

BOX OF EXERCISES



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CARS GAME



Age

4 - 5

Individual/duo/group

Individual/Group

Opposition/cooperation

-

Skills

Coordination/locomotion

Judo Technique

-

Materials

-

Goal of the exercise

Warm up the joints; learn the concepts of hajime and mate.

Starting situation

All the children are spread over the tatami.

Rules of the game

1. The teacher calls out an activity, like run, crawl or move like an animal;
2. Hajime means green light which means they can start the activity;
3. Mate means red light, so they have to stop;
4. When the teacher says 'park', they have to go to the red border of the tatami;
5. The car can get a maximum of 5 passengers. It means that when the teacher says a number, the children need to continue running together, but also coordinate (e.g. number 4, 2 persons in front, 2 persons in back);
6. There also is a 'bus' – which means that the children have to be aligned 2 by 2, back to back, facing forwards, forming a big duo train (bus);
7. To make the activity more challenging, you can add the rule that the cars can only park moving backwards. This means that the children need to coordinate themselves together.



Variations

- You can add different activities, like crawl or move like certain animals.



Security

- Make sure the instructions are clear, always point out the limits of the tatami;
- Make sure the children always look ahead to not bump into each other.

Teachers tips /comments

- When you say say mate, make sure the children are completely silent.

Values



Honour

Explain the children they have honour if they can perform the tasks as agreed. You can ask the children beforehand: "Do you know what is honour?" Then: "If you will do the exercise how we agreed, you will find out." After they did the exercise you can tell them: "You did the exercise as we agreed, so you showed honour. It's how we can trust each other. Tell yourself: Good job!"

Source

IJF Judo for Children Commission

THE WALK INTO THE FOREST



Age

4 - 5

Individual/duo/group

Individual

Opposition/cooperation

-

Skills

Coordination, balance, locomotion, speed

Judo Technique

-

Materials

-

Goal of the exercise

Mimic the moves of the teacher, listen and execute the different instructions in one specific area (1 child per tatami).

Starting situation

The children are spread over the whole tatami and facing you. Each child is on one tatami, which they can't leave.

Rules of the game

1. You will tell the children a story. The story has certain movements in them, which you as a teacher will do as well;
2. The children need to copy you as fast as possible, but can't move from their tatami;
3. The story: You are walking in the forest. This means stepping on your place. The children must also step at their place.
Suddenly, you look back and see there is a hunter! (The children must mimic you, so also look back and see the hunter.) The children need to start running on the same place, faster and faster! Until the hunter goes away;
4. After that there will be obstacles in the forest, e.g. a tree so they need to jump, a river so they need to swim, etc. ;
5. If the children fail to do a movement or many go out of the tatami, the story will start all over again.



Variations

- You can give challenges to the children individually. For example, ask one child to see if the wolf is gone with binoculars (that they mimic with their hands).



Security

- It's forbidden to move to another tatami.

Teachers tips /comments

- When you are giving instructions, always use the story. It will make it much easier to follow your instructions and keep their concentration.
- Story example: They are walking in the forest. At some point they see a rock, so they need to jump over it to continue. After that they see a wolf, so they need to run faster. To escape the wolf, they have to cross the river so they need to swim.
- Let everybody close their eyes when the wolf or hunter is there. One child can go and look around to see if he is gone. The child will decide if the wolf is gone or not.

Values



Respect

If the children have their eyes closed, they have to trust their friends and not open it. As soon as they open it, they don't respect their friend. Because they don't respect their friend, the walk in the forest will start all from the beginning.



Courage

Build in some moments of rest in the exercise to check how everybody is doing. If they are not succeeding or struggling, explain that if they keep trying again, they are really brave and have courage. If they keep trying, they will eventually get better and succeed.



Self-Control

The children have to stay in one tatami. Explain that when they have a lot of self-control when they keep focused on the game and don't leave their tatami.

Source

IJF Judo for Children Commission

THE TEACHER SAYS



Age

4-5-6-7-8

Individual/duo/group

Individual

Opposition/cooperation

-

Skills

Agility, concentration, decision-making, coordination, mobility, locomotion

Judo Technique

-

Materials

-

Goal of the exercise

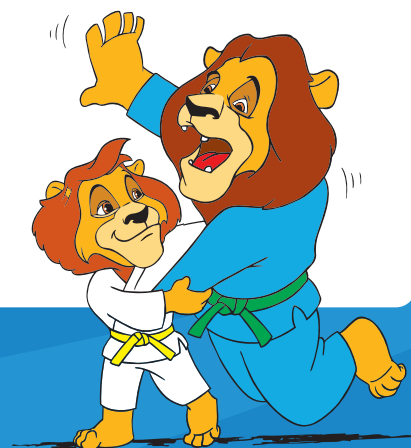
Moving and finding your way in space without touching someone else.

Starting situation

All children are spread over the tatami.

Rules of the game

1. The children will walk or run around over the tatami, without touching each other;
2. The teacher announces an action and also performs it. The action is announced by: "The teacher says..." For example: "The teacher says touch your head!";
3. The child that obeys the last, is eliminated and sits on the side;
4. If the teacher only says "Touch your head", without saying "The teacher says..." first, the children who make the gesture are eliminated;
5. To make the game more fun, you can announce an action and make another one;
6. The last one to stay standing is the winner of the game.



Variations

- You can add obstacles and rules on the tatami. E.g. you can put hoops all over the tatami. The children are not allowed inside the hoops. It will make the exercise more difficult.

Security

- Remind the children to watch each other during the game. Speed may cause accidents.

Teachers tips /comments

- Play around with not saying "The teacher says..." first and by making the wrong movements while you announce the action.
- Don't let the game take too long. Especially when the children are young.

Values

Self-Control

Even if a child is really excited, they still have to stay in control of themselves and watch out for the other children. If they don't focus and keep themselves under control, there might be clashes.

Sincerity

The children that last are eliminated and have to be honest about that. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

Source

IJF Judo for Children Commission

ANIMAL GAME



Age

4-5-6-7-8

Individual/duo/group

Individual

Opposition/cooperation

-

Skills

Coordination, locomotion, agility

Judo Technique

-

Materials

-

Goal of the exercise

Cross the mat like an animal.

Starting situation

The judoka will stand on one side of the mat, waiting for the teacher to give them the assignment.

Rules of the game

1. The children cross the mat as told, for example crawling, skipping, hooping, running, etc.;
2. The teacher asks the judoka to cross the mat like a bird, a snake, a gorilla, etc.



Variations

- You can ask the children to form an animal with a partner.

Security

- Make sure the children watch where they are going and look out for the other children to avoid collisions.

Teachers tips /comments

- Ask the children to come up with new animals.

Values



Ask the children to wait on the side until the next assignment. Even if they are excited, it would make you proud if they can control themselves and wait until their friends are finished too.

Source

IJF Judo for Children Commission

STATUES GAME



Age

4-5-6-7-8-9-10-11-12

Individual/duo/group

Individual

Opposition/cooperation

-

Skills

Agility, concentration, decision-making, coordination, mobility

Judo Technique

-

Materials

-

Goal of the exercise

Stay standing and walking as long as possible. Learn the concept of hajime and mate.

Starting situation

All the children are walking on the tatami in all directions.

Rules of the game

1. The children are walking on the tatami and when the teacher says 'mate' they stop;
2. With 'hajimé' they can move;
3. The ones that move during mate, are eliminated;
4. The children that are eliminated can either sit on their knees on the side or they can lay down on their back. They will wait in silence and with their eyes closed until the end of the game;
5. At the end the teacher will have all children on a tatami sitting or lying down in silence;
6. After, the teacher will touch the foot of each child and by that time the child knows that he needs to go to the initial position to make the bow.



