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Lecture Title

JUDO - II

Introduction

Welcome to the episode of physical education. Here we will be taking about the judo techniques. Now let us have a look on judo. How it is play, the judo techniques. All Judo techniques (wazas) are divided into the following groups:

Throwing Techniques: Nage-Waza

Nage-waza (throwing technique) is a Japanese term for a grappling technique that involves off-balancing or lifting an opponent, and throwing them to the ground. Throws usually involve a pulling and rotating motion, the practitioner performing the throw usually stays balanced on their feet - standing techniques (tachi-waza). However regularly when performing the throw both fighters finish on the ground. Certain throwing techniques called sacrifice throws (sutemi-waza) involve putting oneself in a potentially unfavorable position, such as on the ground, in order to execute a throw.

Standing Techniques (Tachi-Waza)

Tachi-waza (Standing techniques) are performed from a standing position, which further divided into Te-waza (Hand techniques), Ashi-waza (Foot / Leg techniques), and Koshi-waza (Hip techniques).

Hand Techniques (Te-Waza)

Te-waza (hand techniques) belong to the Throwing techniques (Nage-waza) group, and effectively performed using the hands/arms to throw the opponent. Hand techniques include: Tai Otoshi (Body Drop) and Ippon Seoinage (One Arm Shoulder Throw).

Foot Techniques (Ashi-Waza)

Asi-waza (foot/leg techniques) belong to the Throwing techniques (Nage-waza) group. There are different types of leg throwing techniques (Ashi Waza), these include those sweeping, reaping and hookin. Foot techniques include: Uchimata (Inner Thigh Throw) Ouchi Gari (Major Inner Reaping).

Hip Techniques (Koshi-Waza)

Koshi-waza (hip techniques) belong to the Throwing techniques (Nage-waza) group. The main mechanism of the koshi-waza to get the opponent off balance by pulling or baddy motion and perform the throw with the help of the hip (over the hip). Hip techniques include: Harai Goshi (Sweeping Hip Throw) and Tsuri Goshi (Large Hip Throw).

Sacrifice Techniques (Sutemi-Waza)

Sutemi-waza (Sacrifice Techniques) is the classification the technique where the performer lands on their back or side to throw the opponent. The Sutemi-waza further divided into Back Sacrifice (Ma-sutemi-waza) and Side Sacrifice (Yoko-sutemi-waza).

Back Sacrifice (Ma-Sutemi-Waza)

Ma-sutemi-waza is the classification Sacrifice Techniques and translated as rear sacrifice techniques. These techniques originates from the fact that one opponent drops himself on his back (sacrifices himself) in order to execute the throw.

Side Sacrifice (Yoko-Sutemi-Waza)

Yoko-sutemi-waza (Side sacrifice) is the classification of Sacrifice Techniques and translated as side sacrifice techniques. These techniques originates from the fact that one opponent drops himself on his side (sacrifices himself) in order to execute the throw.

Grappling Techniques: Katame-Waza

Katame-waza (Grappling techniques) in most cases are applied when both opponents are on the ground/mat, as opposed to Tachi-waza (Standing techniques) which are applied from a standing posture. The Ne waza further divided into 3 types of techniques: Kansetsu-waza (Joint locks), Shime-waza (Choking techniques), and Osae-komi-waza (Pinning techniques).

Pinning Techniques (Osaekomi-Waza)

Osaekomi-waza (Pinning techniques) is one of the groups of Katame-waza (Grappling techniques). These pins represent different types of hold down techniques when holds another one on his back.

Choking Techniques (Shime-Waza)

There are three fundamental manners for chokes: 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.

Joint Locking Techniques (Kansetsu-Waza)

Kansetsu-waza (Joint locks) techniques includes joint lock techniques against many joints of the body, contemporary judo only involves kansetsu-waza against the elbow. And one

can using legs, arms, and knees, to grasp the opponent's joint, and bend it in the reverse direction to lock the joint, thereby rendering him virtually helpless.

