

Session 3: Groundwork (Ne-waza) and Kesa-gatame

Objective:

Learn the basics of ground fighting and a first hold-down technique.

Kesa Gatame (袈裟固, also known as "Scarf Hold") is a fundamental pinning technique used in judo. It is classified under Osaekomi-waza (pinning techniques) and is commonly used in both practice and competition.

Etymology

The term "Kesa Gatame" translates to "Scarf Hold" in English. The name is derived from the position of the practitioner's arms, which resemble the way a scarf is draped over the shoulders.

Execution

To execute Kesa Gatame:

1. From a side control position, the tori (the person applying the technique) turns slightly sideways.
2. The tori encircles the uke's (the person being pinned) head with one arm.
3. The tori's other arm controls the uke's arm by holding it close to their chest.
4. The tori spreads their legs for stability, ensuring a strong base to maintain the pin.



Details:

- Warm-up (10 min):
 - Running with forward/backward rolls and side movements.
 - Reviewing falls.
- Review of O-soto-gari (10 min):
 - Practice with a partner to refine O-soto-gari.
- Ground technique: Kesa-gatame (20 min):
 - Demonstration of Kesa-gatame (scarf hold).
 - Practicing ground positions.
 - Repetition with a partner, focusing on control.
- Cool down (5 min):

Hip and back stretches