Variations

- This game can also be played as warming-up game. You can change the rules a bit. The children will be running, and when they move, they need to do some exercises, for example 3 ukemis.

Security

If you play the variation, remind the children to watch out and look straight ahead to not get into accidents.

Teachers tips /comments

Remind the children the security rules.

Values

Self-Control

Tell the children this really is a game of reaction and control. You can play a bit by leaving a child a bit longer in lying position and compliment them when they kept lying still.

Source

IJF Judo for Children Commission

THE ROADS

Age	4-5
Individual/duo/group	Duo
Opposition/cooperation	Cooperation
Skills	Balance, locomotion, coordination
Judo Technique	Kumi kata
Materials	<ul style="list-style-type: none"> - Different items to make obstacles on the belts - Two low beams or similar items

Goal of the exercise

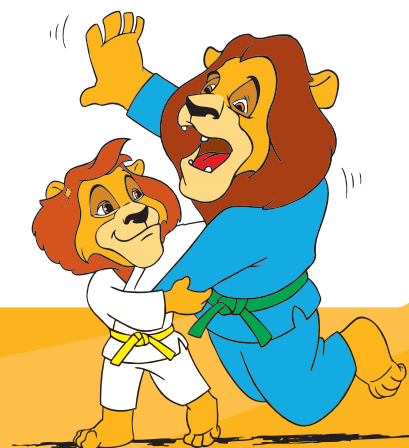
Moving two by two walking on the roads.

Starting situation

Put two belts in two lines next to each other, like two roads. The children are two by two. They have their feet on the roads set on the floor and they hold a classic kumi kata (lapel & sleeve). If they are 4 years old you can start with them holding both sleeves.

Rules of the game

1. The children are two by two and they can never lose the grip when they are on the road;
2. If they lose the grip or fall of the roads, they have to start over;
3. If the equipment is moved, the children have to put it back in place and start over.



Variations

- Change the position of the children regarding each other, for example facing each other or back to back;
- Add tatamis and other obstacles on the course;
- Let them go over the roads alone, for example with their hands on one road and their feet on the other;
- Let them go over the road in bigger groups;
- Opposition game: Let them force their partner to put one foot next to the road.

Security

- It's forbidden to make your partner fall;
- Pay attention at the material that you are using (padded material is the most advisable).

Teachers tips /comments

- You can let the children do the roads alone first.
- You can create groups and make a road competition, with time goals.
- Turn it into a story.

Values



Honour

Ask the children to promise that they don't push or make their partner fall. If they don't keep their promise, they don't have honour and the partner can't trust them.



Friendship

Help your friends to cross the roads and congratulate each other when you cross the roads successfully.

Source

IJF Judo for Children Commission

THE COOKER AND THE SAUSAGE



Age

4-5

Individual/duo/group

Duo

Opposition/cooperation

Opposition

Skills

Agility, concentration, decision-making, coordination, mobility, locomotion

Judo Technique

-

Materials

-

Goal of the exercise

Grab the partner (sausage).

Start to have contact and have confrontation (ne waza skills).

Starting situation

The cooker will be on his knees. The sausage will lay down in front of him on his back (imagine ready to grip a yoko shiho gatame).

Rules of the game

1. Imagination for the kids: You can ask the cooker to add some salt and other ingredients, they can do that with their hands;
2. After that, the cooker needs to look behind to see where the fork and knife are to eat the sausage;
3. At that moment, the sausage becomes a magical sausage and will start rolling away to not be eaten;
4. The cooker will chase the sausage and try to grab it to eat it.



Variations

- If the children already know some techniques of ne waza you can advise them and give them themes. E.g – now you need to try to do yoko shiho gatame or continue to a randori in ne waza if you achieve to catch the sausage.



Security

- It's important to be clear in your directions and explain the role of the child clearly;
- When the cooker is eating the sausage, be clear that they cannot grab the sausage in the neck or head, only in the chest and stomach area.

Teachers tips /comments

- Remind the children the security rules more than once during the game;
- Don't allow techniques that involve grabbing around the neck.

Values

Respect

Ask the cookers to make sure they don't hurt the sausages. Even if they are very excited, ask them to only grab in stomach and chest area. The game is only fun for both of them if they respect the rules.

Honour

You can ask the cookers to promise not to hurt the sausages. If it goes wrong, you can take the duo aside and explain that they cannot trust each other if they don't keep their promise. Only if they trust each other the game is fun for both of them.

Source

IJF Judo for Children Commission

THE VALUES GAME



Age

6-7-8-9-10-11-12

Individual/duo/group

Duo

Opposition/cooperation

Opposition

Skills

Balance; coordination, locomotion, agility, strength

Judo Technique

Osae komi waza

Materials

-

Goal of the exercise

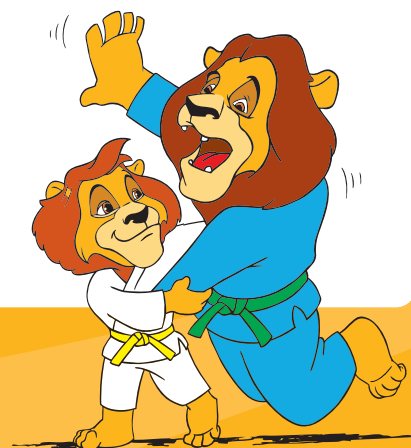
Pinning someone down in ne waza and learning the moral code.

Starting situation

The children are two by two, on their knees, facing each other.

Rules of the game

1. The children will try to push/pull the opponent to the ground, on his/her back;
2. The goal is to press the opponent on their back long enough to say a moral statement, for example "Honour means always keeping your promises."



Variations

- Ask the children to do a specific ne waza technique, e.g. "If you achieve to do yoko-shiro-gesa-gatame, you win 2 points."

Security

- It's forbidden to touch the face and grab the hands of the partner;
- It's forbidden to hit the opponent to the ground.

Teachers tips /comments

- This exercise gets the children used to grappling and pinning each other down for several seconds;
- Let the children say the moral code out loud each time. It will make them have more fun, and will sometimes give tips to the other children;
- After the exercise you can ask the children what values they told their opponents and give feedback.

Values

Politeness

It's being kind and nice to everybody.

Courage

It's being brave.

Sincerity

It's telling the truth.

Honour

It's to keep your promise.

Modesty

It's to congratulate your opponent after you win because he or she played well.

Respect

It's not hurting anyone.

Self-Control

It's to stay in control of your emotions and energy.

Friendship

It's to help each other and share your things.

Fun

It's to laugh and have fun with everybody.

Source

IJF Judo for Children Commission

CAT AND MOUSE



Age

4-5-6-7-8-9-10-11-12

Individual/duo/group

Duo

Opposition/cooperation

-

Skills

Agility, concentration, decision-making, coordination, mobility

Judo Technique

-

Materials

Short belt or piece of rope

Goal of the exercise

Trying to catch the short belt, that is on the back of the mouse.
Improving the kumi kata and moving on the tatami with an opponent.

Starting situation

The children are in duos. One is appointed the 'cat', the other one the 'mouse'. The mouse will put the short belt on their back. The children are facing each other.

Rules of the game

1. The cat tries to take the short belt from the back of the mouse and bring it to the front again;
2. The role changes every 30 seconds.



Variations

- Allow the mouse to grab one sleeve of the cat. This will improve the kumi kata;
- If you don't have a short belt or rope, you can let the mouse put the knot of their belt on their back. The cat tries to bring the knot back to the front.



Security

- Give an example of how to work with the kumi kata. Explain the children that they have to work with the kumi kata and watch out to not bump their heads together.

