



SHO 7

## SHO 7 CHECKLIST

- Theory
- STAGE 1:  
Mae-Mawari-  
Ukemi
- STAGE 2:  
Double Lapel Roll
- STAGE 3:  
Step-Turn-Across
- STAGE 4:  
T-drills
- STAGE 5:  
Crouched Rollover  
Partners Back
- STAGE 6:  
Spin Around  
Partners back
- Alternative  
Activities

# THEORY:

## TECHNICAL

Previous technique recap – coaches choice



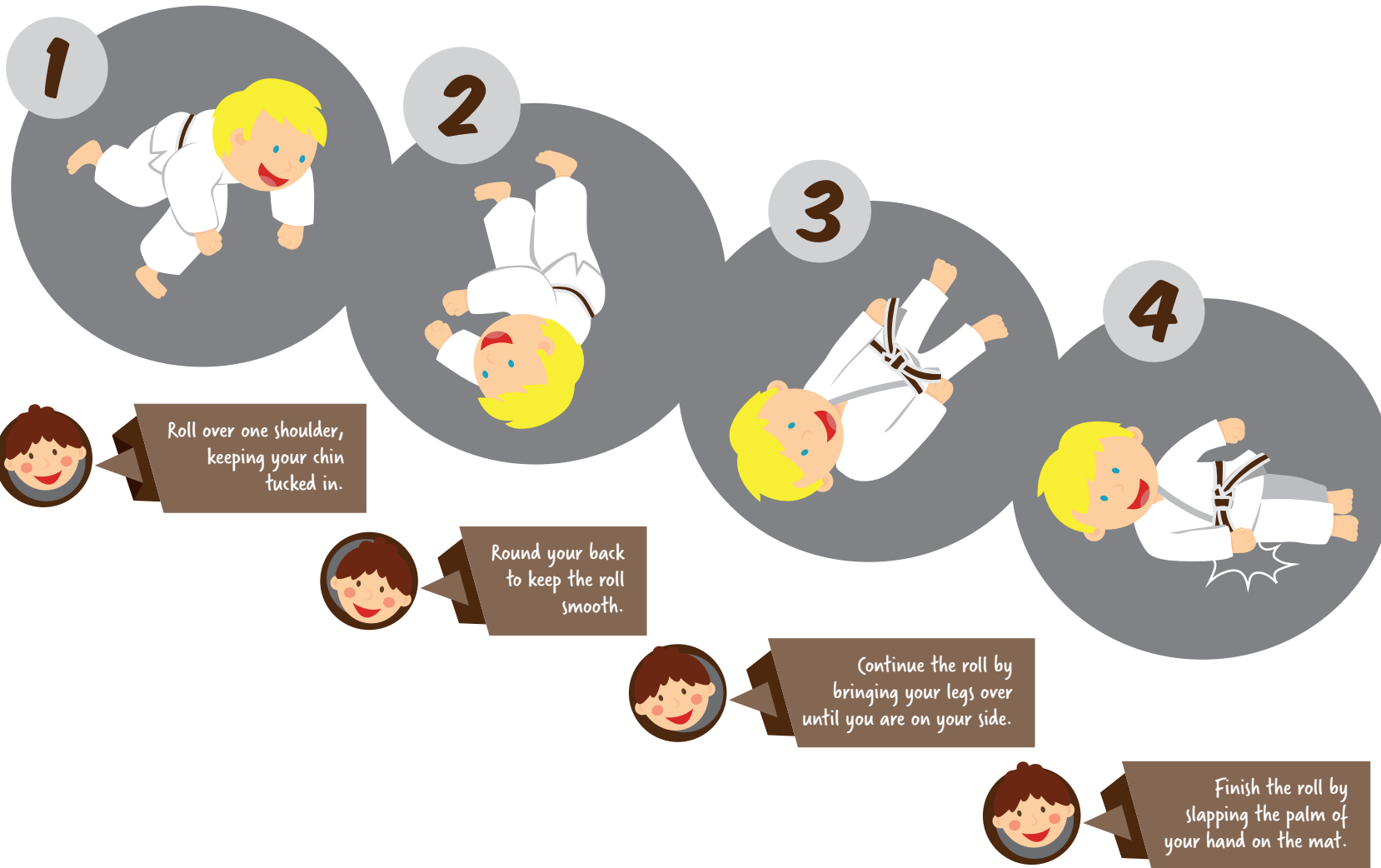
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# STAGE 1: MAE-MAWARI-UKEMI

## FORWARD ROLLING BREAKFALL:



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# STAGE 2: DOUBLE LAPEL ROLL

## SHO 7 CHECKLIST



Start standing with partner on all fours.



