Virtual Dojo 101

This document, in conjunction with the virtual live session, is intended to assist you in running a virtual dojo. During these times of physical distancing, distance learning, and non-contact judo, it is vital that we adapt and evolve to support our judoka and judo community! Please keep in mind that this document and the instruction in our virtual session is meant to be a guide - your personal touch, community, and instructional decisions are what will make your program successful!

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If you have any questions, please reach out to the session facilitators, Jerry Hazemoto at jerryhazemoto@gmail.com, Julia Tsutsui at tsutsui.julia@gmail.com, or Krista Steele at kristatsutsui@gmail.com.

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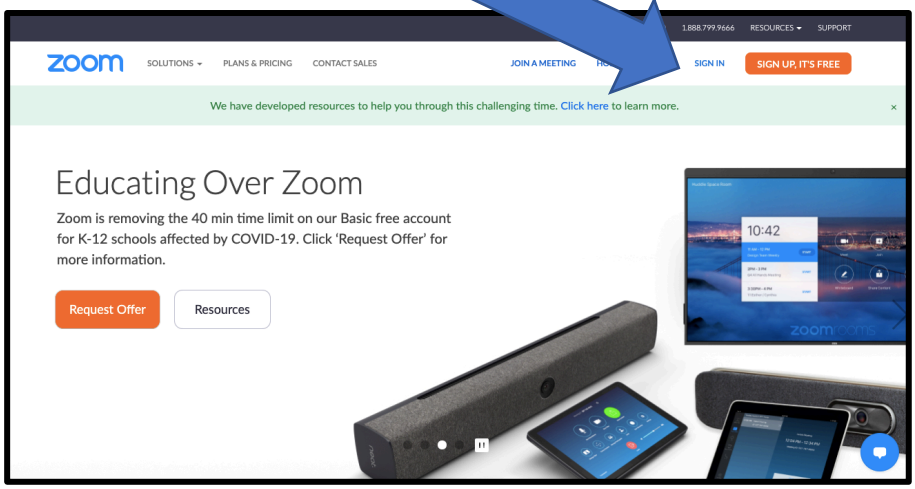
How to Set Up a Zoom Account

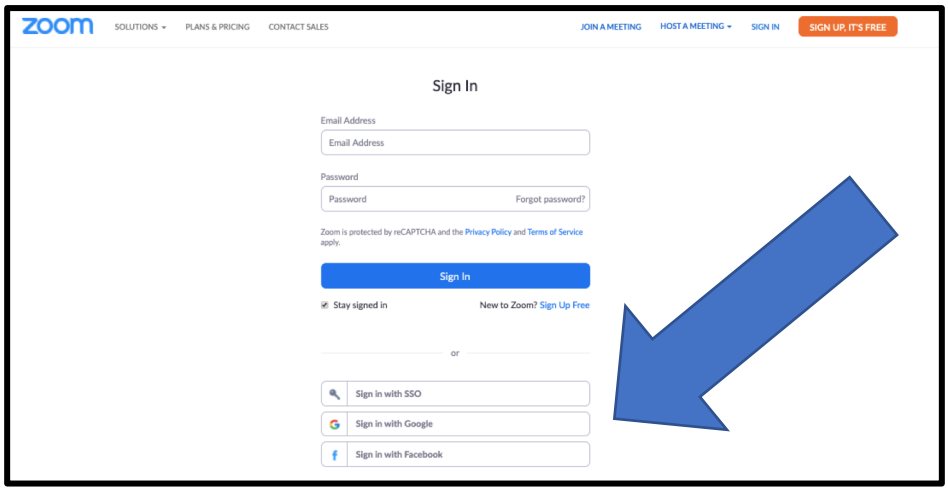
***Online platforms are constantly evolving. This is based on the information/version as of May 2020**

1. **Visit: https://zoom.us/**
2. **Click on** SIGN UP, IT'S FREE

*You can upgrade to **a Pro membership for $14.99 per month**

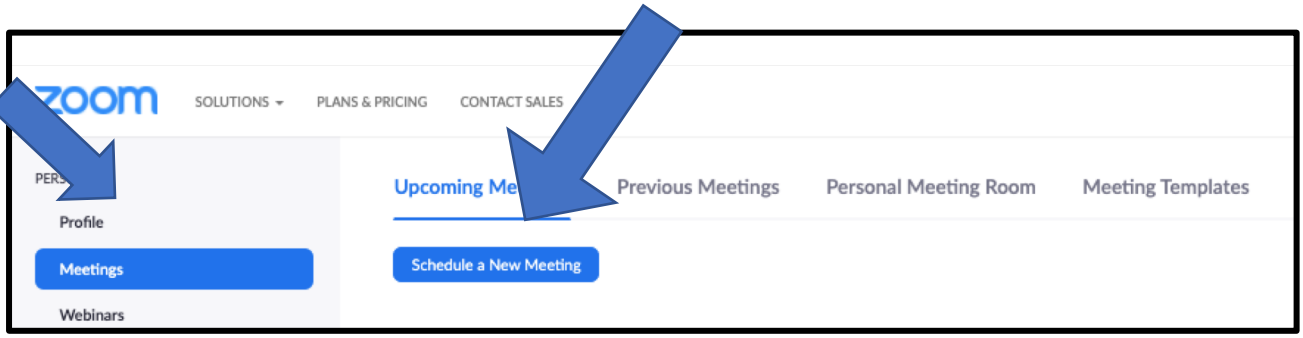


You can also sign in with a Google or Facebook account at https://zoom.us/signin

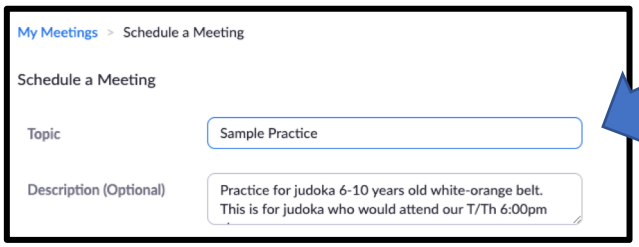


Zoom works better on some browsers than others – Chrome or FireFox recommended. Only one host is needed per class but you can assign co-hosts which we will talk about in Zoom Features.

