1. What is Judo?

Judo is a Japanese martial art. It was founded in 1882 by Jigoro Kano. Jigoro wanted to pick up the essence of the old jujitsu schools, along with other fighting arts practiced in Japan and merge them into one. Judo laid the foundations for the modern Japanese martial arts. Judo is one of the four main styles of amateur competitive struggle practiced today worldwide. Practitioners of this art are called judokas. Jigoro Kano summarizes the philosophy of Judo saying: the main condition of Nage-waza is projecting our opponents using the minimum of our strength, this principle applies to all aspects of our lives.

Once on the ground can freeze or abandon the match with a choke or a dislocation. Judo is practiced in the dojo (place where one learns the way), and barefoot on a surface called tatami.

The uniform of practicing Judo is called judogui, which consists of a jacket, open and without buttons, trousers and belt. The judogui is white and is made of a material resistant to traction.

The belt has two functions, adjust the jacket body and identify its color according to the degree of knowledge that the student possesses. The different levels are higher in smaller: white, yellow, orange, green, blue and brown in the category of Kiu or student. DAN category or teachers are represented by the black belt, the first being its progression until the 10th. The highest degree awarded 10th Dan has been identified with a red belt. From 7th awarded for merit in the world of Judo.

2. The History of Judo

The origin of Japan’s martial arts

The takenouchi-ryu martial art system founded in 1532 is considered the beginning of Japan’s Jujitsu forms. Judo was derived from Jujitsu, the art for either attacking others or defending oneself with nothing but one’s own body.

The Kodokan Judo
In 1882, Dr. Jigoro Kano (The Father of Judo) made a comprehensive study of the ancient self-defence forms and integrated the best of these forms into a sport which is known as Kodokan Judo.

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

Prof. Kano adopted the superlative parts of all the Jujitsu schools, got rid of precarious parts and the Kodokan Judo was recognized in a few years to be excellent since its students overwhelmed the Jujitsu athletes at the Police Bujitsu Contest.

The categorization of Kodokan Judo was completed about 1887. The Kodokan had three broad aims: physical education, contest proficiency and mental training.

**The Founder of Judo Master Jigoro Kano. The Olympic Sport**

Proceeding with the organization of the Kodokan and enacting the regulations of Judo, Prof. Kano became the first Asian member of the International Olympic Committee in 1909 and worked for the spread of Judo world-wide. Judo became an official event in the Olympic Games of Tokyo in 1964, backed by Judo fans and sport promoters all over the world.

**Jigoro Kano**

In his lifetime, Jigoro Kano attained a doctorate degree in Judo, a degree equivalent to the twelfth dan, awarded to the originator of Judo only. He constantly worked to ensure the development of athletics and Japanese sport in general, and as a result is often called the "Father of Japanese Sports". In 1935 he was awarded the Asahi prize for his outstanding contribution to the organizing of sport in Japan during his lifetime.

**3. The competition**

The place where is practicing judo is called **tatami**. The surface of the competitions is minimum dimensions of 14x14 meters and maximum 16x16 meters. The surface of battle is between 9x9 and 10x10 meters. These two areas are separated by a red stripe, one meter wide, marking the area to perform the action. The techniques applied outside this area will not be valid,
but if a technique is applied within a central area of the square and ends on or off the red it is valid.

The battles are conducted by a referee, who is responsible for the fight and the decision on this, and two judges who attend and sit in opposite corners of the square, outside the area where the competition takes place.

The fighting began when he placed the two adversaries, identified by ribbons of white and red, respectively, against each other in the center of the area of combat and separated by about four feet. The voice of the referee "Hajime" start fighting. With the voice of "sore-made" finish the fight. The duration of these depend on the type of competition, but not less than three nor more than twenty minutes.

4. Competition scoring

Actions in the attack were evaluated in terms of how the opponent falls or time that is immobilized.