Teachers tips /comments

- Let the children count the points. If they catch the short belt and bring it back to the front, they get one point. The points count for the red belt method in the end. (Also see Red Belt Method for that.) It will keep the children concentrated longer and it will motivate them to try to do better. This is also an evaluation method for the teacher, it will be a good way for you to find out more balanced duos.

Values

Sincerity

Ask the children after the game how much points they have. Ask them to be honest about their points. If they lie about it, they will lose points for the Red Belt Method.

Modesty

The children can be happy that they won, but also have to be modest. They can do this by congratulating their partners for playing well. Ask the winners to give their partner a tip for the next round.

Source

IJF Judo for Children Commission

BELT GRABBING



Age	4-5-6-7-8-9-10-11-12
Individual/duo/group	Duo
Opposition/cooperation	Opposition
Skills	Balance, agility, coordination, strength
Judo Technique	-
Materials	One or two belts

Goal of the exercise

Pull the opponent over the line or let them release the tip of the belt.

Starting situation

Two children face each other. Each child is holding one end of the belt. In between them lies another belt or is the line of the tatami.

Rules of the game

1. The children try to pull each other over the line of the belt or tatami;
2. At the same time, they try to let their opponent lose the grip of the belt;
3. The one that achieves either one of these things, has one point.



Variations

- Instead of one belt, the children can hold two belts. In each hand will be one tip of a belt;
- When the children start to learn rotation and dodge movements, instead of using a belt as a line, you can also select an area (1 or 2 mats). Now, the children have to try to pull and push each other out of the area;
- When they are advanced, you can let the children use tachi waza techniques in this game.



Security

- It's forbidden to make your partner fall.

Teachers tips /comments

- Pay attention in the counting of the points. When you change partners, you will be able to choose more equilibrate groups. For example, put two children together that scored a lot of points.

Values

✓ Friendship

If a child is winning all the time with a lot of points, ask him to help the other by giving tips. Because friends help each other to get better.

✓ Modesty

Ask all the children that won the game to congratulate the others. They also did their best and tried hard.

✓ Respect

Let them bow before the game and wish each other luck and tell the others they will not cheat. After the game, let them bow again and wish the other luck for the next game.

Source

IJF Judo for Children Commission

FLIP THE TURTLE



Age

4-5-6-7-8-9-10-11-12

Individual/duo/group

Duo

Opposition/cooperation

Opposition

Skills

Agility, concentration, decision-making, coordination, mobility

Judo Technique

Osae komi waza

Materials

-

Goal of the exercise

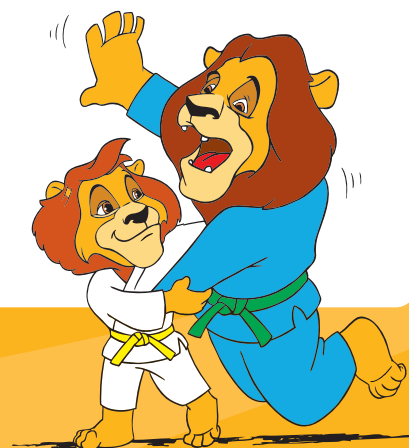
Try to turn the partner on the back (into osae komi waza).

Starting situation

The children are in duos. One lies on the stomach or is on hands and knees. The other child is on his knees, sitting beside the partner.

Rules of the game

1. The child that is on the knees tries to turn the partner on their back;
2. When the child succeeds, change roles. After trying for 30 seconds, also change.



Variations

- If the children already know some ne waza techniques, you can advise them and give them themes. For example, now you need to do yoko shiho gatame.



Security

- It's forbidden to touch the face or the neck;
- They are only allowed to grab the opponent in the area of the stomach and chest.

Teachers tips /comments

- Remind the children the security rules more than once during the game;
- Don't allow the younger children to do techniques that involve grabbing the other around the neck;
- Remind the children that more important than winning is following the rules.

Values

✓ Self-Control

Even when the children become very excited, tell them they need to control themselves and stick to the rules. If they don't succeed it's ok, they can just try again in the next round. More important than winning, is following the rules.

✓ Courage

Even if the children don't succeed after 30 seconds, explain that they were just a bit less lucky. If they have courage and keep trying, they will be more lucky next time.

✓ Modesty

Let the children that are successful not just cheer, but also thank their partners and give them tips.

Source

IJF Judo for Children Commission

JUDO SPEED GAME



Age	9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	-
Skills	Agility, concentration, decision-making, coordination, mobility, balance
Judo Technique	Tokui waza
Materials	-

Goal of the exercise

Improve technical skills/cardio improvement.

Starting situation

The children form groups of 3. Each child is given a number (1,2,3). Number 1 starts in the middle, number 2 and 3 are in opposite sides of the middle person.

Rules of the game

1. The child in the middle (number 1) runs to number 2 and throws him/her in a judo technique;
2. After that number 1 runs to number 3 and does the same thing;
3. You can repeat as much as required;
4. Change positions, now number 2 is in the middle.



Variations

- Change the kumikata, the child has to make a different throw;
- If they threw right handed, now they can throw left handed;
- After number 1 throws number 2, he has to make a form of ukemi on his way to number 3;
- You can change the way to the partner. Instead of running to the partner, the children have to move like animals (e.g. move like a dog, snake, crocodile, etc.).

Security

- The children have to try to control the fall of the partner and always hold on to the sleeve.

Teachers tips /comments

- Remind the children the importance of holding the sleeve of the partner during the fall in order to avoid injuries;
- Explain that it's really not only about speed, but also about improving their tokui waza.

Values



Courage

If the children get tired, tell them that if they keep going they are really brave and have courage. Also, if their technique is not perfect, they have courage if they always keep trying.



Friendship

Ask the partners to help their friend by giving tips to improve the throwing technique. If they help each other, they will both get better at judo.

Source

IJF Judo for Children Commission

WOLF AND THE RABBITS



Age	4-5
Individual/duo/group	Group
Opposition/cooperation	-
Skills	Coordination/locomotion
Judo Technique	-
Materials	Hoops

Goal of the exercise

Be the last rabbit to have a house (hoop).

Improve coordination with obstacles and improve speed and concentration.

Starting situation

The children are sitting down next to each other, forming a line. Each time you call a name, they get up, take a hoop and find a place on the tatami. From now on, this is a rabbit house (each hoop). Each child (rabbit) will have their own house (hoop) when the game starts.

Rules of the game

1. The teacher explains that when he says hajime, each rabbit has to walk into the forest to find carrots. But in the forest, there are dangers;
2. There is a big wolf that likes to take the rabbits to his house and cook them for dinner;
3. When the teacher says: "There is the wolf!", the rabbits need to run to a house as fast as possible and form a ball of their bodies to protect themselves;
4. No noise is aloud and no heads go up, because the wolf is still in the forest, trying to find some rabbits for dinner;
5. After some seconds you ask one of the rabbits to get up and check with binoculars (which you can form with your hands) if the wolf is gone. If so, they can start moving again in the forest;
6. The teacher will remove some hoops during the game, so each time there will be one or more children finishing without a house, they are eliminated and have to sit down in the wolf house;
7. If there are two children inside one hoop, the one that arrived later is eliminated;
8. In the end there will only be one hoop left for one child, he will be the winner of the game.



Variations

- You can change the way the children are moving over the tatami, running, on their back, lateral, etc.

Security

- When they run, tell them to be careful not to bump into each other. They must look in front and when they run into the hoop, they have to pay attention to their friends.

Teachers tips /comments

- You can take or put as many hoops as you want;
- You can play with the animals. E.g. when a butterfly is coming, nothing happens. Only when the wolf is coming they need to turn back to their house;
- You can let the children put their hands on their heads, like rabbit ears.