3. On the left hand side, click on "Meetings" and then click "Schedule a New Meeting"

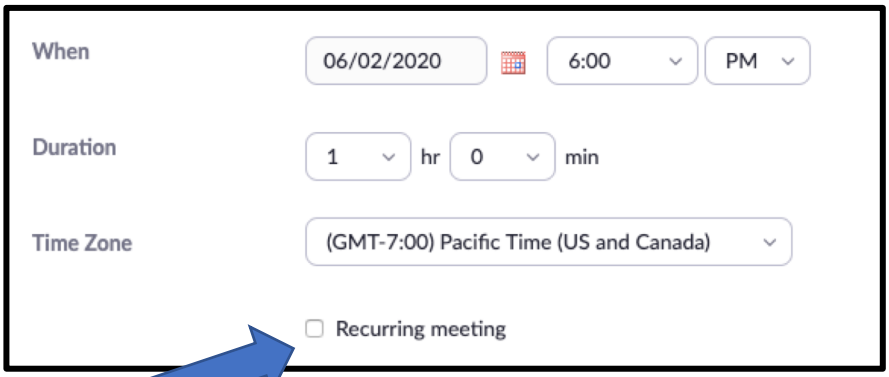


4. Enter in the appropriate information:



The "Topic" is the meeting name.
Example: Children's Class or Mondays at 5:00pm
Name your class in alignment with your actual dojo classes so participants easily know which is right for them.

Enter the date/time and length (basic/free versions can only host 40 minute long meetings).



If this class is going to take place at the same time every week, click "Recurring meeting" so participants can use the same link, meeting ID, and password.

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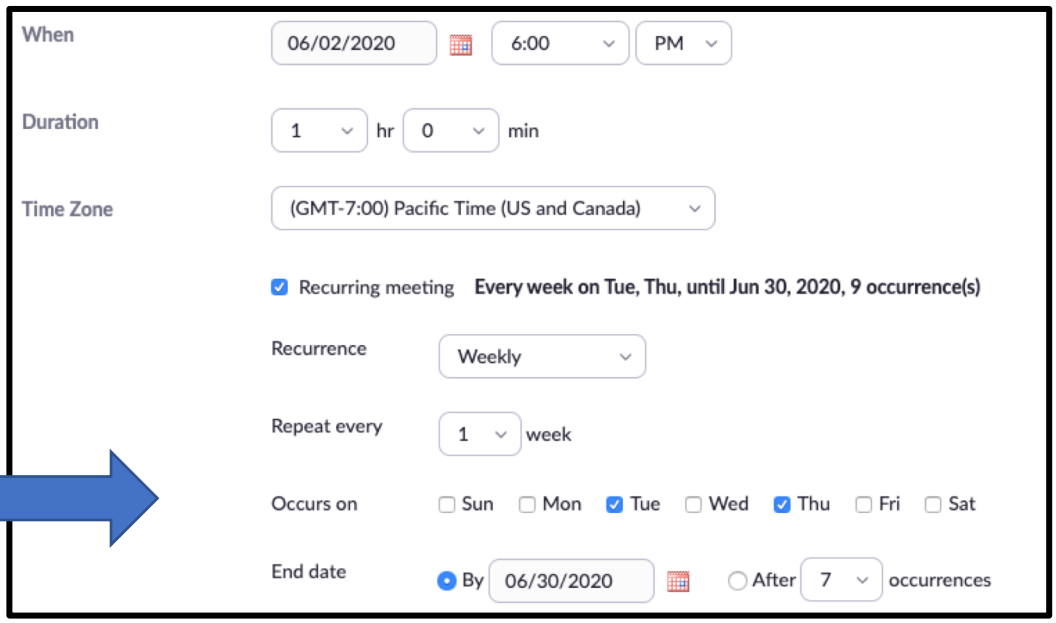
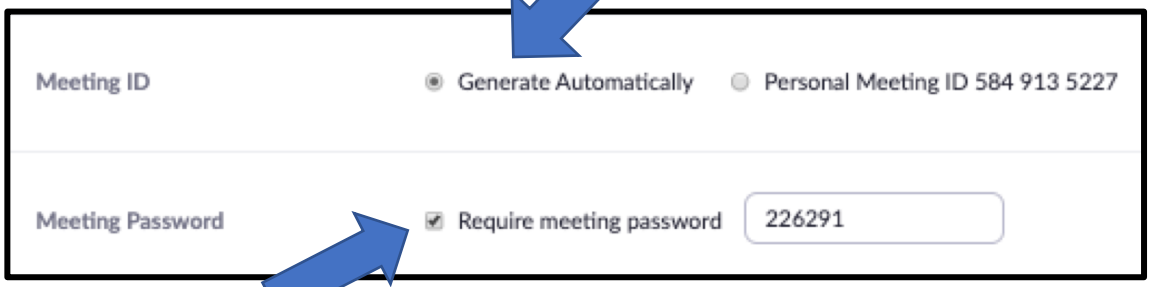


Select the days of your class and how many sessions/practices you want for this specific class.