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| IPPON | The referee will announce **IPPON** when, in his opinion, one of the two competitors with the other control projects largely on his back with force and speed.  
   | When a competitor immobilizes another competitor, which is unable to free himself for 25 seconds. |
| WAZA-ARI | The referee announces **WAZA-RI** when, in his opinion, a competitor to the other projects, but the technique is partially lacking in one of the three elements necessary for Ippon (control, strength and speed)  
   | When a competitor immobilizes another competitor, which is unable to free himself for 20 seconds. |
| YUKO | The referee will announce **YUKO** when the applied technique corresponds to the following criteria:  
   | When a competitor control projects, but the technique is partially lacking in two of the three elements necessary for Ippon.  
   | If a competitor falls completely on its side.  
   | When a competitor immobilizes another competitor, which is unable to free himself for 15 seconds. |
• The referee will announce **KOKA** when, in his opinion the applied technique corresponds to the following criteria:
  • When a competitor with control projects in other competitor on the thighs or buttocks, with strength and speed.
  • When a competitor immobilizes another competitor, which is unable to recover between 15 "and 10".

• The referee will announce **OSAE KOMI** when, in his opinion, a competitor who is controlling his opponent on his back on the floor with options starting time for Ippon.

• The referee will announce **TOKETA** alleging that the competitor no longer controls his opponent with immobilization.

5. The Olympic Games

Judo's international profile was boosted by the introduction of the World Judo Championships in 1956. The championships were initially a fairly small affair, with 31 athletes attending from 21 countries in the first year. Competitors were exclusively male until the introduction of the Women's Championships in 1980, which took place on alternate years to the Men's Championships. The championships were combined in 1987 to create an event that takes place annually, except for the years in which Olympic games are held. Participation has steadily increased such that, in the most recent championships in 2011, 871 competitors from 132 countries took part.

The first time judo was seen in the Olympic Games was in an informal demonstration hosted by Kano at the 1932 Games. However, Kano was ambivalent about judo's potential inclusion as an Olympic sport.

Nevertheless, judo became an Olympic sport for men in the 1964 Games in Tokyo. The Olympic Committee initially dropped judo for the 1968 Olympics, meeting protests. Dutchman Anton Geesink won the first Olympic gold medal in the open division of judo by defeating Akio Kaminaga of Japan. The women's event was introduced at the Olympics in 1988 as a demonstration event, and an official medal event in 1992. Paralympic judo has been a Paralympic sport (for the visually impaired) since 1988; it is also one of the sports at the Special Olympics.


There are three basic categories of *waza* (techniques) in judo: *nage-waza* (throwing techniques), *katame-waza* (grappling techniques) and *atemi-waza* (striking techniques). Judo is most known for *nage-waza* and *katame-waza*. 
6.1. *Nage-Waza*: Throwing techniques

*Nage waza* include all techniques in which *tori* attempts to throw or trip *uke*, usually with the aim of placing *uke* on his back.

These are the techniques that we are learning in class. Click on the address throw to see a video demonstration of how to do each technique.

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<th>Technique</th>
<th>Video Address</th>
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### 6.2. *katame-waza*: Grappling techniques

*Katame-waza* is further categorised into *osaekomi-waza* (holding techniques), in which *tori* traps and pins *uke* on his back on the floor; *shime-waza* (strangulation techniques), in which *tori* attempts to force a submission by choking or strangleing *uke*; and *kansetsu-waza* (joint techniques), in which *tori* attempts to submit *uke* by painful manipulation of his joints.

#### 6.2.1. Osaekomi-waza: Holding techniques

<table>
<thead>
<tr>
<th>Technique</th>
<th>Video Link</th>
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<tbody>
<tr>
<td><strong>Kuzure Kesa Gatame</strong></td>
<td><a href="http://www.youtube.com/watch?v=Q3PRbWeui8w">Broken scarf hold</a></td>
</tr>
<tr>
<td><strong>Mune Gatame</strong></td>
<td><a href="http://www.youtube.com/watch?v=JlhqZhDT1zc">Holding techniques</a></td>
</tr>
<tr>
<td><strong>Yoko Shiho Gatame</strong></td>
<td><a href="http://www.youtube.com/watch?v=H34sVtj3vg8">Side four quarter hold</a></td>
</tr>
</tbody>
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**Interesting webs:**

- [http://www.rfejudo.com/](http://www.rfejudo.com/)
- [http://www.fedecatjudo.cat/](http://www.fedecatjudo.cat/)