

5. JUDO

HISTORY :

Judo originated in Japan. It came to India by Japanese travellers, Japanese used to practise judo in a hall which was called Du-Joe. Judo is a martial art and is known around the world as an Olympic sport. Judo was established in 1882 by combining jujitsu, a form of wrestling, with mental discipline. The roots of jujitsu lie in sumo, which has a long, long history; sumo is mentioned in the Nihon Shoki (Chronicle of Japan), a document from 720 that describes the history of Japan from the mythical age of the gods until the time of Empress Jito, who reigned from 686 to 697. The practitioner of Judo is known as a Judoka and uniform of Judo player is called Judogi. The formation of Judo Federation of India in 1965, considerably accelerated the growth of Judo in India. The First National Judo Championship was held at Hyderabad in 1966. The first Indian Judo team participated international Competition in Asian Games in 1986 at Seoul and they got four Bronze Medals.

POINTS TO REMEMBER

- | | |
|--|--|
| 1. Name of playground | Shiajo |
| 2. Shape of play field | Square |
| 3. Competition area | Maximum 16m × 16m, Minimum 14m × 14m |
| 4. Contest area | Maximum 10m × 10m, Minimum 8m × 8m |
| 5. Each side of the platform | 30 feet |
| 6. Number of piece of mat
covering the platform | 50 |
| 7. Size of each piece of mat | 1m × 2m |
| 8. Officials | 6(Referee-1, Judges-2, Scorer-1,
Time keeper-2) |

RULES

1. Judokas (athletes) must bow before stepping onto the mat. They must also bow to each other before and after a competition or a practice session.

2. As a rule, bouts last five minutes in international competitions. Each bout gets won when one judoka gets awarded 'ippon'.
3. The player with the highest judo score at the end of the bout gets declared the winner if no ippon got awarded.

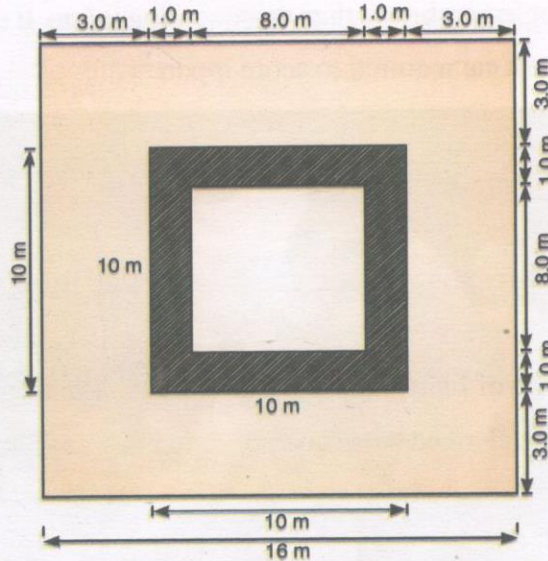


Fig. Judo Ring

4. Rule infringements result in the awarding of penalties. They may be 'shido' for minor faults or 'hansoku make' for major infractions.
5. Four shidos (or one hansoku make) results in the award of ippon to the opponent.
6. Judokas must not use any outlawed techniques which include :
 - (i) Attacking any limb joints (other than the elbow).
 - (ii) Punching or kicking your opponent
 - (iii) Touching your opponent's face
 - (iv) Intentionally injuring the opponent in any way whatsoever.
7. Players must score more points than their opponent to win a bout. Points get awarded for throws or holds. Penalties also getting awarded for various infringements of judo regulations.

Rules for Judo Scoring

Athletes can achieve three different types of judo score in about :

- 1. Ippon :** Is the best in that it results in immediate victory. You can achieve it by throwing an opponent in such a way to make them land on their back. Alternative methods of scoring ippon

include. Trapping an opponent in an arm hold or stranglehold. It should be to the extent that it forces them to submit.

Immobilizing an opponent on the floor for at least 25 seconds.

2. Waza-ari : Is a half point in that the award of two waza-ari in a bout is the same as ippon. Thus, the winner gets declared.

Waza-ari gets awarded for lesser throws than those scoring ippon. It occurs by immobilizing the opponent for less than the time required to score ippon.



3. Yuko : Gets awarded for short immobilizing holds and some less effective throws or locks. One score of waza-ari outscores any number of yuko.

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.

Penalties awarded in judo

1. Shido : Awarded for minor rule infringements such as stalling tactics or prolonged periods of non-aggression.

The first penalty would be a warning.

The second giving a score of yuko to the opponent.

The third a waza-ari and the fourth, ippon - (hence the match).

2. Hansoku Make : Awarded for major rule breaches or for the accumulation of four shidos.

This automatically gives the match to the opponent. It also results in expulsion from the tournament itself if it was for a major judo rules infringement (rather than for four shidos).

FUNDAMENTAL SKILLS

Name-Goshi : This is throwing technique in which the thrower draws his opponent over his body before knocking him down.

Nage-Waza : It is the technique of throwing down the opponent. It includes hand throw, hip-throw, leg-sweep and side-throw.



Katarne-Waza : This technique is used to press player and the rival player is pressed down with the elbow.

Tsurikomi Ashi : This is a throwing technique, in which the attacker tries to throw the opponent forward using a leg throw.

TERMINOLOGIES

Atemi : Striking

Dojo : The judo training hall

Hiki-wake : No decision

Judoka : Judo player

Matte : Stop

Sono-mama : Freeze

Tatami: Mat

Uchi-komi : Repetition training

Yoko : Lowest score to using technique

Arshi waza : Foot or leg technique

Hidavi : Left

Ippon : One full point

Judogi : Judo Suit

Shiajo : Competition area

Sore-made : Finish

Tori : Player perform the technique

Waza-ari : 7 points

Budo : Martial arts

Hiji : Elbow

Jikan : Referee's call to stop clock

Kachi : Winner

Shiai : Match/Bout

Shido : Caution

Uke : The person being thrown

Yuko : 5 points

Zubon : Pants

ARJUNA AWARD WINNERS

1992 Sandeep Byala

1996 Miss Poonarn Chopra

2003 AicranrvShah

2007	Miss Tombi Devi
1993	Cawas Billimoria
1998	Narender Singh
2004	Miss Angom Anita Chanu:
2012	Yashpal Solanki

TOURNAMENTS

1. Asian Judo Championship
2. World Judo Championship
3. National Judo Championship
4. Olympic Games
5. Rajiv Gandhi International Judo Championship
6. Federation-Cup

VENUES

1. Beijing
2. Seoul
3. Tokyo