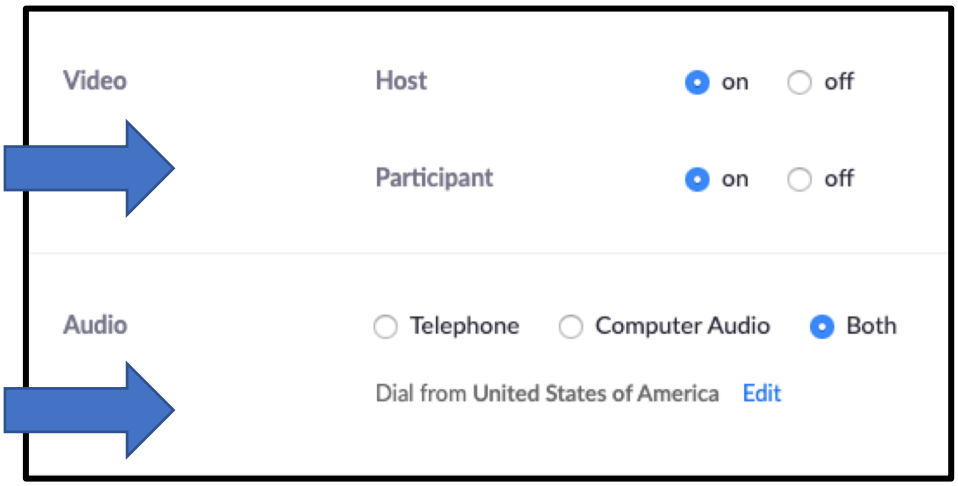
Example: Our kids class is every Tuesday and Thursday at 6:00pm and we set the recurring meetings for one month at a time so the link/meeting ID are the same for that month.

The meeting ID is important for participants to have if they are logging in through the Zoom website or app.



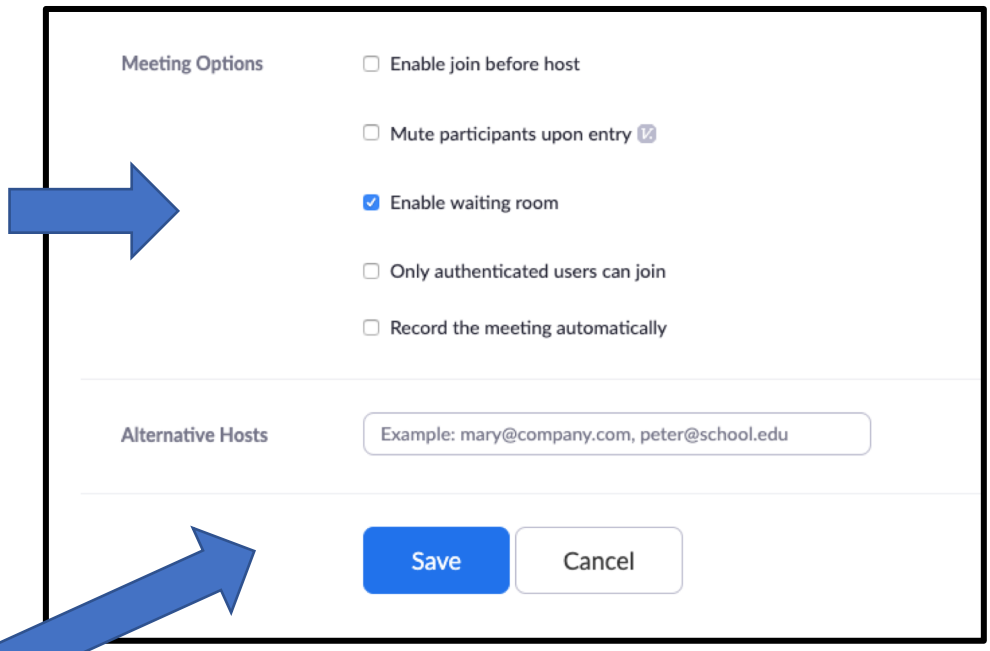
Passwords are important for participant safety! You can change it to whatever you want i.e. dojo name, judo vocab, etc.
We highly recommend keeping this private to your members unless you are intentionally hosting an open practice and your participants and families are aware.

Choose if you want the video to automatically start upon entry for the host and participant(s). We recommend you set this to "on" so you can see who joins.



We recommend leaving "Both" selected for Audio so participants can use a telephone or computer audio.