Judo Rules

Judo is a relatively modern martial art that was developed in Japan by Professor Jigoro Kano, who was born in Kikage near Kobe in 28th October 1860. Adapting many of the traits and techniques of the much older martial art jujitsu (which came around years earlier in 1532), Kano studied under some of the greatest practitioners of the day before developing his own school and exercises that he named judo. He began to teach the new martial art in 1882 using a 12 foot by 18 foot mat in a hall, and had a total of nine students in his first year.

Since then judo – which translates as “gentle way” – has spread from its Japanese origins to become one of the most popular martial arts around the globe, with even Vladimir Putin being a keen practitioner. As a competitive sport it took a while to make waves until the All-Japan Judo Championships were inaugurated in 1930. Two years later judo made an appearance as an exhibition sport at the Olympics in Los Angeles, but it was not until Tokyo hosted the Games in 1964 when judo became an official Olympic sport for men, and Barcelona in 1992 for women.

Rules of Judo

Judo matches take place on tatami (mats) measuring 14m x 14m, with a combat area of 10m x 10m marked out within it. Judokas (athletes) must bow before stepping onto the mat and must bow to each other before and after either practice or competition.

Judokas must wear the appropriate gi (uniforms), that is one that is no more than 5cm above the ankles and wrists and is tied with the correct style of knotted belt.

Bouts last five minutes (in international competition) and are won when one judoka is awarded ippon. If no ippon is awarded, the player with the highest score at the end of the bout is declared the winner. If the score is level the match is decided by a period of Golden Score then – if still not resolved – the decision of the referee and corner judges.

Penalties are awarded for minor (shido) or major (hansoku make) infringements of the rules. Four shidos result in the award of ippon to the opponent, as does one hansoku make.

Judokas must not employ any of the outlawed techniques, including attacking joints (other than the elbow), punching or kicking opponents, touching the opponent's face, or intentionally injuring the opponent in any way.

Object of the Game

While there is a deep tradition of Eastern philosophy underpinning the martial art, as a competitive sport the aim is simply to beat your opponent, albeit with honour and grace. To win a bout a player must score more points than their opponent, with points being awarded for throws or holds, and penalties being given for various infringements.

Players & Equipment

Judo is competed on a mat – or tatami – measuring 14m x 14m, with a smaller 10m x 10m contest area marked within.

Judokas must each wear a gi (traditional uniform originating from the kimono and other Japanese garments). The gi must be durable enough not to easily rip and the arms and legs must be no more than 5cm above the wrists and ankles respectively when the limbs are extended. A belt must be worn which is wrapped around the jacket and tied with the traditional knot.

Scoring

There are three types of score athletes can achieve in a judo bout.

Ippon is the best in that it results in immediate victory and can be achieved by throwing an opponent in such a way as to make them land on their back. Alternative methods of scoring ippon include trapping an opponent in an armhold or stranglehold to the extent that it forces them to submit or immobilising an opponent on the floor for at least 25 seconds.

The next best score is a waza-ari, which is a half point in that the award of two waza-ari in a bout is the same as ippon, and hence the winner is declared. Waza-ari is awarded for lesser throws than those scoring ippon, and for immobilising the opponent for less than the time required to score ippon.

The third, and holding least weight, is yuko. These are awarded for short immobilising holds and some less effective throws or locks. One score of waza-ari outscore any number of yuko, while even if an athlete has one score of waza-ari and many of yuko, one score of ippon by the other athlete would supersede them all.

There are two types of penalties awarded in judo, shido – for minor rule infringements – and hansoku make – for major rule breaches, or for the accumulation of four shidos. 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. An award of hansoku make to an athlete automatically gives the match to the opponent, and – if for a major rules infringement rather than for four shidos – also results in expulsion from the tournament itself.

