

THE HISTORY OF JUDO

Judo is derived from Jujutsu. It was created by Jigoro Kano in 1882 when he founded Kodokan Judo Institute in Tokyo. Kano's dream came true at the Tokyo Olympics in 1964, where men's judo was recognized as an official Olympic event. In Barcelona 1992, Judo became Olympic for women.

The term Kodokan breaks down into ko (lecture, study, method), do (way or path), and kan (hall or place), and it means “a place to study the way”. Similarly, judo breaks down into ju (gentle) and do (way or path) or “the gentle way”.

JUDO RANK SYSTEM - BELTS

Depending on the country and the school's judo association/federation, there are different colored belt ranks for senior and junior members. White is the universal belt color that represents a novice or beginner. As the judo practitioner advances through the six grades, or kyu ranks, he will wear colored belts that include white, yellow, orange, green, blue and brown. The ten black belts, or expert ranks, are called *dan* (black, red and white, red).

Senior Kyu Grades



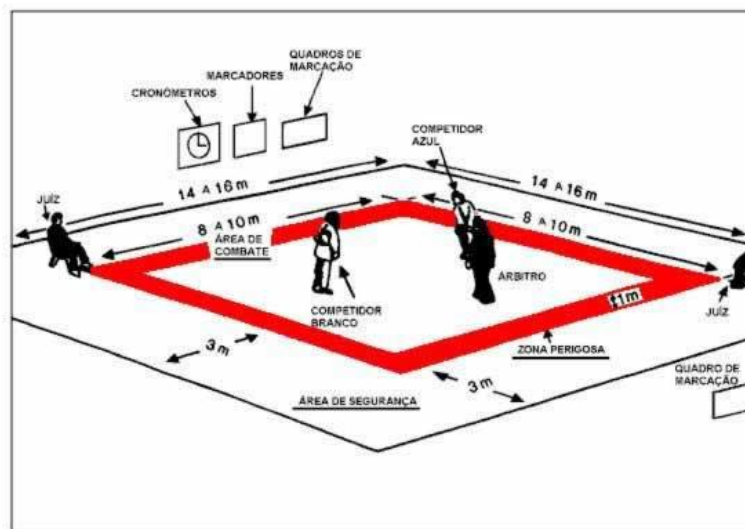
Senior Dan Grades



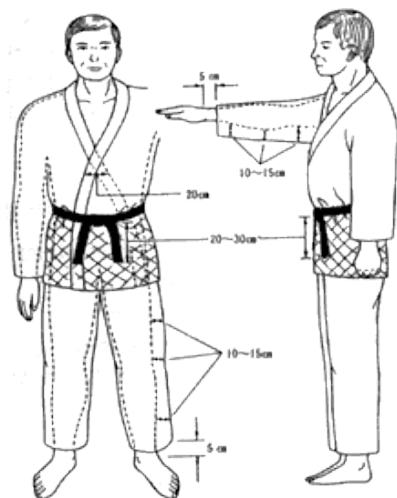
TATAMI

This must have a size between 14 meters and 16 meters in total, divided by three areas:

- **Combat Area:** This is located in the center of the mat, measuring between 8 and 10 meters. This is where the judokas fight and score points.
- **Hazardous area:** This area is marked by red color and is around the combat area, taking 1 meter wide.
- **Security area:** 3 meters.



JUDO GI



SCORING

There are three types of score that 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 with strength and speed. Alternative methods of scoring ippon include trapping an opponent in an armhold or stranglehold to the extent that it forces them to submit or hold down an opponent on the floor for at least 20 seconds.
- The next best score is a **waza-ari**, which is a half point. Waza-ari is awarded for lesser throws than those scoring ippon, not landing with the whole back or without strength or speed enough, and for holding down the opponent for less than the time required to score ippon (15-20").
2 Waza-ari = 1 Ippon.
- The third, and holding least weight, is **yuko**. These are awarded for short hold downs (10-15") and some less effective throws (land on the side back, lack of strength and speed) or locks.

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 – hence the match. So that 4 shidos=hansoku make. 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.

JUDO TECHNIQUES

All Judo techniques (wazas) are divided into the following groups:

- **Throwing techniques: Nage-Waza** is a Japanese term for a technique that involves off-balancing or lifting opponents and throwing them to the ground. Throws usually involve a pulling and rotating motion.

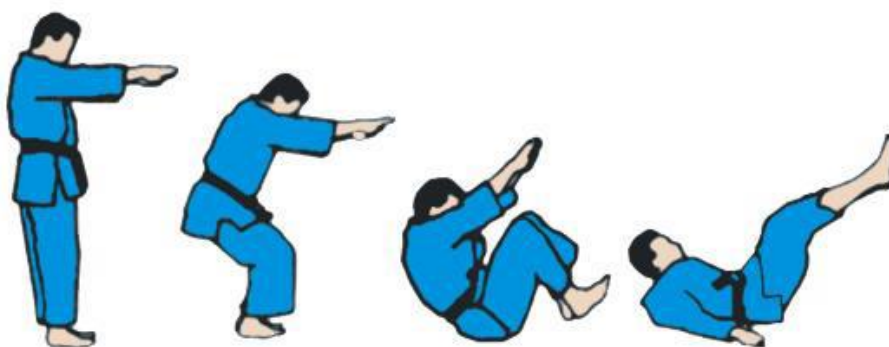


- **Grappling techniques: Katame waza** or ground techniques, applied while the opponent is lying on the floor. Ground techniques consist of Kansetsu waza (Joint locks), Shime waza (Strangling techniques), and Osae komi waza (Hold-down techniques).



In judo we also should know the different kind of falls:

- Mae Ukemi: Forward fall.
- Zempo Kaiten Ukemi: Forward roll fall
- Yoko Ukemi: side fall
- Ushiro Ukemi: Backward fall.





VIDEOS

- Jigoro Kano (<https://www.youtube.com/watch?v=q5epM-h7Cx8>)
- IJF Judo rules (<https://www.youtube.com/watch?v=pgfKasol5yc>)
- Rules of judo (<https://www.youtube.com/watch?v=4BUDEaThCew>)
- Olympic Judo (<https://www.youtube.com/watch?v=6oWDylyx8Ic>)
- Judo Match (<https://www.youtube.com/watch?v=IfdmbAXnouw>)