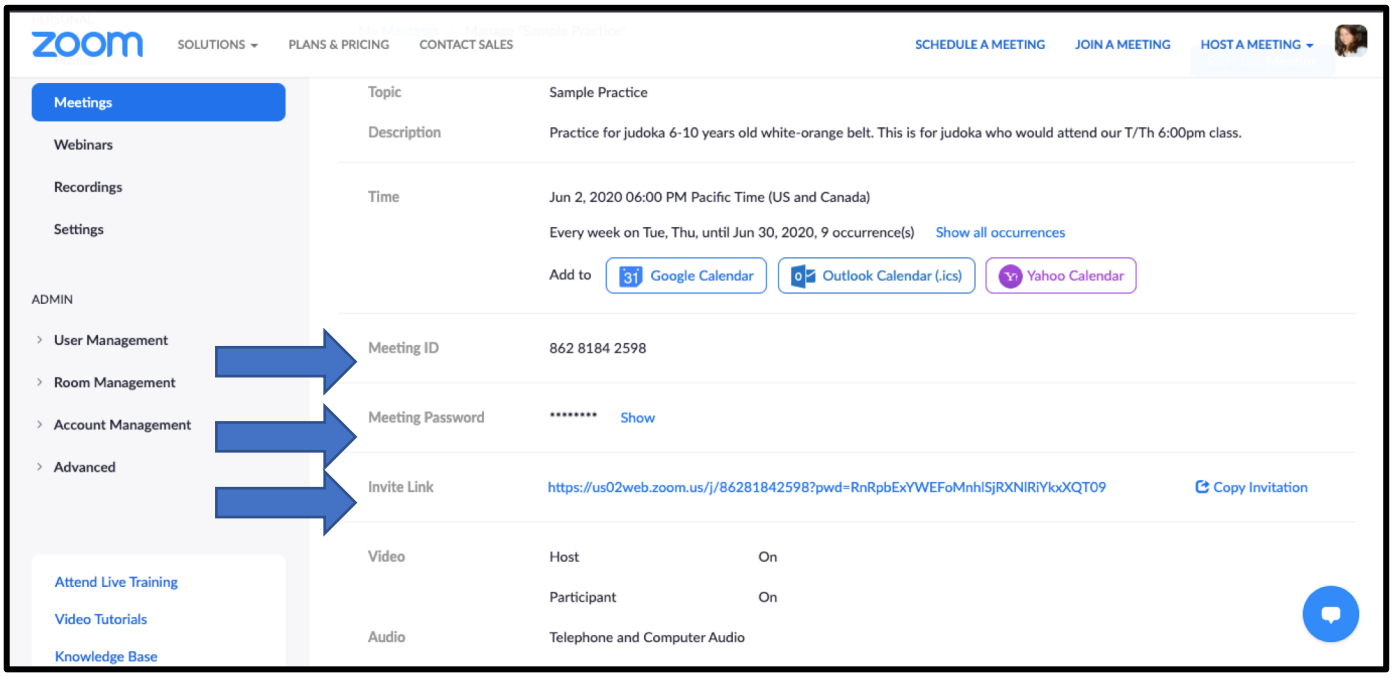
Select your Meeting Options.
The Waiting Room allows participants to log into the meeting, but they will not see/hear anything until you admit them in. This is helpful to enable if you want to monitor who joins your class.



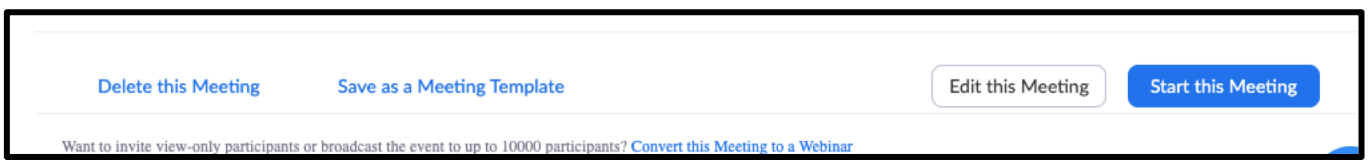
5. Click "Save"

You can edit the meeting information later, so don't be afraid to click "Save"!

6. Check to make sure the information is correct



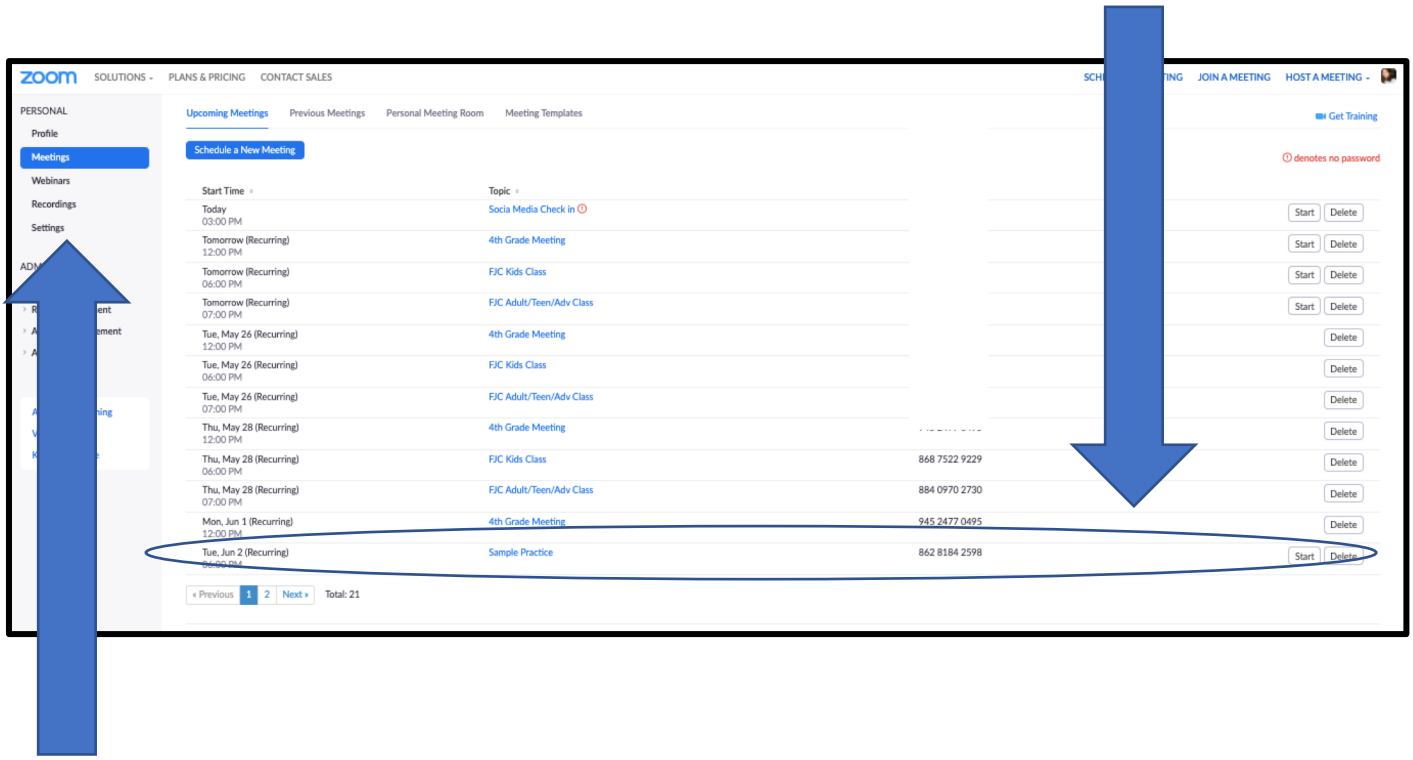
7. Share the Invite Link, Meeting ID, and Meeting Password with your members!