4. Winning The Game

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. In this overtime period, the first score of any kind wins an athlete the match. If the scores are still level at the end of this period the result is decided by Hantei, that is the majority decision of the referee and the two corner judges.

Let us have a look on this judo match.....

Now let us see how Scoreboards are there in Judo

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 score-board is laid out left to right to show the scores like a number.

Looked at in this way, the score is 10 to 3: white's single waza-ari beats the lesser quality of blue's 3 yuko. The Ippon score is not shown on the scoreboard because there can only be 1 Ippon and scoring it ends the match.

BLUE		WHITE	
Waza Ari	Yuko	Waza Ari	Yuko
10	3	1	0

Basic Judo

Referee Signals

Ippon (full point): Opponent is thrown on the back with force, or held under control on the mat for 25 seconds.

Waza-ari (near ippon): Throw is not completely successful, or opponent is held under control for at least 20 seconds.

Yuko (almost waza-ari): Throw is partially successful, or opponent is held under control for 15 to 20 seconds.

Osaekomi (mat hold begins): Opponent is held under control on his or her back and the time starts.

Matte (stop): Match is stopped temporarily and the time clock pauses.

Awards

AJU- AFRICAN JUDO

EJU- EUROPEAN

OJU- OCEANIA

JUA- JUDO UNION OF ASIA

List of Arjuna Award Winners in Judo

Year	Name
1992	Sandeep Byala
1993	Cawas Billimoria
1996	Ms. Poonam Chopra
1998	Narender Singh
2003	Akram Shah
2004	Ms. Angom Anita Chanu
2007	Ms. Tombi Devi
2012	Yashpal Solank

National and International Tournaments in Judo

Olympic games

World championship

European championship

Pan American Games

Asian championship

Judo Federation of India

Senior national judo championship

African championship

Ocean union championship

Pan American championship

Asian games

Grand prix

Grand slam

World team championship

World junior championship

European Games

European junior team championship

Books

Modern Judo Volume 1 by Charles Yerkow (1942)

Modern Judo Volume 2 by Charles Yerkow (1942)

Standing Judo by Mikonosuke Kawaishi

The Principles of Jujutsu by Jigoro Kano (1913)

Contest at the Dojo by Sumitomo Arima from Judo: Japanese Physical Culture (1908)

Judo: A Modern Style of Japanese Jujutsu by Sasaki Kichisaburo (Hungarian)

The Fine Art of Jujutsu by Mrs. Roger Watts (1906)

Hagakure

Judo Used in Military, Combat, and Self Defense Training

My Method of Self Defense by Mikonosuke Kawaishi

American Combat Judo by Bernard J. Cosneck (1944)

Combat Judo by Robert Carlin (1945)

Combatives: US Army Field Manual (2002)

Combatives: US Army Field Manual (1992)

US Marine Corps Close Combat

US Marine Martial Arts

Kill or Get Killed by Lt. Col. Rex Applegate (1976)

Vital Points for Medium Range Combatives

Deal the First Deadly Blow

Dirty Fighting by Lt. David Morrah Jr.

Self Defense by Wesley Brown (1951)

Combined Self-Defense by W.H. Garrud (1906)

Wrestling vs JuJitsu May 1905

Get Tough by W.E. Fairbairn

Cold Steel by Styers

Secret Jujitsu by Capt. Allen Smith

Shanghai Municipal Police Manual of Self-Defence by W.E. Fairbairn (1915)

American Jiu Jitsu by Len Lanius (1922)

Scientific Unarmed Combat by R.A. Vairamuttu

Unarmed Combat by James Hipkiss (1941)

Combato -- The Art of Self Defense by Bill Underwood

So these are the books associated with the game Judo. Friends here we conclude the episode on judo. This is how judo originated from Japan and how it spreaded all over the world. These were the techniques how it is played and rules. Hope this lecture has given you enough knowledge on techniques, rules, books, awards and tournaments, games information associated with this Game.

Thank You have a nice day