

Judo training and spirit

Part 2

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Warm up and cool down

Warm up

Warm up should be the first activity in every training session. It helps prepare the body and mind, it also helps preventing injuries. Begin at a slow pace and gradually make it a little faster and more difficult.

Physical aims:

- Increasing heart rate
- Increasing breathing rate
- Increasing blood flow to active muscles
- Increasing body and muscle temperature

Mental aims:

- Shifting focus from life to sport
- Mentally reviewing previous trainings and practices
- Connecting the mind and the body for coordination

Judo has specific skills and movements. Warm ups should be personalised to one's abilities and the exercises. Some general elements should be included in all warm ups.

- Muscle opening (5 min)
- Aerobic activity (5-10 min)
- Dynamic stretches (5-10 min)
- Judo specific movements (5-10 min)

Cool down

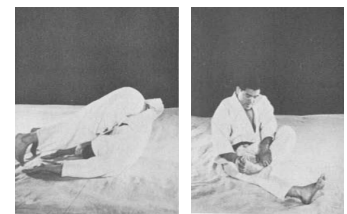
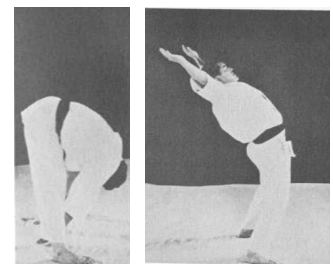
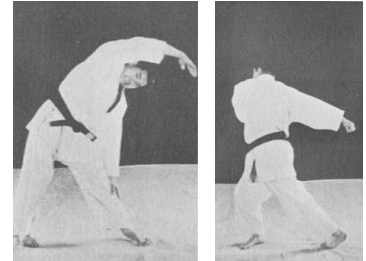
One should always cool-down. It is just as important to have a good cool down as it is to have a good warm up. A good cool down allows the body to gradually return to a state of rest. Stretching for flexibility is very effective in the cool-down because muscles are warm.

Cool down aims:

- Decreasing heart rate and breathing rate.
- Decreasing body and muscle temperature.
- Returns rate of blood flow from the active muscles to resting level.
- Decreasing muscle soreness.
- Improving flexibility.
- Promoting relaxation.
- Providing opportunities to review the session, get feedbacks and talk about the next session.

A word of caution

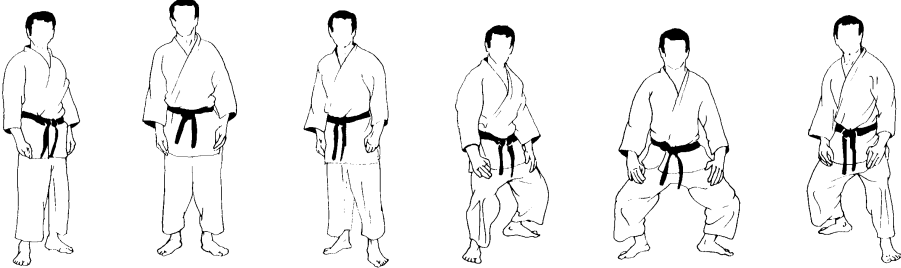
Be cautious about the intensity of each stretch, especially for those who are of hyper-mobiles. It is not recommended to stretch dehydrated to prevent muscle injuries. Eat and drink water after each training to help the body recover.