8. At the bottom, you have the options to delete, edit, and start the meeting

This is also where you can add a poll if you have the Pro version and have turned on the feature in your settings.

9. Click ”Meetings” in the left panel to see upcoming meetings and your new meeting will be listed!



10. To enable extra meeting features, look at the left panel. Under “PERSONAL” click “Settings” and scroll through to see what features you might want to adjust.

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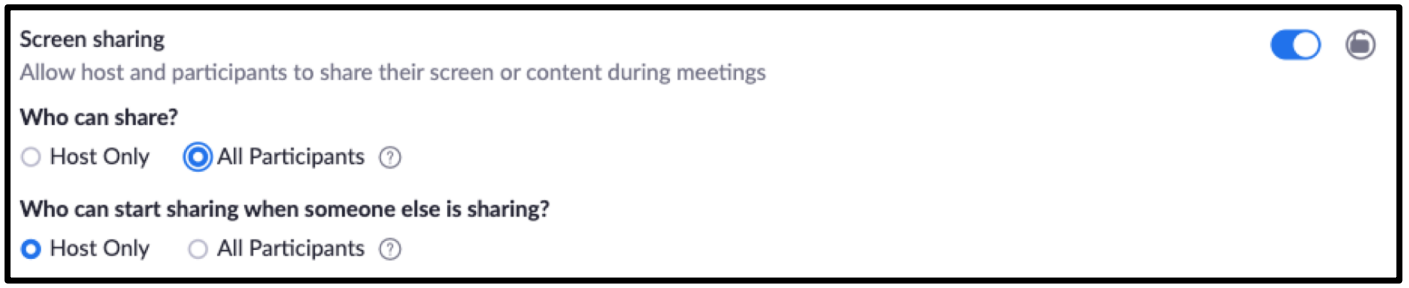
Zoom Features

Chat feature is helpful for students to silently ask questions or to respond. This is also a great way to list instructions and exercises for all to see. Make sure to set expectations with students about when and how they can use the chat. It is helpful to silently communicate with other instructors as well (make sure to send those messages directly to the instructor and not to everyone).

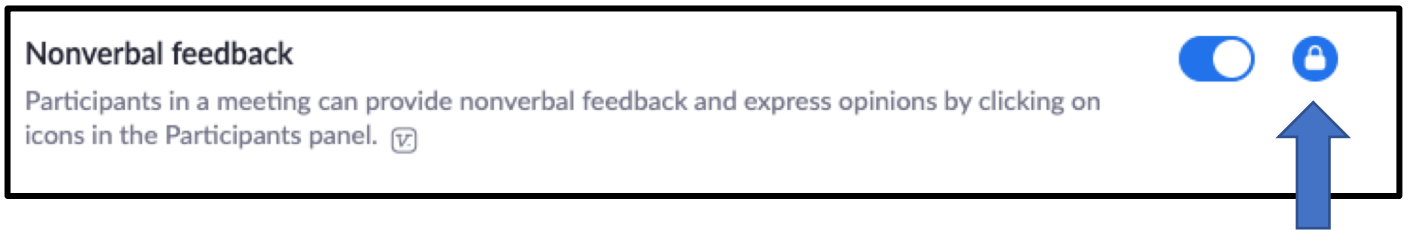
Co-hosts can mute/unmute participants and spotlight/cancel spotlight screens. If you want to make a fellow instructor a co-host during a meeting (practice), hover in the top right-hand corner, click on the three dots, and select "make co-host."

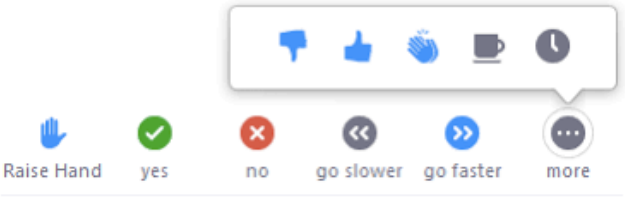
Virtual Dojo 101

Zoom Features



If you are leading with another instructor, you'll want to allow "All Participants" to **screen share**. If it is just going to be you sharing, select "Host Only." When you share your screen, if you need sound, make sure to click "share sound" in the bottom left-hand corner during the meeting (practice).





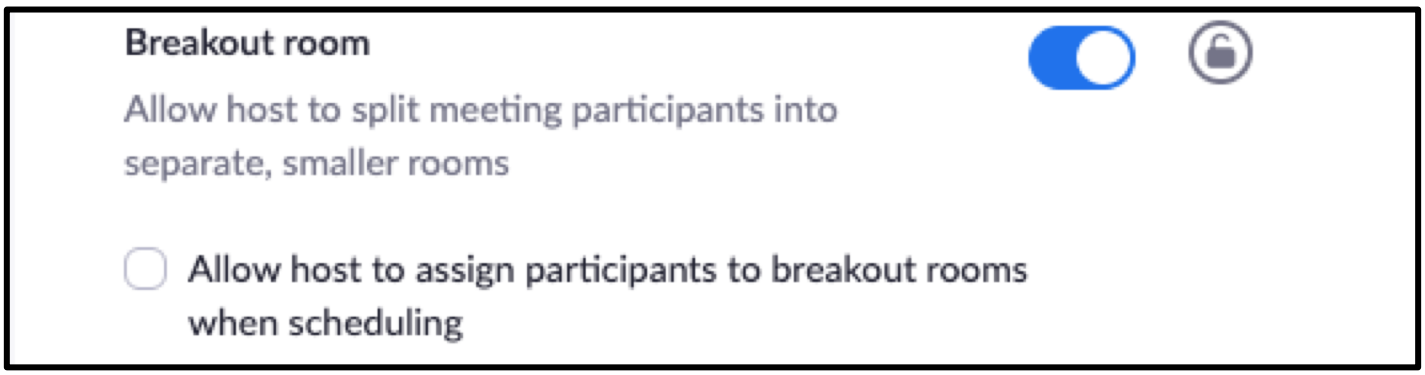
If you want all users to use this feature, click the lock symbol. Otherwise, users have to manually adjust their own settings.

