

**College of William and Mary  
Department of Kinesiology  
KIN 105 Judo**

*Instructor:* Robert Horvath  
*Phone:* 757-220-8968 (Home)  
757-870-0832 (Cell)  
*E-Mail:* [rnhorv@wm.edu](mailto:rnhorv@wm.edu)  
[rhovath@widomaker.com](mailto:rhovath@widomaker.com)

**Course Description:**

This course enables the student the opportunity to learn judo principles and be introduced to Olympic Sport Judo

**Pre-Requisites:**

The interest and desire to learn

**Course Objectives:**

Upon successful completion of this course the student will:

1. Demonstrate proper falling, throwing, choking, and locking techniques
2. Apply judo techniques in both randori and newaza
3. Understand the concept of Olympic Sport Judo
4. Develop a positive mental and self-confidence
5. Improve athleticism and fitness

**Course Evaluation:**

1. Attendance: Each student is allowed three absences
2. Each student must pass a written test and skill/performance assessment
3. Each student must participate

**Required Items:**

Sweat shirt, sweat pants, and socks

## KIN 105 Judo Course Content

### A. Ukemi: Falling

1. Back and side fall
2. Position of landing
3. Stop Fall
4. Forward Roll

### B. Tachi Waza: Applied Throwing Techniques

1. Ogoshi: Major hip throw
2. Morote Seoinage: Lapel shoulder throw
3. Ippon Seoinage: One arm shoulder throw
4. Osotogari: Major outside reap
5. Uchigari: Major inside reap
6. Deashiharai: Advancing foot sweep
7. Hiragoshi: Hip wheel
8. Taiotoshi: Body pull down

### C. Kansetsu Waza: Applied Locking Techniques

1. Juji Gatame: Cross arm lock
2. Ude Garami: Bent arm lock
3. Ude Gatame: Straight arm lock

### D. Shime Waza: Applied Choking Techniques

1. Hadake Jime: Bare arm choke
2. Okurieijime: Sliding lapel choke
3. Gyaku Juji Jime: Reverse cross choke
4. Nami Juji Jime: Natural cross choke
5. Kata Juji Jime: Half cross choke

### E. Newaza: Applied Holding Techniques

1. Kesa Gatame: Side arm hold
2. Kata Gatame: Side arm hold lock
3. Komi Shiho Gatame: Upper body hold
4. Yoko Shiho Gatame: Cross body hold

### F. Randori: Free Style Play

### G. Newaza: Mat Work

## **Class Rules and Regulations**

1. Keep fingernails trimmed short
2. Do not wear jewelry
3. Practice only those techniques which have been presented by the instructor
4. Be courteous and respectful to each other
5. Demonstrate self-control
6. Sit properly on the mat
7. Do not execute any techniques unless your partner is expecting it
8. Never demonstrate techniques to friends, love ones, and etc. outside of the classroom environment
9. Any injury, no matter how minor, should be reported to the instructor