Basic techniques

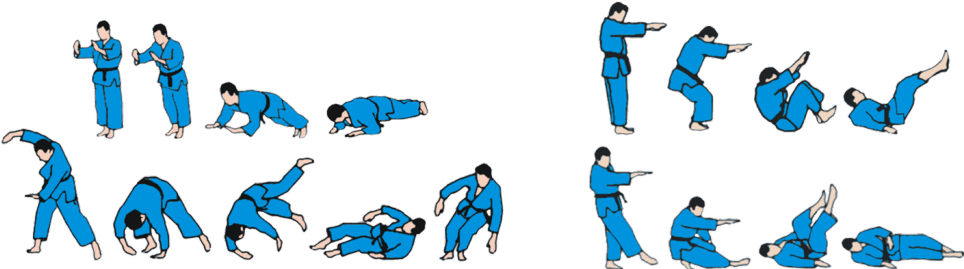
Kihons

Postures



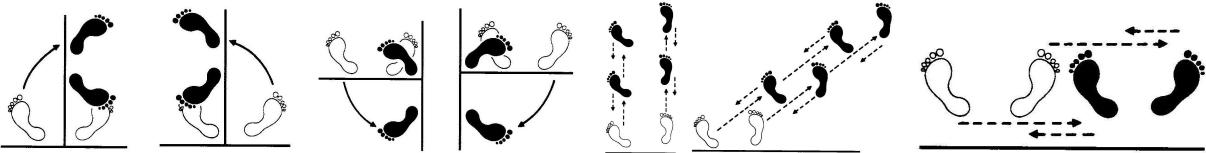
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|----------------|----------------------------|----------------|----------------------------------|
| Shinzentai | Natural posture | Jigotai | Self-defense posture |
| Shinzen hontai | Natural proper posture | Jigo Hontai | Fundamental self-defense posture |
| Migi hontai | Right side natural posture | Migi Jigotai | Right side self-defense posture |
| Hidari hontai | Left side natural posture | Hidari Jigotai | Left side self-defense posture |

Breakfalls (ukemi)



- | | | | |
|-------------------|-------------------------|------------------|--------------------|
| Ukemi | Breakfall | Mae ukemi | Forward breakfall |
| Ushiro ukemi | Backward breakfall | Mae mawari ukemi | Forward roll |
| Yoko ukemi | Sideway breakfall | Migi mae mawari | Right forward roll |
| Migi yoko ukemi | Right sideway breakfall | Hidari me mawari | Left forward roll |
| Hidari yoko ukemi | Left sideway breakfall | | |

Moving and turning (sabaki)



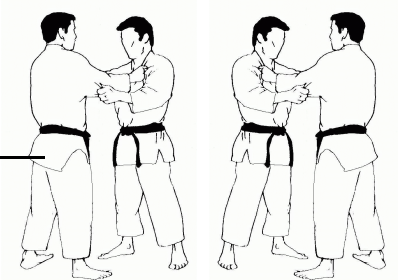
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|-------------|-------------------------|----------------------|--------------------------------|-----------|---------------|
| Ashi sabaki | Leg movement | Tai sabaki | Whole body movement | Te sabaki | Hand movement |
| Ayumi ashi | Forward step | Mae sabaki | Forward body movement | Migi te | Right hand |
| Hiki ashi | Backward step | Mae mawari sabaki | Forward turning body movement | Hidari te | Left hand |
| Tsugi ashi | Shuffle steps | Ushiro sabaki | Backward body movement | | |
| Yori ashi | Shuffle step from left | Ushiro mawari sabaki | Backward turning body movement | | |
| Okuri ashi | Shuffle step from right | | | | |
| Migi ashi | Right foot | | | | |
| Hidari ashi | Left foot | | | | |

Basic techniques

Kihons

Grip (Kumi-kata)

Anatomy of a throw (Nage)