Participants use symbols/emojis to **respond nonverbally**. Make sure to teach your students to use this tool appropriately! They will find the nonverbal feedback icons under "Participants" on the menu bar during a meeting.

Virtual Dojo 101

Zoom Features

If this is enabled, when you **remove a participant**, they WILL be allowed back in unless you change this setting. We recommend leaving it DISABLED so if someone "Zoom Bombs" (enters without your permission/is intentionally inappropriate) you can immediately remove them and they will not be able to rejoin.



Breakout rooms are great for leveled instruction and smaller group interactions. They are also very helpful if a particular student needs redirection (aka discipline) and you don't want to do it in front of others.

Polling is only available for Pro (paid) accounts. This is a fun tool to ask questions and, literally, do polls during classes. To create a poll, go to your scheduled meeting and add it at the bottom. You can also create/edit polls during meetings by clicking "edit" when you click "Polling" during a meeting on your menu bar.

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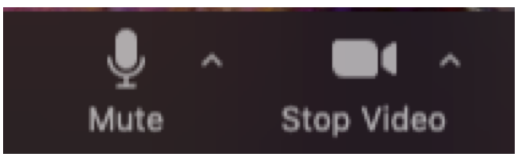
Zoom Features

During the meeting, you can choose to see the meeting participants in **Gallery View** or **Speaker View.** Look at the top right-hand corner to switch the views.

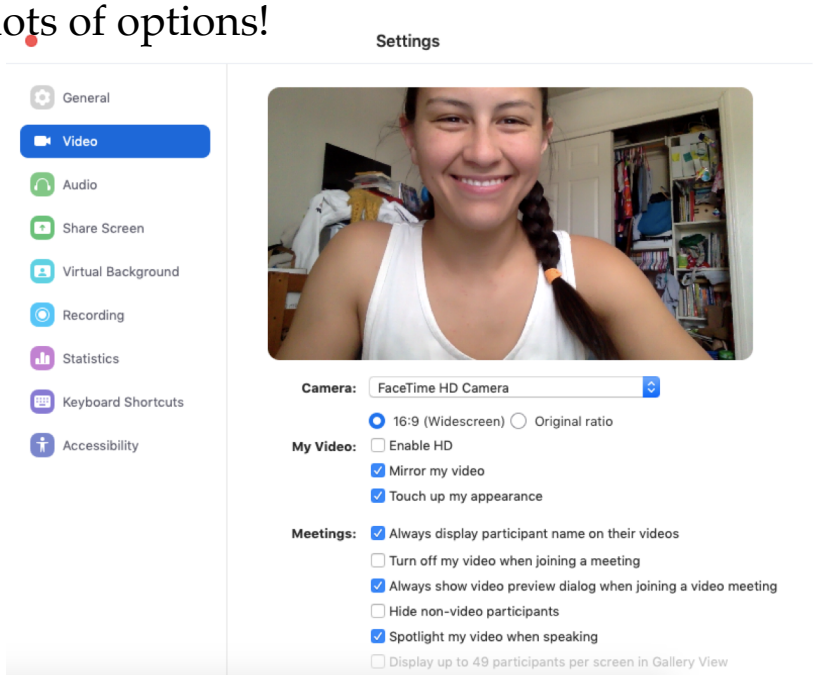
Gallery View

Speaker View

In a meeting, look at the **menu bar** at the bottom of the screen for additional features. The icons in the bottom left-hand corner give you lots of options!



The video settings is where you can change your background.



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Example Email

Hello everyone,

_____ Judo Dojo is inviting you to a scheduled Zoom meeting.

Topic: Seniors' Online Workout Class

Time: May 4, 2020 07:30 PM Pacific Time (US and Canada)
Time: May 6, 2020 07:30 PM Pacific Time (US and Canada)
Time: May 8, 2020 07:30 PM Pacific Time (US and Canada)

Join Zoom Meeting
https://zoom.us/j/xxxxxxxxxx

We now practice on Mondays, Wednesdays and Fridays from 7:30-8:30 pm.
Simply join the meeting by opening the link on your laptop, desktop or smartphone. Please join our meeting by 7:25 pm.

Make sure that you prepare your triangles before class. Your triangle should be equilateral which means it has three sides of equal length. The length is equal to the space between your feet, standing shoulder-width apart. Have your training partner, dummy or human, on hand and ready, especially on Wednesday.

Best Regards,

_____

Reference from earlier emails

You will need the following;
-Wear comfortable workout clothes. No Judogi necessary.
-A small open space where you could run in place, do jumping jacks and lay down without hitting any furniture.
-Small hardcover book
-A rolled T-shirt or small towel
-Your belt
-Tennis ball or small bouncing ball that you can grip with one hand
-Chair
-A long stick, 4'-5' long or broom handle
-Your training partner, human or dummy

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Example Email

Hello Judo Family!

We miss you all so much and hope you are healthy and happy. Starting this week, we are offering online judo practices on _____ and _____ evenings through Zoom.