Values

Self-Control

Even if a child is really excited, they still have to stay in control of themselves and watch out for the other children. If they don't focus and keep themselves under control, there might be clashes.

Sincerity

If they arrive in the hoop with someone else, ask each child to say who arrived first. Ask them to be honest about it. If they won't cooperate, they will both be eliminated. Explain to them that it's always better to be honest, because then at least one friend stays in the game.

Friendship

Ask the children to congratulate the winner if he won. Also, if the children played very well, you can tell them to compliment each other. See also the thumbs feedback method for this.

Source

IJF Judo for Children Commission

CENTIPEDE GAME



Age	4-5-6-7-8
Individual/duo/group	Group
Opposition/cooperation	Cooperation
Skills	Agility, concentration, coordination, mobility
Judo Technique	-
Materials	-

Goal of the exercise

Team spirit, improvement of the coordination in the group and be the first one to cross the finish line.

Starting situation

Children will form groups of 2 or 3 (or more if you like) and sit behind each other on their butt. Every child will hold the ankles of the child behind them.

Rules of the game

1. The children will move over the mat by scooting;
2. You can do this in the form of a competitive race with a starting line and a finish line.



Variations

1. When the 'centipede' is formed with more children, you can change it into a chasing game where the first one in line will be on hand and knees, chasing the last person that is the 'tail'. Check out the "Snake Game" – explanation - The person in front tries to touch the last person in the line;
2. The others in line have to move in order to protect the 'tail of the snake';
Switch the person when he succeeds or after 1 minute.

Security

-

Teachers tips /comments

- Remind the children the importance of keeping the ankles of the partner in this game and keep coordinated.
- When one team is really fast, you can hustle the teams to make it fairer.

Values

Friendship

In this game it's all about cooperation. If the children cooperate well and help each other, they will move faster.

Respect

If the children let go of the ankles in order to move faster, they don't respect the rules. Tell them it will only be fun for everybody if everybody follows the same rules. Also, it will be impossible for you to say who is the winner if everybody follows different rules.

Source

IJF Judo for Children Commission

HANDS & LEGS



Age	6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	Cooperation
Skills	Coordination, locomotion, agility, balance
Judo Technique	-
Materials	-

Goal of the exercise

Cross the mat according to the assignment.

Starting situation

Make groups of 4 children. The groups will wait on the side for the teacher to give the assignment.

Rules of the game

1. The group have to cross the mat as told by the teacher;
2. The teacher will give different assignments and tell the children how many legs and hands have to touch the mat when they cross it;
3. Assignments:
 - 8 feet
 - 4 feet
 - 4 feet, 4 hands
 - 2 feet, 2 hands
 - 6 feet, 2 hands
 - 4 feet, 2 hands
 - 2 feet, 6 hands
 - Etc.
4. The first team to cross the mat, wins.



Variations

-

Security

- Make sure the children watch where they are going and look out for the other children to avoid collisions.

Teachers tips /comments

- When the assignment is difficult, give tips to help them. Like sit on the back, or lift someone's legs like a wheelbarrow;
- Explain to the children they first have to think a bit, before they start the assignment.

Values

Friendship

This game is really about friendship and cooperation. All children have to cross the tatami together in a team. Nobody can be left behind. If they communicate well and cooperate, they will have more chance of winning.

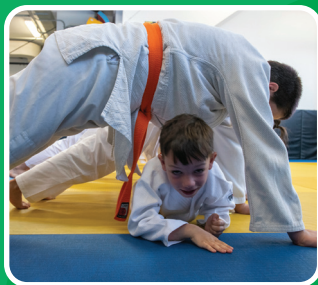
Modesty

Ask the winning team to give an applause to the other teams, because they played well. Also, ask the teams how they solved the assignments and explain there are many ways to do well.

Source

IJF Judo for Children Commission

THE TUNNEL GAME



Age	6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	Cooperation
Skills	Agility, concentration, coordination, mobility, balance
Judo Technique	-
Materials	-

Goal of the exercise

Keep the tunnel the same length, cross the tunnel without letting anyone fall down. It's about team spirit and coordination.

Starting situation

Everyone is in push-up position, with the head all pointing in the same direction. The children are next to each other, forming a 'tunnel'.

Rules of the game

1. The children put their butts up in the air and the last person in the line has to crawl through the whole line to the other side;
2. When he reached the other side, he has to assume the push-up position to keep the tunnel the same length.



Variations

If this exercise is too hard, according to the age of the children, you can start with the children standing with a wide stand, so their legs will be the 'tunnel'.

If you want a middle level, is recommended a bridge tunnel (with hands and feet looking down to the mat).



Security

When the children are going through the tunnel, the other children really have to keep focused to not fall down and injure the child that is in the tunnel.

Teachers tips /comments

Remind the children the importance of keeping their concentration in this game.

Values



Ask the children to really encourage each other to keep the tunnel in one peace. It's really a group achievement.

Source

IJF Judo for Children Commission

THE CLOCK



Age

9-10-11-12

Individual/duo/group

Group

Opposition/cooperation

-

Skills

Agility, concentration, decision-making, coordination, mobility

Judo Technique

-

Materials

-

Goal of the exercise

Improve your focus, agility and coordination.

Starting situation

All children are laying down on the stomach in duos. All duos together will form a big circle. Two children are standing. One is appointed 'cat', the other is appointed 'mouse'.

Rules of the game

1. When the teacher says 'hajime', the cat will try to tag the mouse;
2. The cat can only chase the mouse by running in the circle – jumping over the duos – in one direction, clockwise or counter clockwise;
3. If the cat tags the mouse, the roles change. So, the cat becomes the mouse and the mouse becomes the cat. They change the direction of running;
4. The mouse can escape the cat by laying down next to a duo;
5. In case this happens, the child on the opposite side changes into the new cat and needs to chase down the former cat, that now turned into the mouse;
6. Also, when this happens, the direction of running changes. So the children have to pay a lot of attention in what direction they need to run!



Variations

- It's also possible to let the children run in all directions;
- Changing of roles: You can only change the roles when the cat tags the mouse. When the mouse lays down next to a duo, the child on the opposite side becomes the new mouse.

Security

- The children that are laying down in duos need to be very close to each other to avoid long distances for the ones that need to jump.

Teachers tips /comments

- Remind the children the security rules more than once during the game, speed may cause accidents.

Values

Friendship

If a cat takes long to tag a mouse, ask the other children to cheer for the cat and help him. If you are friends, you will help and try to motivate each other.

Sincerity

The children that are tagged are the new cat and have to be honest about that. If you see a child that cheats, try to discuss it within the group and make clear rules when the child is touched or not. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

Source

IJF Judo for Children Commission

DODGE BALL



Age	9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	Opposition
Skills	Agility, concentration, decision-making, coordination, mobility
Judo Technique	-
Materials	Ball

Goal of the exercise

Eliminate all other children and be the last one standing with the ball.

Starting situation

The tatami is split into two areas. For example, you can use the yellow and red of the tatami as in the drawing. You will have an area in the middle (yellow) and one around it (red). The children are all on the middle surface (yellow). One person holds the ball.

Rules of the game

1. The child with the ball tries to hit the others with the ball;
2. If the ball touches you, you are eliminated;
3. The other children try to avoid this by escaping or catching the ball (without the ball touching the ground);
4. If the children touch the outside area (the red), they are eliminated;
5. If a child catches the ball, the thrower of the ball is free to run. It's now him (he child that caught the ball) that needs to throw the ball;
6. The child that is the last one holding the ball, wins.



Variations

- You can play this game with 'frozen' kids. Each time the ball touches a child, he is not eliminated, but stays frozen. He can be released if one of the other children throws him with a tachi waza technique;
- Another variation is that a child that is touched by the ball, needs to sit down, stay still, and remember who caught him. When the thrower is touched himself, the child is allowed back in the game.