Now reach down and grip partner's collar. From here step across with other leg and take other collar.



Squeezing with your thighs roll partner over.



You should finish with sitting up with partner between your legs. Pull tight with the collar hands to control partner.

Theory

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Mae-Mawari-Ukemi

STAGE 2:  
Double Lapel Roll

STAGE 3:  
Step-Turn-Across

STAGE 4:  
T-drills

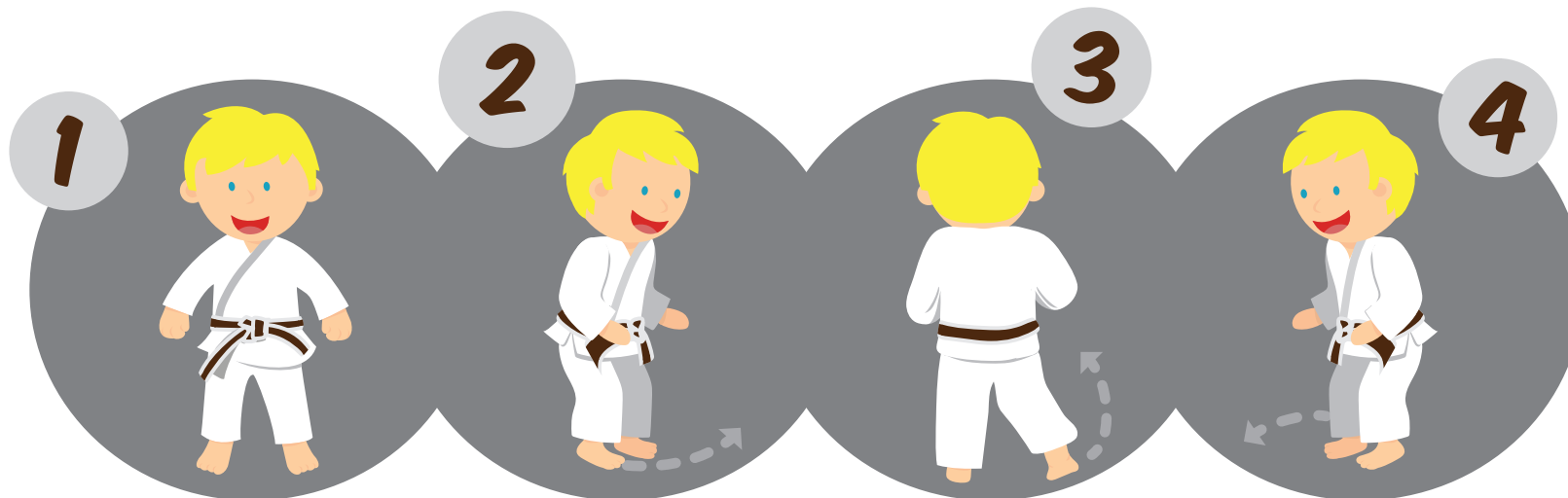
STAGE 5:  
Crouched Rollover  
Partners Back

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# STAGE 3: STEP - TURN - ACROSS



Start facing forward with head up, hands up, knees slightly bent.



Step across with one foot and turn to face the other way. Now do the same to the other side until you are facing forward.



Now do the same thing but take a third step.

... Keep good posture with head up during the steps. Repeat left and right until you have done 5 each side.