Each session will be approximately _____ minutes long. We will open the sessions about 10 minutes prior to the start time in order to allow our judoka and families to join the meeting and catch up before practice begins.

Kids session (for judoka who usually attend the T/Th 6:00pm-7:00pm class)
Tues/Thurs Kids Class @ 6:00pm:
https://zoom LINK
Meeting ID: #########
Password: XXXXXXXX

Adult/Advance session (for judoka who usually attend T/Th 7:00pm or M/W 6:30pm)
Tues/Thurs Adult/Adv @7:00pm:
https://zoom LINK
Meeting ID: #########
Password: XXXXXXXX

Please wear your gis, find a spacious area, and bring a towel/blanket to fall and roll on. You do NOT have to have an account to join the Zoom sessions. Just click the link a few minutes before the start time, enter the password, and you will be added to the waiting room. When the senseis are ready, you will be admitted into the Zoom class.

Also, for the privacy of our judoka, please notice that we are including a password for our classes. Please feel free to connect and share with our fellow members, but do not share these links and meeting info outside of our club.

We are so excited to see all of your faces and to do judo with you again! Please let us know if you have any questions!

Sincerely,
_____ Judo Club

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Example Classes

	Sample Class for Kids	Sample Class for Adults/Advanced
Bow In & Updates	Sensei Krista -Class expectations -Weekly flashcards	Sensei Julia -Class expectations -Goal Setting
Warm Up & Stretches	Sensei Miranda -Jumping Jacks -Squeezing -Pulls -Judo Push Ups x 15 -Sit Ups x 15 Squats x 15 -Hop over belt x 15 Stretch	Sensei Hannah -Mountain climbers -Push Ups -Sit Ups -Squeezing -Pulling -Reverse Pulls Stretch
Drills	Sensei Hannah Falls: Look around you, BE AWARE OF YOUR SPACE (important at the dojo, but it's super important when we are doing at home judo) -Seated -Squatting -Standing	Sensei Miranda -Hip Switch -Plank Circles -Reverse Bicycles -Rotating Body Movement (Tai Sabaki) -Ayumi Ashi -Tsugi Ashi
Lesson	Sensei Krista Tandoku Renshu (Shadow Uchikomi) Professor Kano was so smart! We can practice judo on our own Ashi Bari / Foot sweeps - static, one step, and two step	Sensei Krista Step cross, pivot alternating feet Seoi Nage tandoku renshu Seoi Nage Moving Backwards https://www.youtube.com/watch?v=SGHQrj09O-g
Game/ Exercises	Sensi Julia Sensei Says -if "out" do 10 sit ups Stretch	Sensei Justin -Knee to Elbow Crunch -Toe touches -Hip Extensions Stretch
Bow Out	Sensei Krista	Sensei Julia

Example Class

Purpose - social connection, physical fitness conditioning, and technique work

*Uses as many instructors as possible in a given class

-20 to 30 minutes warmup

-Break

-Technique exercises and drills

*Use breakout rooms so instructors can watch a smaller group of students

-After demonstrating exercise and fielding questions from students, separate into smaller groups with an instructor and a few students so they can drill the exercise

-Come back from the Breakout Room and review the exercise with comments from the instructors and any additional comments from students

-Emphasize the Jita Kyoei-mutual welfare and benefit

*Any disciplinary problem kids go to a breakout room with one instructor for individual counseling

-Games at the end of class; virtual relay races

*Have a written lesson always available

*Students may have difficulties in placing their camera in a suitable place because of limited space. You may need multiple camera angles to see them completely.

*Teach "concepts" using common denominators (props); brooms, stick, beach sandals, backpacks

*Indicates instructional suggestion

Virtual Instruction Tips & Tricks

Before Practice:

- Send out link, meeting ID, and password
- Decide whether or not you are going to wear a gi and what props are needed
- Outline lesson plan and coordinate with instructors
- Practice Zoom features (mute/unmute, spotlight/cancel spotlight, share screen with audio, etc.)
- Advise checking in 5 minutes before schedule class time for admission and audio and video check
- No background screens - students disappear behind the scene
- If possible, use wireless headphones with mic to enable free movement from device (we use Airpods, but they are not necessary)

Virtual Dojo 101

Virtual Instruction Tips & Tricks

During Practice:

- Audio and video WILL skip/stall. Speak clearly and slowly.
- The camera is mirrored so consider teaching opposite of the way you want your students to perform
- Mute everyone at start of class (can mass mute/unmute or select individuals).
- Use the spotlight feature to make the instructor's screen large (cancel the spotlight when you want it to shrink again)
- Explain as if your participants cannot see you. Refrain from using phrases such as "like this," "do this," or "step here"
- Consider if you want students doing the movement with you or do you want them watching aka "faces in the screen"
- Keep each activity/section 7-10 minutes
- Keep participants moving!
- Tell students what they SHOULD be doing instead of what NOT to do, for example,"Turn towards the screen" instead of "Don't turn that way."

