

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (5)

Topic Name: Judo

Lecture No.: 40

Lecture Title

JUDO - II

F.A.Qs

Q:1 What are the three fundamental manners for choke technique ?

Ans: The three fundamentals manner for chokes is: compression of the neck-veins, which restricts the flow of blood and oxygen to the brain, compression of the trachea, and compression of the chest and the lungs which prevents breathing.

Q:2 What are the measurements of Tatami?

Ans: Judo matches take place on tatami (mats) measuring 14m x 14m, with a combat area of 10m x 10m marked out within it.

Q:3 Why Shido penalties are awarded?

Ans:3 . Shido penalties are awarded for stalling tactics, prolonged periods of non-aggression, with the first penalty being a warning, the second giving a score of yuko to the opponent, the third a waza-ari and the fourth, ippon.

Q:4 How he match is win by the team?

Ans : Athletes, or judokas, win a match by either achieving ippon, gaining two scores of waza-ari (and hence ippon) or having accumulated more points than the opponent by the end of a bout. If the scores are identical at the end of a bout, a period of Golden Score ensues.

Q:5 How the scores are displayed on scoreboards?

Ans: There should be one or two scoreboards to show the state of play. Because in Judo it is always the highest quality score that wins, the scoreboard is laid out left to right to show the scores like a number.

