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# PARALYMPIC SPORT IN THE PHYSICAL EDUCATION PROGRAMME

Judo



## BACKGROUND

- Judo was created in the late 19th Century by Jigoro Kano with the aim of creating a self-defence system involving physical, intellectual and moral education. He merged his own ideas with elements from existing martial arts to create 'the gentle way'.
- Judo first appeared at the Olympics in 1964 (hosted by Japan) and became a Paralympic sport (men) in 1988 in Seoul, South Korea. In 2004 in Athens women joined the programme.
- Judo players are known as 'judoka'.

## WHAT YOU NEED

- A judo uniform (or *judogi*).
- A belt (see below for more about belts).
- Soft matted area.

However, for beginners and school-based judo, where the focus is on developing movement with no combat, then PE or comfortable clothing is sufficient. Thin mats can be used for individual floor work.

## HOW TO PLAY

- At Paralympic level, judo is contested by judoka who have vision impairments in various weight categories (as in Olympic judo) – 7 men's categories and 6 for women.
- The main difference between judo for vision impaired and sighted players is that they begin and continue **in contact** (grasping each other's judogi or suits).
- Bouts last 5 minutes for men and 4 minutes for women.
- Points are awarded by the referee for various successful throws, holds and submission.
- Judoka try to achieve an *ippon* to end the contest. An ippon is achieved by throwing the opponent directly onto their back or by holding them on the floor for 20 seconds, amongst other ways.
- If no ippon is scored by the end of the contest, the player with the highest points score wins.



Vision impaired judo players begin and remain in contact



## THINK ABOUT



**Judo etiquette:** As a mark of respect to the instructors and other participants, it is important that everyone learns to bow at the start and end of every session. Za-rei is a kneeling or seated bow. Consider how vision impaired judoka learn their techniques; visual demonstrations might not be effective. So what else can be used?

Use the STEP adaptation tool to ensure that players of all abilities can participate in school-based judo activities.

## SPACE

- Have enough space for everyone in the group to turn and move without impeding others.
- In group practices involving movement down the gym/playing space, move in waves to maximise room for each individual.

## TASK

**Movement tasks can be based upon elements of judo; for example:**

- floor- or mat-based movement; rolling, sliding, crawling, spinning.
- standing movements; leg-swinging, twisting.

**Balance practices:**

- standing or seated; for example, finding a stable position;
- balancing on one leg with and without support (of a wall, chair or partner).
- balancing an object (from a seated position); for example, balance a bean bag on the back of the hand, elbow or knee – then introduce movement, such as twisting or rocking forward and back.

## EQUIPMENT

- Thin mats can be used for floor-based movement practices.
- Soft belts (like dressing gown belts) can be used for partner work. With two belts, partners hold the ends and move cooperatively together; raising and lowering arms, opening and closing, alternate gentle pulling movements.

## PEOPLE

- Most movements can be adapted to include a wide range of ability; for example, seated and standing versions.



## CROSS-CURRICULAR IDEAS

### HISTORY AND GEOGRAPHY

The history and development of judo can be the start point for an exploration of martial arts in general and how these have evolved in different countries around the world. For example:

- Taekwondo from Korea
- Capoeira from Brasil
- Muay Thai from Thailand.

### CULTURAL STUDIES

The role of martial arts in popular culture, for example, in film and television. Contrast this with the self-control and mutual respect for opponents that is part of many martial arts, in particular judo.



## SAFETY

- School-based judo should initially focus on movement and not include any 'combat'.
- The involvement of a qualified judo coach can take students to the next level.



## MORE INFORMATION

British Judo have published an excellent guide 'Visually Impaired Friendly Judo' which can be downloaded from their website:

[www.britishjudo.org.uk](http://www.britishjudo.org.uk)