Virtual Instruction Tips & Tricks

After Practice:

- Allow students to chat/hang out for a few minutes afterwards
- Make announcements for next meeting
- Reflect on what went well and what could be improved for next time with fellow instructors

Helpful tools:

Wrestling Dummy: https://www.amazon.com/Jayefo-Beast-Grappling-Dummy-4-FEET/dp/B07VSZRHQP/ref=sr_1_37?crid=1NV2YOO2PFUAE&dchild=1&keywords=dummy+throwing&qid=1590264347&sprefix=dummy+thro,aps,199&sr=8-37

Webcam: https://www.bestbuy.com/site/logitech-c920s-hd-webcam/6321794.p?skuId=6321794

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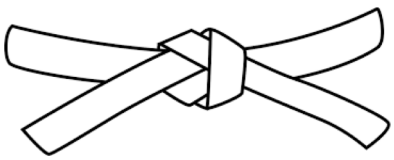
Common Denominators

(Teaching Tools)

- **Chair** – "uke" for uchikomi; squat and sit in chair

- **Socks** – Ashi Bari into "goal" made from belt; line socks up like cones and do Ouchi Gari around them; kick socks for Osoto Gari; gather socks in a pile, lay on back, use feet to move socks to a goal; balance socks while doing exercises

- **Belt** – Kuzushi practice; use for ladder drills; step across to promote stepping in for throws



- **Pillow** – "uke" for ne waza techniques; jump over or balance for exercises

- **Weighted objects** (water bottle, umbrella, bag) – hold in hands and lift/lower in various ways

Common Denominators

(Teaching Tools)

- **Backpack** – "uke" for throwing over during Seoi Nage

- **Rolled t-shirt or small towel** – superman position on stomach, hold out towel with tension and do "pull up;" gripping drills; kuzushi drills

- **Small hardcover book** – balance on head and do exercises (walk around, do lunges, do tandoku renshu)

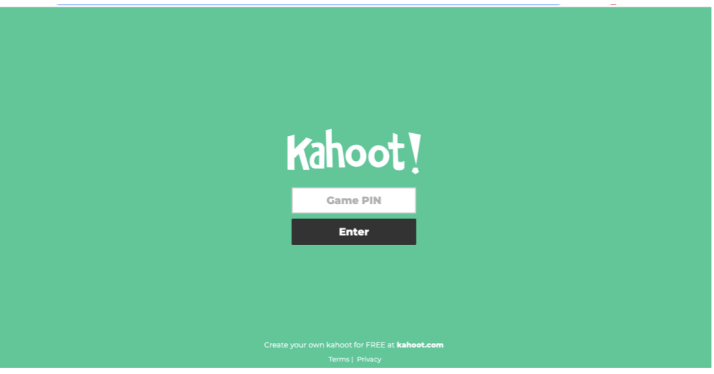
- **Tennis ball or small bouncing ball** – Gripping exercise, bounce ball, and grab it overhand

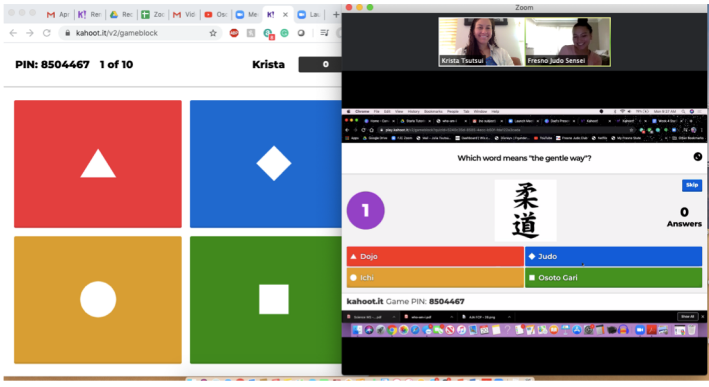
- **Long stick or broom handle 4'-5'**- Ashi waza to sweep; simulates leg of uke

- **Training partner, human (sibling or parent) or dummy** - make out of clothes/fabric; buy one from Amazon; use siblings or parents

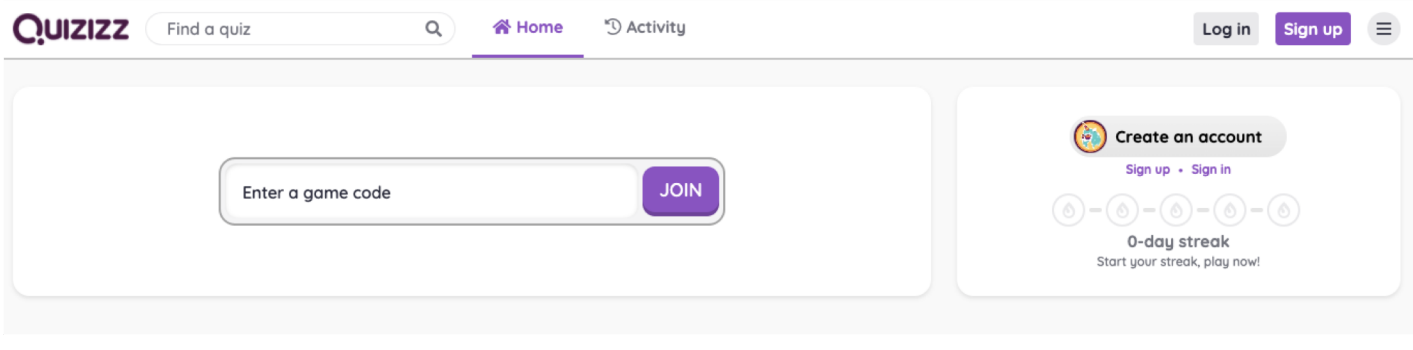
Games

- **Sensei Says (Simon Says)** – If participants make a mistake, they do a certain number of an exercise, like 10 jumping jacks
- **Relay Races** – Provide a short list of exercises for participants to complete and notify you when finished
- **Online Games:**
  - **Kahoot (kahoot.com)** – Instructor screenshares the game board while students answer in another window. Students go to kahoot.it to enter PIN number.





  - **Quizizz (Quizizz.com)** – Students see and answer questions on their own screen and complete at their own pace. Students go to quizizz.com/join to enter game code.



Take Aways

- The goal of virtual judo is to keep judoka ENGAGED so they return to the dojo!
- Adjust expectations accordingly, but maintain certain norms
- Experiment but be aware of your audience and their needs
- Send extra resources to support and supplement online classes
- Focus on physical literacy and concepts rather than precision
- Take advantage of these tools to have fun with your judoka and grow as an instructor!