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# STAGE 4: T-DRILLS



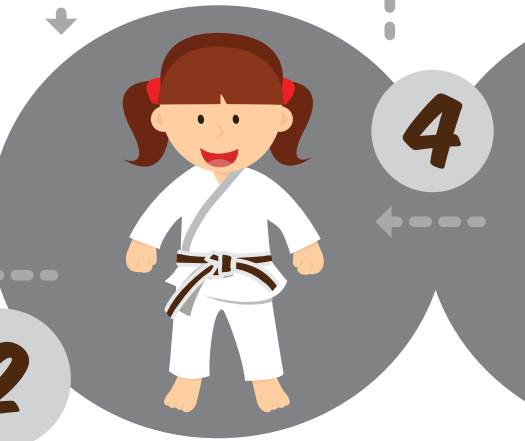
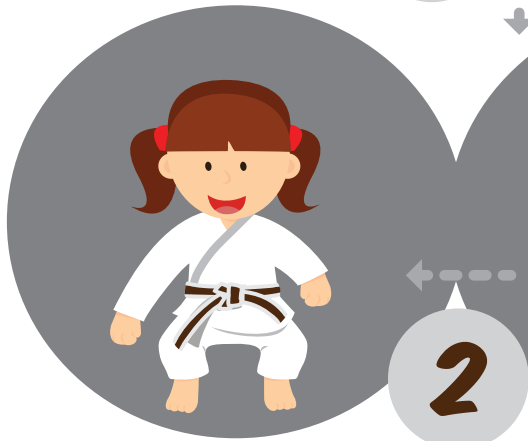
Four cones should be in a T-shape 5 meters from start to finish. Start facing three cones. Run forward to the middle cone. Keep your head up, back straight and knees slightly bent.



Now try the same doing down-ups or forward/backward rolls at each cone.



once at the middle, run backwards to the start position.



From the middle cone shuffle sideways to one side and then to the other side.



once you are at the other side, shuffle back to the middle.



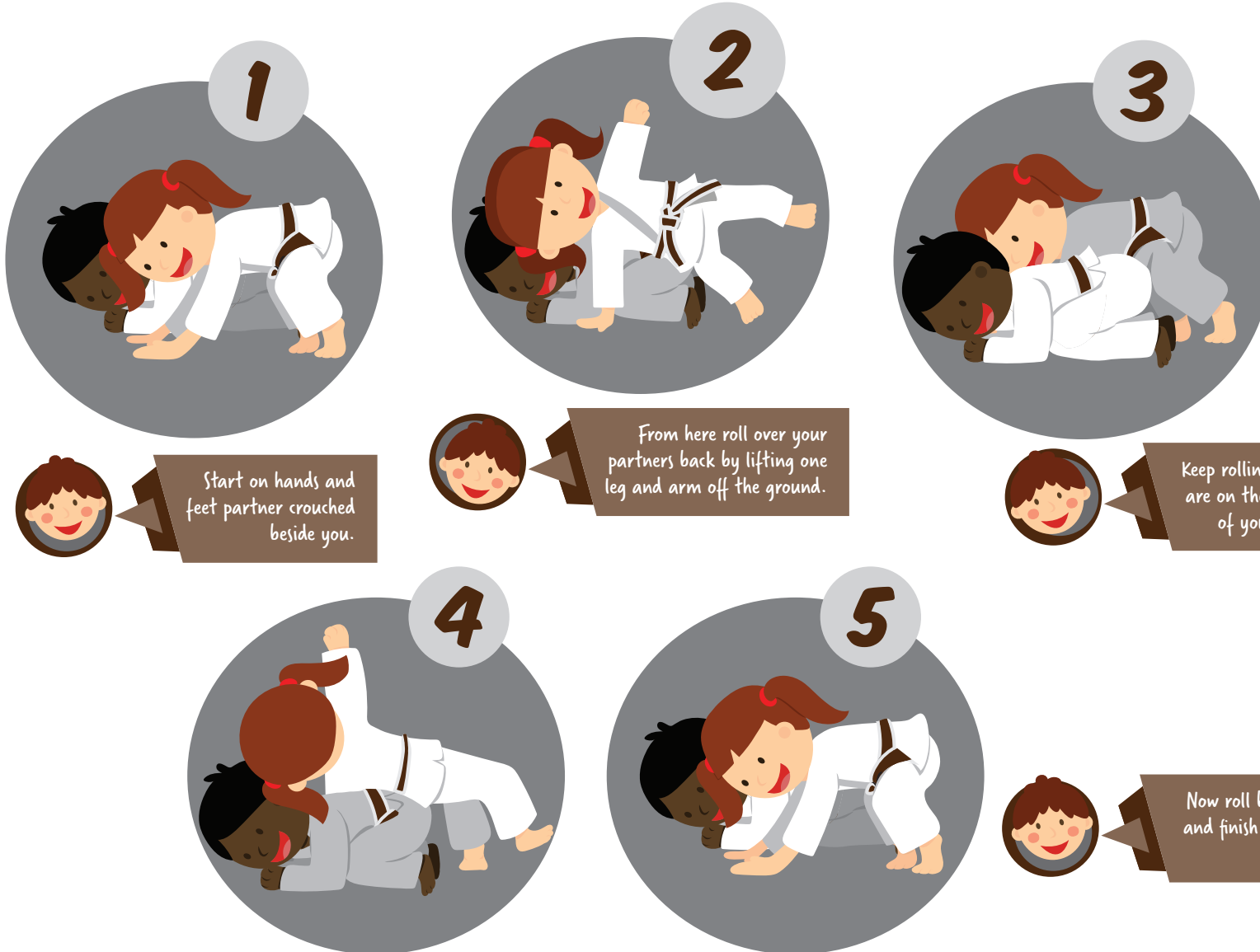
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# STAGE 5: CROUCHED ROLLOVER PARTNERS BACK

