

## Session 6: Review and Light Randori

### Objective:

Apply the techniques learned in randori (light sparring).

Randori (乱取り or 乱捕り in Japanese) is a fundamental practice found in various martial arts, and particularly in judo. It consists of a training fight where a person, often called tori, faces one or more partners, designated as uke. This type of exercise allows judokas to improve their technical skills, reactivity and strategy, while offering a free practice framework, without stakes, ideal for progress. By exploring randori, we will discover its importance in the development of the judoka, its basic principles, and how it can enrich the experience within the dojo.



## Details:

- Warm-up (10 min):
  - Running, rolls, falls.
- General review (15 min):
  - O-soto-gari, Tai-otoshi, Kesa-gatame, Juji-gatame, Hadaka-jime.
  - Partner work on technical refinement.
- Light randori (standing and groundwork) (20 min):
  - Light sparring with focus on technique, not strength.
  - Alternating between standing and ground randori.
- Cool down (5 min):
  - Stretching.