1
Hold / Grip
Kumi-kata

2 or 3
Posture breaking
Kuzushi

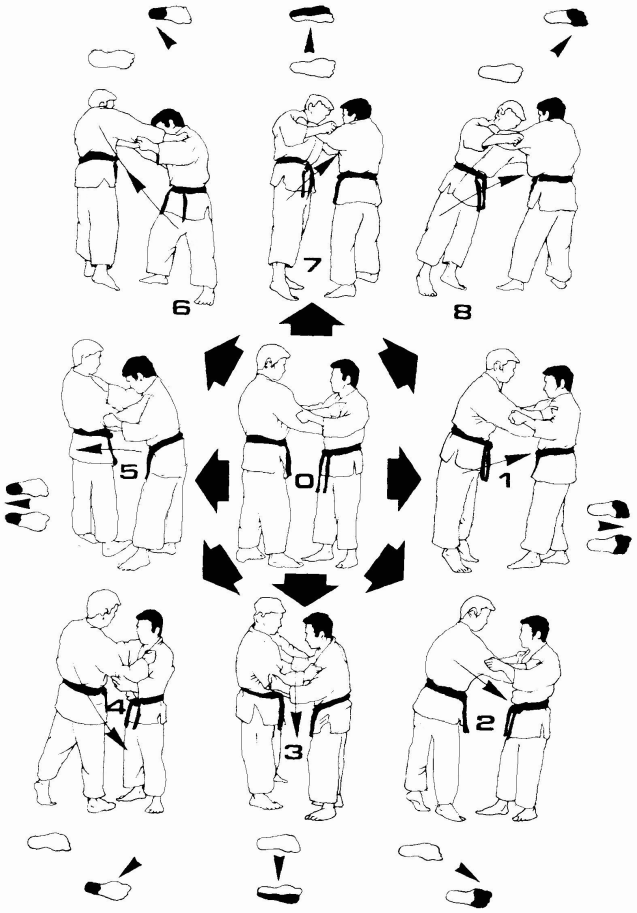
3 or 2
Move or preparation
Tsukuri

4
Execution
Kake

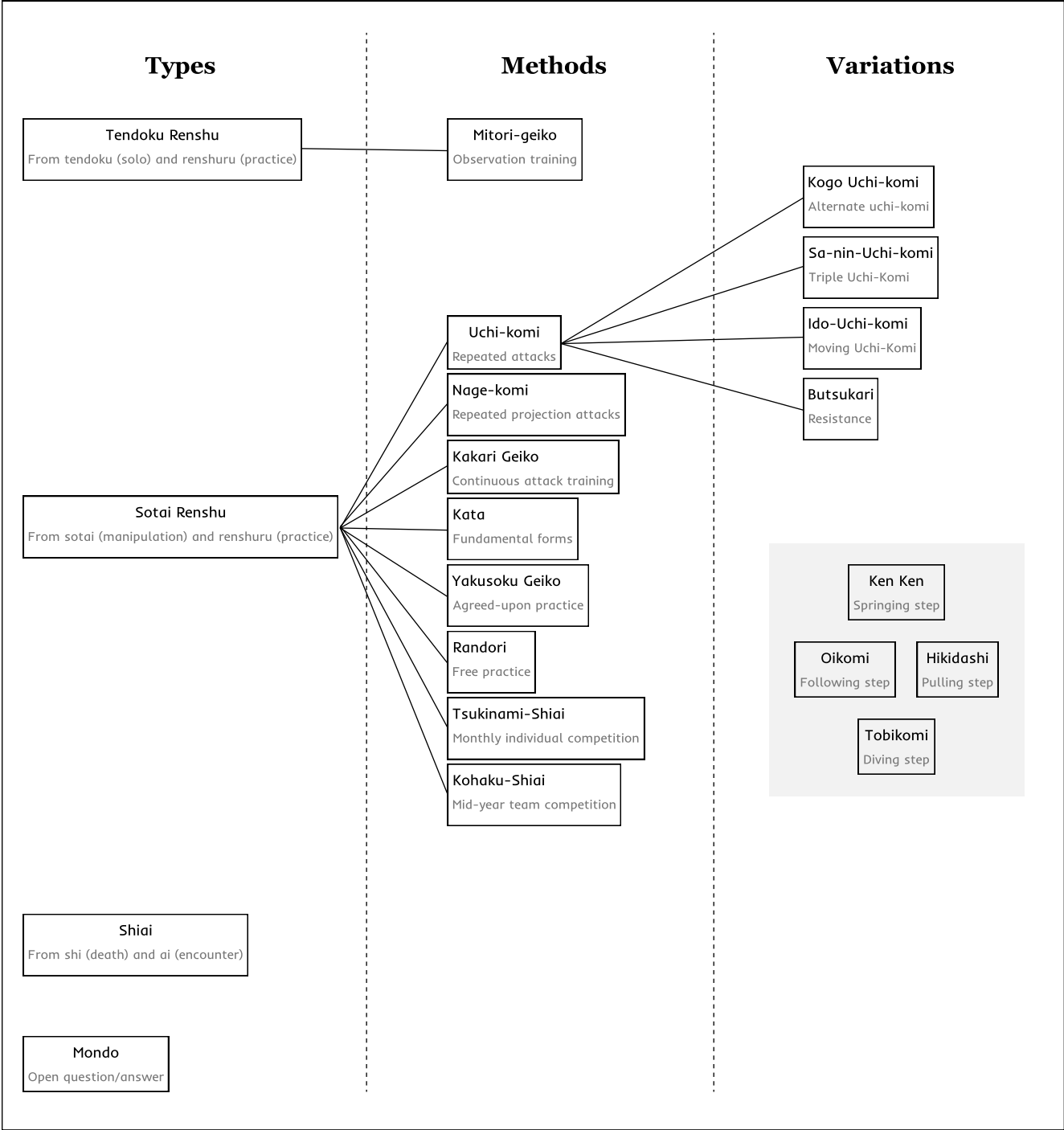
5
Breakfall
Ukemi



Posture breaking (Kuzushi)