Security

- It's forbidden to jump. Or throw the ball in the face of the others.

Teachers tips /comments

- Remind the children the security rules more than once during the game, speed may cause accidents.

Values



The children that are caught are out of the game and have to be honest about that. If you see a child that cheats, try to discuss it within the group and make clear rules when the child is touched or not. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

Source

IJF Judo for Children Commission

RING GAME



Age	4-5-6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	Opposition
Skills	Agility, concentration, decision-making, coordination, mobility, balance, locomotion
Judo Technique	Ashi waza
Materials	-

Goal of the exercise

Be the last man standing. Making your opponent fall or getting him down on the knees. Learn how to use pushing/pulling and staying in balance.

Starting situation

The children form a circle by grabbing each other's sleeves. Please don't make the ring too big. If you have a big group, split in several rings.

Rules of the game

1. The children have to try to make their partners fall down by pushing and pulling them;
2. The ones who fall down are eliminated and have to leave the ring;
3. In the end there will be two children left. Make a ring around them and let them do a normal randori. The one who manages to get his opponent down is the winner.



Variations

- Change the position of the kumi kata, i.e. one hand on the back or on the lapel;
- Start to use ashi waza techniques.

Security

- Let the children always control the fall of their colleagues. They have to always keep the sleeve to control it.

Teachers tips /comments

Remind the children the importance of keeping the sleeve of the partner during the fall.

Values



Respect

The children can't cheat by taking another grip or making other techniques as they agreed to do. If they use other techniques or grips, they cheat and it's not fair for the other children. Explain them that if they cheat, they can never be the winner of the game.



Sincerity

The children that are caught are out of the game and have to be honest about that. If you see a child that cheats, try to discuss it within the group and make clear rules when the child is eliminated. For example, if one knee touched the ground, you are eliminated. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

Source

IJF Judo for Children Commission

CROCODILES AND CRABS



Age	4-5-6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	-
Skills	Agility, concentration, decision-making, coordination, mobility
Judo Technique	-
Materials	-

Goal of the exercise

Be the last crab standing.

Moving and finding your way in space without touching the others in a specific area.

Starting situation

All the children are crabs and can't run, but only move sideways. Two children are appointed crocodiles, they are on hands and knees. They can't get up. You appoint a specific area of the mat where the crabs can move. (For example, with a yellow and red mat, they can only move in the middle yellow area.)

Rules of the game

1. The crocodiles have to try to chase the crabs. Each time the crocodile tags a crab, the crab becomes a crocodile;
2. If the crabs go out of the limited area, they also become a crocodile;
3. If the crabs make a movement that is not sideways, they also become crocodiles;
4. The game is over when there is only one crab left. He is the winner of the game.



Variations

- Change the rules for the older children. If its age of 9-10 / 11-12 you can do this game, but the difference is that the crocodiles need to put the crabs in the ground, and not only touch. This will improve the grappling and the ukemis.



Security

- It's forbidden to jump.

Teachers tips /comments

- Remind the children the security rules more than once during the game, speed may cause accidents.

Values

✓ Self-Control

Even if a child is really excited, they still have to stay in control of themselves and watch out for the other children. If they don't focus and keep themselves under control, there might be clashes.

✓ Sincerity

The children that are tagged, have to be honest about that. If you see a child that cheats, try to discuss it within the group and make clear rules when the child is touched or not. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

✓ Friendship

For the elder children, when a crocodile tries to take down a crab and is not succeeding, tell the other crocodiles to help their friend. If they cooperate, they will be more successful.

Source

IJF Judo for Children Commission

THE PIRATES AND THE SHARKS



Age

4-5-6-7-8-9-10-11-12

Individual/duo/group

Group

Opposition/cooperation

-

Skills

Agility, concentration, decision-making, coordination, mobility

Judo Technique

Ukemi

Materials

-

Goal of the exercise

The sharks try to touch and freeze all the pirates. Improvement of the ukemi.

Starting situation

All the children are spread over the tatami and are 'pirates', which means they can only move in lateral movement (crab movement). Two children are appointed as 'sharks'. They are on their hands and knees.

Rules of the game

1. The sharks can only move on their hands and knees; they have to try to touch the pirates;
2. The pirates only move sideways like a crab. They can't jump;
3. Each child that is touched must stand up in 'freeze position'. In this position they are standing with their arms pointing forwards;
4. If the pirates want to release their friends from the 'freeze position', they need to touch the hands of the frozen pirates and go down together to both make an ukemi (fall back without the head touching the mat);
5. The ukemi must be done perfectly. If the head of one of the children touches the tatami or the arms touch the tatami in the wrong way, they both get frozen and need to wait for another pirate to come and release them;
6. To avoid fast and bad ukemis, apply a rule for the release moment – when a pirate arrives at his frozen friend, there is a magical ball that will protect them from the sharks. The sharks can't touch them in the moment of the ukemi.



Variations

- As a variation the frozen pirates are sitting down or in squat position. To release a pirate, the children need to push their friend on the shoulders. The pirate that is sitting down/squatting, needs to do an ukemi alone;
- Another variation is to let the frozen pirate sit down with the legs stretched. To release, their friend has to pick up the legs. The frozen pirate is pushed back by this and does an ukemi;
- Another variation for the pirate in frozen position is that he is in squat or frog position. To release, the friend must put their hands on the knees and push them back. The pirate that is pushed back needs to do an ukemi;
- You can also do this game with ukemis forward or sideways according the ages;
- Use your imagination to create new positions of deliverance. (e.g. forward ukemi – the frozen pirate is on his kness, and the other pirate to release need to jump and make a forward ukemi).



Security

- Insist on good ukemis, especially the position of the arms and head;
- Don't be afraid to stop the game if the children can't focus enough to do the ukemis correctly;
- It's forbidden to jump.

Teachers tips /comments

- Remind the children the security rules more than once during the game;
- You can already start the training with ukemi exercises to make them remember the correct way;
- Speed may cause accidents so explain the rule of the magical ball more than once;
- Use the variations of the game, give the children different names, for example the ninja's and judoka's, etc.

Values

✓ Sincerity

The children that are touched have to be honest about that. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

✓ Friendship

In this game you really need to help your friends. The pirates have to work together to stay in the game. If nobody would help each other, the game would be finished on a certain point. That's why helping each other, helps you to be successful. Not only in this game, but in all things in life.

Source

IJF Judo for Children Commission

THE FROZEN CAT



Age	4-5-6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	-
Skills	Agility, concentration, decision-making, coordination, mobility, balance
Judo Technique	-
Materials	-

Goal of the exercise

Try to freeze all the children.

Moving and finding your way in space without touching someone else.

Starting situation

All children will spread over the tatami. One or two children are appointed cats. The teacher limits the field of play for the children.

Rules of the game

1. One or two cats try to 'freeze' as many children as possible by tagging them;
2. If a child goes out of the specified area, they get frozen automatically;
3. Frozen children can be released if a child slips between their legs from behind.



Variations

- You can change the rules for the oldest children. For age 9-12 for example, you can change the releasing of the frozen children. Instead of crawling underneath, they have to jump over like a horse jump;
- You can also let the frozen children choose the position to be released themselves.

Security

- Remind the children to always pass the other from back to front, to avoid collisions;
- Make a rule that when a child is releasing a friend, the cat can't touch them.

Teachers tips /comments

- Remind the children the security rules more than once during the game, speed may cause accidents.

Values

Self-Control

Even if a child is really excited, they still have to stay in control of themselves and watch out for the other children. If they don't focus and keep themselves under control, there might be clashes.