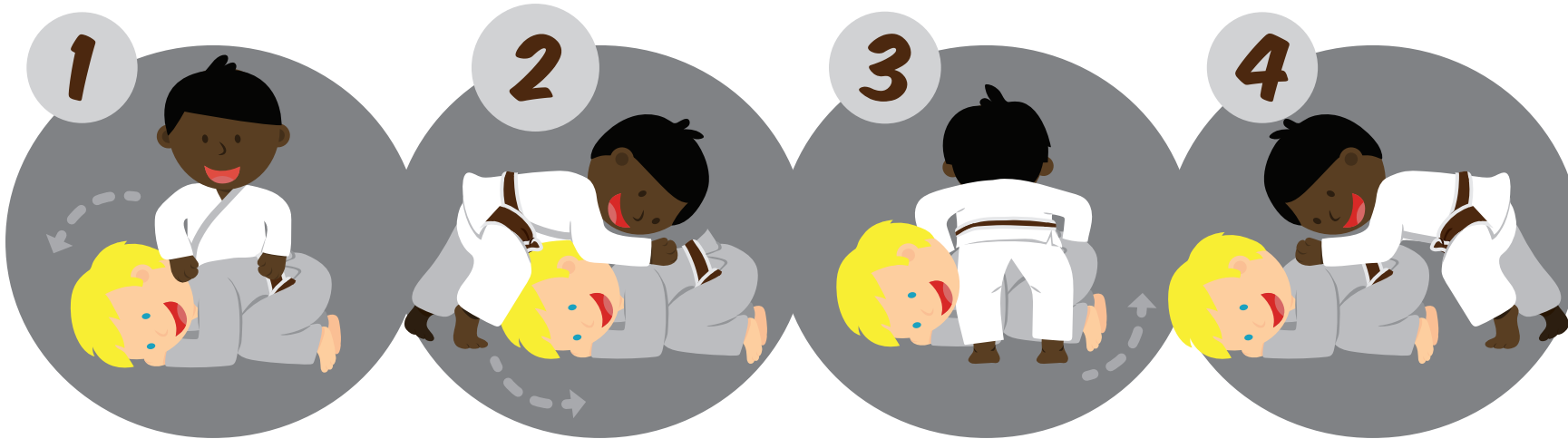
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# STAGE 6: SPIN AROUND PARTNERS BACK



Start with hands and chest on partners back. Legs should be open with toes on the ground.



Keeping your chest and hands on partner spin to the top of their head. Now move to the side of your partner.



Keep spinning until you get back to start position. From there spin in opposite direction until you have done 5 each way.

## ALTERNATIVE ACTIVITIES:

- Do breakfall over a partner or see how far you can roll
- How many rolls can you do down the mat – race partner
- Double lapel rolls down the mat
- Double lapel roll partner tries to escape from sitting position – 15 seconds then change over
- How many crouched rollover partners back or spin around partners back can you do in 15 seconds

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