

# Judo

Translated as “The Gentle Way”, Judo is a martial art that emphasizes using your opponents balance and momentum against them in order to achieve powerful throws with a minimum of effort. Also, unlike many martial arts, the techniques of Judo have been developed such that they can be used with full speed and force without injury. Because of this, Judo has become the worlds most widely practiced martial art, practiced in well over 100 nations. In fact, the only sport that is more widespread worldwide than Judo is soccer.

The art of Judo dates back to 1882 when Jigoro Kano developed Judo after mastering classical jujitsu. Kano, a small man, felt that size should be no obstacle for a fight, and worked to develop a style where a small man could easily defeat a larger man through skill and technique. Throw, by throw, Kano developed what is now Judo. Kano started with 9 students and 12 mats, and 125 years later, Judo is practiced around the world and has been an Olympic event since 1964.

All kinds of people both male and female practice Judo. At ISU the club is co-ed, with sizes from 110 to 300 pounds and everywhere in between. Some people come in order to learn self-defense; some compete at the local and national level, and others just come for the fun of it. No grappling or martial arts background is needed to succeed, though people who have participated in wrestling or jujitsu in the past tend to have a good base from which to build their Judo skills.

## **Typical Practice at ISU**

Organized practices are held on Tuesday and Thursday evenings and begin with warm-up and stretching. Proper warm-up is extremely important because it helps avoid injury. After warm-up comes fit-ins, or practice throws. Fit-ins provide time to practice proper technique and get instruction from fellow students and advanced members on improving one's skills. Working with different partners also encourages students to be able to adapt their technique for different sized opponents.

Class then usually progresses to mat work. Much like fit-ins, this is a chance to practice techniques, but instead of throws the focus is now on pins and submission holds. Mat work normally ends with some full intensity goes against various partners, providing club members with a chance to practice their techniques against a fully resisting opponent.

Randori, or free fighting, usually ends class. In Randori club members put together the skills they have learned through out the night and compete against each other. Randori is a practice that separates Judo from most other martial arts, as due to the nature of Judo techniques we are able to compete with each other with full speed and force without fear of injury.

## **Competition**

In addition to being a martial art, Judo is also a competitive sport. In Judo, players try to get an "Ippon" – a full point. Ippon is traditionally achieved by throwing an opponent with three requirements:

- Clear control
- Speed and momentum
- Landing the opponent flat on their back

If a throw does not meet all of the requirements partial points can be awarded without ending the match. Ippon can also be scored in mat work. Opponents enter mat work if there is an unsuccessful throw. In matwork Ippon is scored if the opponent submits as the result of an arm-bar or choke or is pinned for 25 seconds.

## **Scoring In Judo**

### **IPPON**

- Thrown generally onto the back with speed, force, power and control
- Held on the back for twenty-five (25) seconds
- (If both competitors are over 13) Choke submission
- (If both competitors are over 17) Elbow lock submission

### **WAZA-ARI**

- Thrown generally onto the back, but not well enough for IPPON
- Held on the back for twenty (20) seconds, but less than twenty-five (25) seconds

### **YUKO**

- Thrown onto the side
- Held on the back for fifteen (15) seconds, but less than twenty (20) seconds

### **KOKA**

- Thrown onto the buttocks or hip
- Held on the back for ten (10) seconds, but less than fifteen (15) seconds

ONE IPPON beats a WAZA-ARI and ends the match

TWO WAZA-ARIS make an IPPON (WAZA-ARI is the only accumulative score)

ONE WAZA-ARI beats any number of YUKOS

ONE YUKO beats any numbers of KOKAS