Sincerity

The children that are tagged, have to be honest about that. If you see a child that cheats, try to discuss it within the group and make clear rules when the child is touched or not. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

Friendship

In this game you really need to help your friends. The children have to work together to stay in the game. If nobody would help each other, the game would be finished on a certain point. That's why helping each other, helps you to be successful. Not only in this game, but in all things in life.

Source

IJF Judo for Children Commission

CAT CHAIN



Age

4-5-6-7-8-9-10-11-12

Individual/duo/group

Group

Opposition/cooperation

Cooperation

Skills

Agility, concentration, decision-making, coordination, mobility, decision-making

Judo Technique

-

Materials

-

Goal of the exercise

Try to tag all the mouse and turn them into cats.

Moving and find your way in space + coordination with one and more partners.

Starting situation

All the children are 'mouse'. One is appointed the 'cat'.

Rules of the game

1. The cat tries to tag the other children;
2. Once the cat tags a mouse, the mouse turns into a cat. The two cats have to stay together by holding sleeves and tag the next mouse;
3. The next mouse turned into a cat has to also join by holding the sleeves;
4. In the end you will have a chain made by cats;
5. The last person to last is the winner of the game.



Variations

- You can limit the group of cats by 5 persons. If they catch a 6th mouse that will turn into a cat, the last cat will start a new chain. This way there are more groups of cats to watch.

Security

- Limit the play area;
- Speed may cause accidents, so always remind the children to look ahead;
- Remind the children to watch their coordination and use agility to avoid injuries.

Teachers tips /comments

- Remind the children the security rules more than once during the game, because the speed may cause accidents.

Values

Self-Control

Even when the children become very excited, tell them they need to control themselves. When they are cats, they have to hold on to the sleeves.

Friendship

The cats really have to work together and coordinate in order to move in the same direction and catch the mice. The better they communicate and help each other, the better they can play the game.

Source

IJF Judo for Children Commission

COMMANDO GAME



Age	4-5-6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	Cooperation
Skills	Reaction, cooperation, agility, concentration
Judo Technique	-
Materials	-

Goal of the exercise

Moving and finding your way in space. Contacting the other children.

Starting situation

All the children running alone over the tatami in all directions.

Rules of the game

1. The teacher gives the children a command: 1, 2, 3 or 4. If the children hear a 3, they need to find a group of 3 as soon as possible and stand together as a group;
2. The children run again, and the teacher gives another command;
3. The game can be played with consequences. For example, the children that can't find a group or are the last group, need to do an exercise.



Variations

- Give them challenges, i.e. make pyramids if they are with 3;
- You can also introduce the numbers in Japanese (ichi, ni, san, shi...)

Security

- Remind the children the security rules more than once during the game, because speed may cause accidents.

Teachers tips /comments

- Make the game fun and challenging by giving the children big numbers;
- You can do this game throughout the whole lesson. During every other exercise you can shout a number and they have to stop what they are doing and gather in groups.

Values

Sincerity

For children it's very important to stay sincere in this exercise. If there are groups of 3 and the child is the 4th one, he has to be honest about that. If the child cheats, it's less fun for the other children.

Politeness

It's also about politeness in this exercise. Again, if there are groups of 3 and a child is the 4th one, he can't push another child out of the group. He has to stay polite and find another group or admit he is the last one.

Self-Control

Even though the children can be really excited, it's important to keep watching each other and to stay polite. They can't push or shout to the other children just because they are excited.

Source

IJF Judo for Children Commission

THE JU DO KA AND JIGORO KANO



Age

4-5-6-7-8-9-10-11-12

Individual/duo/group

Group

Opposition/cooperation

-

Skills

Agility, concentration, decision-making, coordination, mobility, locomotion

Judo Technique

-

Materials

-

Goal of the exercise

Be the fastest child in the game.

Moving and finding your way in space without touching someone else.

Concentration and speed improvement.

Starting situation

Each side of the tatami will have a different name: JU, DO, KA & JIGORO KANO. One corner of the mat is appointed a wolf house.

Rules of the game

1. When the teacher announces a direction, the children run to that side;
2. The last one to arrive is eliminated;
3. The ones that fall down are also eliminated;
4. The ones that move without the teachers order, are also eliminated;
5. The last child to stay in the game is the winner.



Variations

- Change the rules for the bigger children. For children aged 11-12 you can add speed and change the direction in the middle of the way;
- You can change the names, so the children learn new judo terms.

Security

- Its forbidden to jump, fall, push or touch the partners;
- For the variation game make sure the children will not bump into each other.

Teachers tips /comments

- Remind the Children the security rules more than once during the game, speed may cause accidents.

Values

Self-Control

Even if a child is really excited, they still have to stay in control of themselves and watch out for the other children. If they don't focus and keep themselves under control, there might be clashes.

Sincerity

The children that last are eliminated and have to be honest about that. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

Source

IJF Judo for Children Commission

SNAKE GAME



Age

4-5-6-7-8-9-10-11-12

Individual/duo/group

Group

Opposition/cooperation

Opposition

Skills

Agility, concentration, coordination, mobility, balance

Judo Technique

-

Materials

-

Goal of the exercise

Improve the dodge, team spirit.

Starting situation

All the children form one long line, standing behind each other and holding the waist or belt of the person in front of them. One person is standing in front of the line and facing the first person in the line.

Rules of the game

1. The person in front tries to touch the last person in the line;
2. The others in line have to move in order to protect the 'tail of the snake';
3. Switch the person when he succeeds or after 1 minute.



Variations

The children can also be in groups sitting behind each other and holding the ankles of the person behind them. The person chasing the 'tail' will be on hand and knees. Check also the centipede game.

Security

Try to control the movements to avoid injuries. E.g. if one moves left and the other moves right, there may be sudden jerks.

Teachers tips /comments

Remind the children the importance of keeping concentrated in this game.

Values



Courage

If a person is not succeeding and getting a bit tired, tell them to not give up. Also, if they don't succeed but they try for the whole minute, they have courage and learn skills.



Friendship

When a child reaches the tail and succeeds, the other children can congratulate him with the win and be happy for him. If a child is not succeeding, the other kids can try to help him out a bit by giving tips.

Source

IJF Judo for Children Commission

THE NINJAS AND THE MAGIC TATAMIS



Age

4-5-6-7-8-9-10-11-12

Individual/duo/group

Group

Opposition/cooperation

-

Skills

Agility, concentration, decision-making, coordination, mobility,

Judo Technique

-

Materials

-

Goal of the exercise

Freeze all the magic tatamis.

Moving and finding your way in space without touching someone else.

Starting situation

All children are magical tatamis. Two or more children are appointed ninjas. The children are standing and can only move sideways. The ninjas are on hands and knees and not allowed to stand up.

Rules of the game

1. The ninjas try to tag the magic tatamis;
2. Once a magic tatami is tagged, he becomes frozen and has to sit on the knees and elbows, like a small table;
3. To release a frozen friend, the magic tatami needs to sit down on the frozen tatami and let himself fall back and make ukemi, without their head touching the tatami;
4. The ukemi must be done perfectly;
5. If the head of one of the children touches the tatami or the arms touches the tatami in the wrong way they both get frozen and need to wait for another magic tatami to come release them;
6. To avoid fast and bad ukemis apply a rule for the release moment – when a child arrives at his frozen magic tatami friend, there's a magical ball that will protect them from the ninjas;
7. The ninjas can't touch them in the moment of the release.



Variations

- The game can be played with forward ukemis;
- For the smaller children, a table can be too high. The frozen tatamis can also lay on their belly, so the fall back is less high.

Security

- Remind the children to watch each other during the game. Speed may cause accidents;
- It's forbidden to jump;
- Make sure the children are doing the ukemis correctly, especially with focus on the positions of their arms and head. Don't be afraid to stop the game if the children can't focus enough.

