Advance: Nagecomi practice speed & endurance training
 - Basic: Newaza practice
 - Average: Tachi waza practice (combination Tech.)
 - Advance: Nagecomi practice
 - Basic: Newaza practice
 - Average: Tachi Waza Practice (Big Tech.)
 - Advance: Advance Ukemi's (Speed & Endurance Training)
 - Basic: Tachi Waza Practice (small tech)
 - Average : Newaza Technique
 - Advance : Nagecomi practice (strength training)
 - Basic: Newaza Practice
 - Average: Tachi Waza Practice (combination tech.)
 - Advance : Nagecomi Practice
 - Basic: Newaza Practice
 - Average: Nagecomi Practice
 - Advance: Tachi Waza Practice (Mix Tech.)
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