Training classification



Judo style and adaptation

- Force
- Speed and precision
- Kumikata
- Counters
- Ground

Judo Kano Kodokan practice

The four pillars of judo practice

Kogi (Theoretical knowledge)

Lectures, explanations about judo technique, philosophy, politics, society, randori, attitude, ethics, education, moral discourse, principle of a technique, meaning of kata, meaning of judo, the right way to behave in life as a member of the Kodokan or as a man. Jigoro Kano proposes some kogi for those who know judo and other kogi to inform people who do not practice.

Mondo (Reflection)

Question and answer exercises. Students and teachers ask and answer questions. This allows to verify if the practitioners have understood and to measure the degree of knowledge in the study of judo.

Kata (Technical knowledge)

Series of techniques whose order and situations are codified. In practicing judo as a method of attack and defense, it is important not to neglect the means of mastering or killing the opponent. In randori, everything that is dangerous is prohibited. It is through kata that one can practice these aspects (atemi, attacks with weapons...) with little risk of injury. It allows the body to get used to the attitudes, movements and gestures of judo. All this technical work depends on the knowledge of the one who transmits it.

Randori (Practice)

Randori is all about working with muscles and mind at the same time. The two partners try to apply the principles of judo by respecting the instructions if given, nothing is codified, both tori and uke are free to attack and defend. In randori, the choice of weakness is essential. It is not about imposing oneself on the other by muscular power. It is appropriate to seek other, more elaborate ways that all must meet the principle: seiryoku zenyo and ju no ri. Randori consists of finding technical solutions to the problems posed by the other, depending on one's own level of experience, technical skill, and physique.

Progressive training

The challenge lies in bridging the gap from learning a specific technique to being able to apply it in competition. Many judoka become frustrated when they have learned how to do a particular technique but find that they are unable to perform it in a dynamic resistive setting like competition. The spectrum from technique learning to competitive application is huge. This gap can only be bridged through specific training methods that initially must be followed in a progressive fashion as follows:

Stage 0: Educate the body

Learn proprioception through natural posture (shizentai), self-defense posture (jigotai), breakfalls (ukemi), moving (ashi-sabaki), turning (tai-sabaki), posture breaking (kuzushi).

Stage 1: Technical learning

Learn a specific technique, its movements, actions, and body positioning.

Stage 2: Repetitions (Uchi-komi)

Replicate actions, focusing on proper technique. Develop speed and rhythm. Progress to moving uchikomi to develop timing and kuzushi (breaking opponent's balance).

Stage 3: Repetition in dynamic setting

Execute the technique repetitively in a dynamic setting under controlled resistance to further develop timing, kuzushi, and movements.

Stage 4: Throwing practice (Nage-komi)

Execute a throw in its entirety.

Stage 5: Free practice (Randori)

Use minimal resistance. Then, use higher resistance. Eventually, use full resistance.

Stage 6: Competition (Shiai)

Perform the skill in a competitive environment.

Along all stages

Develop grappling skills and groundfighting techniques (newaza).
Improve physical fitness. Regularly dedicate time to mental training.

As one develops and progresses, the application of techniques in later stages should increasingly emulate how one will execute them in competition. In particular, proper technical application is highly crucial, making initial stages equally significant as later ones.

Here are key applications:

1. Maintain technique quality while increasing attack speed: Ensure that the integrity of the technique remains intact even as you accelerate the attack.
2. Incorporate variations and additional movements as you improve: As skills advance, practice variations like modifying grips, angles, and attack positions to enhance your repertoire.
3. Practice throws in their entirety, including preliminary movements: Practice executing throws from initiation to completion, including tai-sabaki (body movement) and kuzushi (unbalancing).
4. Develop the ability to transition seamlessly from one technique to another: Cultivate the ability to smoothly follow up with additional techniques or adapt to different situations.

Training coverage over time