Teachers tips /comments

- Remind the children the security rules more than once during the game;
- Already make ukemis part of the warm-up so the children will remember and be prepared;
- Speed may cause accidents so explain the rule of the magical ball more than once.

Values



Sincerity

The children that are tagged, have to be honest about that. If you see a child that cheats, try to discuss it within the group and make clear rules when the child is touched or not. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.



Friendship

In this game you really need to help your friends. The children have to work together to stay in the game. If nobody would help each other, the game would be finished on a certain point. That's why helping each other, helps you to be successful. Not only in this game, but in all things in life.

Source

IJF Judo for Children Commission

THE TURTLES AND THE CRABS GAME



Age	4-5-6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	Opposition
Skills	Agility, decision-making, coordination, mobility, locomotion
Judo Technique	Ne waza position (from the knees to upside down position)
Materials	-

Goal of the exercise

Cross the tatami from one side to the other without being caught by the crab(s).

Starting situation

Divide the mat into two areas. One half of the mat is sand, the other half is the sea. All the children are turtles that just came out of their shell. They are on their hand and knees. A few children are appointed 'crabs'. They are in the middle of the tatami and are standing.

Rules of the game

1. The turtles are just born and have to travel to the sea, without being eaten (touched) by the crabs;
2. The turtles can only move on their hands and knees;
3. The crabs will be in the middle of the tatami and can only move sideways like a crab;
4. The crabs will try to touch the turtles on their back;
5. The turtles have two possibilities: Either they travel to the sea, or they protect themselves by hiding in their shell. They do this by turning upside down;
6. The turtles can stay upside down for 10 seconds, after that the crab can touch them again;
7. If the turtles get touched, they are eliminated;
8. After the turtles enter the sea, they have to go to land again to find food, etc;
9. The last turtle of the game is the winner.



Variations

- Instead of elimination, the turtles can also become crabs;
- When the children start to know some reversal techniques in judo, you can change the rules. Instead of only touching the turtle, the crab now has to make a reversal technique to eliminate the turtle;
- You can play with the time the children can lay on their backs. Make it only 5 seconds in one game;
- Another variation is when the crab touches the turtle, the turtle become frozen and the other turtles need to delivered them doing a reversal and staying in osae komi for 5 seconds.



Security

- The crabs can only touch the back of the turtle;
- They can only play in the allowed area.

Teachers tips /comments

- Count until 10 out loud if you see that the turtles are not moving;
- The crabs can't wait next to the turtle until the 10 seconds are over. They have to get back to the middle.

Values

Honour

Ask the turtles to only lay upside down for 10 seconds. If they don't do that, they don't keep their promises and it's not nice for the crabs to play the game.

Courage

If there are not so many turtles left, tell them they have to be brave. When the turtles make it in the end, explain them that although it sometimes seems very difficult, they can still make it. Also, if they don't make it, tell them they were really brave in trying.

Sincerity

The children that are caught are out of the game and have to be honest about that. If you see a child that cheats, try to discuss it within the group and make clear rules when the child is touched or not. If somebody cheats, the others cannot trust him. It's less fun to play the game if children cheat.

Source

IJF Judo for Children Commission

THE WORLD KNOWLEDGE CIRCLE GAME



Age	4-5-6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	Cooperation
Skills	Concentration
Judo Technique	Mitori Geiko , knowledge
Materials	-

Goal of the exercise

Acquire knowledge.

Starting situation

All the children form a big circle and jog in their place.

Rules of the game

1. The teacher asks a judo related question. I.e. 'Who is the founder?', 'Where was judo founded?', 'What does randori mean?', etc.;
2. Every correct answer gives them points. You can use that for the red belt method, in the end of the class;
3. The children can choose to help their buddies and give them some tips on the correct answer.



Variations

- You can turn this game in a warming-up game in the beginning or a back to calm game in the end of the lesson. As warming up game, the children are jogging in their place. When they have a correct answer they can keep jogging, but if they have a wrong answer, they have to do push-ups or another exercise chosen by the teacher. As a back to calm game, you can let the children sit in a circle.

Security

-

Teachers tips /comments

- Remind the children that helping their buddies with some tips, might give them more points for the red belt method than answering themselves;
- For the younger children (4-5-6), always try to tell a story about the judo history involving characters.

Values

Politeness

The teacher asks one child a question. The children have to be polite and first let the child think and give them time to give the correct answer. It's not polite to already shout the answer if they know it.

Courage

Even if a child gives the wrong answer, it's ok because he tried. This is how they learn. After a few other questions, you can ask the same child the same question again. Explain them they have courage for trying and they are learning. It's ok to make mistakes in the beginning.

Self-Control

The children need to control themselves and not shout the answer if they know it. If everybody would just shout out, it is really difficult to speak to each other.

Friendship

The children can really help their friends with tips to find the right answer. Ask specifically about this. And reward the children that gave the tips also. This is what friendship is about.

Source

IJF Judo for Children Commission

ROLLING CAT



Age	4-5-6-7-8-9-10-11-12
Individual/duo/group	Group
Opposition/cooperation	-
Skills	Agility, concentration, decision-making, coordination, mobility
Judo Technique	Ukemi
Materials	-

Goal of the exercise

Moving and finding your way in one specific area.

Starting situation

The children are spread over the whole tatami. One or two players are pointed as 'cats'.

Rules of the game

1. The children that are pointed as cats try to touch the other children;
2. All the children can only move by doing somersaults.



Variations

- You can make special places (in the corners) of the mat, where the children need to do different forms of ukemi.

Security

Before making the somersault, be aware if there is no danger of clashing with colleagues.

Teachers tips /comments

- Remind the children about the security rules multiple times during the game, speed may cause accidents;
- Give the children a point of rest. When they make lots of somersaults it can make them dizzy.

Values



Honour

Let the children promise they will watch out before they do a somersault or ukemi. If there is a clash between children, tell them it's important to keep their promises and really watch out.



Self-Control

Even if a child is really excited, they still have to stay in control of themselves and watch out for the other children. If they don't focus and keep themselves under control, there might be clashes.

Source

IJF Judo for Children Commission

THE MORAL CODE



Explained by adults:

Explained by children:

✓ Politeness

It is respect for others

I am kind and nice to everybody.
We say hello and goodbye to each other.
With judo I can't tickle, pinch, bite or kick somebody.

✓ Courage

It is doing what is right

I am brave.
I am always trying / daring to do.

✓ Sincerity

It is to speak truthfully

I say what I prefer or like to do.
I tell the truth.
I don't lie.

✓ Honour

It is to be true to your word

I do what I said I would do.
I keep my promises.

✓ Modesty

It is to talk about yourself without arrogance or impatience

When I win I congratulate my partner because he/she played well.

✓ Respect

Without respect there is no trust

I don't hurt anyone.
I always bow to my partner and always give a handshake.
I don't cheat, because cheaters can never be the winner.

✓ Self-control

It is to remain silent when negative feelings rise

I stay in control of myself, my emotions and energy.

✓ Friendship

It is the purest human feeling

When I have a friend, I help him/her.
I support my friend if he/she is in need.
I am happy if he/she achieves something.

✓ Fun

Laugh and have fun

I laugh and have fun with everybody.

CONNECTING TO THE VALUES

During all lessons, games and exercises, try to always refer to the values. If you are constant, they will trust you and show exemplary behaviour. You can do this together with the group.

An example coming from Olaf van Geel, who is an 'Entertrainer' in the Netherlands:

When you play a tagging game, there will be children that cheat. An example of a conversation where a child is tagged but keeps running:

Teacher: "Were you tagged?"

