

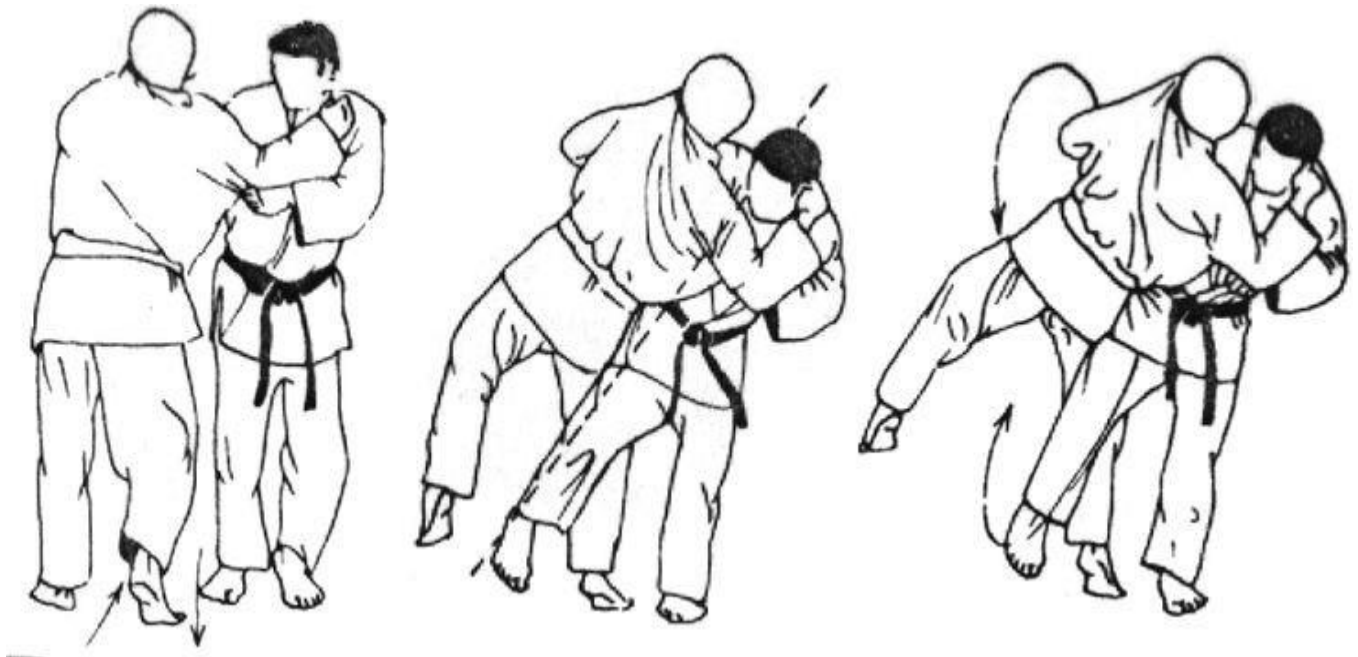
Session 2: Movements (Shintai) and O-soto-gari

Objective:

Master basic movements and learn the first throwing technique.

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The O soto gari judo hold, also called the "great outside slash", is one of the 40 basic techniques of judo, widely taught in judo clubs around the world. This technique is highly regarded in competition because of its speed and effectiveness, but it requires good coordination and precise technique to be executed correctly. If executed incorrectly, it can easily be countered by an experienced opponent.



Details:

- Warm-up (10 min):
 - Light running with repeated falls (Mae ukemi, Ushiro ukemi).
 - Dynamic stretching.
- Movements (15 min):

- Practice basic movements: forward, backward, sideways.
 - Partner drills to feel forces (pushing/pulling gently).
- Technique: O-soto-gari (20 min):
 - Demonstration of the technique in a static position.
 - Step-by-step practice of the throw:
 - Positioning.
 - Off-balancing (Kuzushi).
 - Sweeping the leg.
 - Repetition in static form, then with movement.
- Cool down (5 min):
 - Stretching.