Child: "No, barely"

Teacher: "So, this means you felt something. Let's ask the other children: You think he should sit when he barely feels something?"

Children: "Yes, he should sit down!"

Teacher: "Let's all agree now to this. If you feel something, you are tagged and you sit down. This is how we can trust each other. Please respect the rules by not cheating."

Teacher, when the child sits down: "You still get a thumbs up from me!"

Child: "Why?"

Teacher: "Because you showed politeness by sitting down and self-control because you didn't get angry. Well done!"

POLITENESS

By...

- Always bowing before and after an exercise, and a handshake in the end of each game/exercise.
- Not tickling, pinching, biting, kicking, etc.
- Taking into account each other's wishes and (in)capabilities, adjusting activities when necessary

COURAGE

By...

- Trying again, or trying it differently; persevere and repeat;
- Not lingering on emotions; when losing, also look at what did go well (being faster, smarter, stronger, better).

SINCERITY

By...

- Giving predictability with structure (start, stop, time-out, place on the mat)
- Standing up for yourself, and clearly set your boundaries;
- Reflection and being clear, focused, positive

HONOUR

By...

- Carrying out tasks with decency, and as was agreed.
- Not cheating, even when it can add points to your victory

MODESTY

By...

- Always saying your opponent played well, even after he/she lost
- Learning and accepting who you are, and what you can and cannot yet do, and how you feel and act; giving each other (new) chances and opportunities.

RESPECT

By...

- Showing adequate care and understanding (for each other's boundaries);
- Taking into account each other's wishes and (in)capabilities, adjusting activities when necessary
- Accepting that we are all different

SELF-CONTROL

By...

- Restraining emotions, adjusting to one's level;
- Dosing effort, (counter)force, tempo, and control;
- Coping with delayed attention, postponing questions; stop, think, and do
- Taking a time out to regulate feelings of discontent. No discussions.

FRIENDSHIP

By...

- Participation based on want and ability, helping and reinforcing each other, with an emphasis on maximum results, both individually as well as a group;
- Finding compromises by practicing collaborating
- Consult, discuss, and adjust when needed.

FUN

By...

- Not laughing at someone's expense. If everybody is laughing, great. If one is not laughing, then don't laugh and check what is going on. Have respect for the person and consider his/her feelings. Otherwise there is no trust in the group.
- Making/having friends at judo in school.

THE RED BELT METHOD

Involving the kids: The Red Belt Method

The Red Belt Method originated from Saint Genevieve Sport Judo Club in France and is developed by Gomes Rogério, judo teacher. The purpose of this method is to try to get the students attention and to motivate them to overcome their weaknesses and to become better children.

Throughout the year, you have one (or more) red belts in your possession. You will explain the children that in the end of each lesson, you will give the Red Belt as a reward.

The criteria to get the belt is easy. Pay attention in the class, help your friends if they need it, don't make noise, put your hand up before you speak, say thank you, good job, be respectful, etc. In other words, apply the values of judo during the lesson.

The child who gets the belt in the end of the lesson will be able to sit next to you in the end of the lesson, and the next lesson at the start (he/she will also keep the belt in his possession during the whole lesson). At the end of the lesson, he/she will help you to give the belt to another child.

The ritual:

1. In the end of the lesson, all the children are in the position for the zarei.
2. The teacher picks one (or more) of the children. The child will come to you, while the other children give an applause because he/she did a good job that day.
3. The child will stay next to you and do the bow together with you.
4. After the bow the child stays with you. All the other children form a train (line) and will one by one shake your hand and the hand of the child with a red belt, before leaving the tatami.

With this exercise you involve the children. You give them responsibility and possibility to help you to make a choice.

Try to make sure at the end of the year that every child received the Red Belt at least once. Motivate him/her to choose the child that was the best example of using the values and not one of his/her friends.

This method will help them not only to apply the values on each lesson, but also to give them extra motivation to attend and participate in the classes.

THE THUMBS FEEDBACK METHOD

The thumbs feedback method originated from Schooljudo The Netherlands and is developed by Yos Lotens, judo teacher, educator and writer of several judo books. The method has received lots of positive feedback and is often implemented outside of the judo lessons as well.

The thumbs feedback method has three main purposes:

1. Learn to reflect;
2. Learn to express yourself, and how you experience an exercise or a class;
3. Learn to compliment yourself and others, and to receive compliments.

How does it work?

As the teacher, you indicate that the next exercise will directly be followed by a moment of reflection, in which you will give each other a thumb. You count '1, 2, 3.... THUMBS!', and everyone shows a thumb (up, down, or halfway) at the same time. How you hold your thumb, indicates whether:

1. Everyone worked together respectfully, taking into consideration each other's strengths and limitations;
2. The exercise was performed as intended, and everyone practiced and played as had been agreed upon.

Directly after showing each other the thumbs, you greet. From experience, we know that this manner of direct feedback, combined with success stories, positive reinforcements, and the involvement of exercise buddies, has a motivating effect.

Reflection during group activities

Reflection is also an important tool for learning during or after group activities. It advances the pedagogic climate, and improves and speeds up the learning process. It also allows children to give their input for the rules of the game. Suggestions they may have, can be put to a democratic test by asking questions such as: "How can we make the game more exciting? Which rule needs to be adjusted, added, or removed?" This way, a game can work much better for one group than for another. The challenge for the Entertainer or teacher is to explore the boundaries of the group, and to decide what will foster growth.

Extra tip: the thumb can be used in many ways. Let children use their thumb to indicate how they feel at the start of a class. This will let you know straight away whether there's someone you just need to 'leave be' for today. You can use your thumb for non-verbal reinforcement. Be as specific as possible, maintain eye contact whilst giving the thumbs up, and explain what you thought went well.

Using the index finger

Index finger - thumb

Briefly point your index finger(s) at the student, quickly retract, and give a thumbs up with the same hand straight away. One hand compliments a specific judoka, two hands compliment a duo.

Pat on the back - For self-confidence, confirmation, giving and receiving compliments

A pat on the back for yourself

Crossing your arms on your chest, pat yourself on the back/shoulders twice, then directly turn both thumbs upwards. -because you are proud of yourself for having done well.

A pat on the back for someone else

Crossing your arms on your chest, pat yourself on the back/shoulders twice, then stretch your arms out in front of you and turn both thumbs upwards, then point to the person(s) you are complimenting.

- One shoulder knock for another;
- A pat on the shoulder for the group.

Note: children need to feel safe when giving a thumb. Never disapprove of them giving a thumbs down. Do not engage straight away, but discuss it with the respective child in private, for example during the next exercise (delayed attention). This way, the student will get the attention (s)he deserves, whilst avoiding that children will give a thumbs down just to attract instant attention. You also avoid slowing down your class.



Thumb up - enthusiastic!

"A compliment! I think you have treated me respectfully, and I have enjoyed practicing with you. It went exactly as I had hoped it would! Thank you!"

**Note: If two children give each other a thumbs up, this can be topped off with a double high five (using both the left and right hand) before continuing to greet.*



Thumb horizontal - moderate!

"A small note! I think you should treat me more respectfully next time and/or should follow the instructions better. There is room for improvement! Hopefully it will go better next time."

This may require a short accompanying statement to clarify the exact focal point. Always start with a 'top' (what did go well), and follow with a 'tip' (what should be improved).



Thumb down - critical!

"A warning! I feel like there was not enough mutual respect, and I felt incapable to carry out the exercise in the way I would have liked. I do not want to practice with you again during this class. A pity, but let us try again next time (next class)! Let's not give up!"

This may require a short accompanying statement to clarify the exact focal point. Always start with a 'top' (what did go well), and follow with a 'tip' (what should be improved).