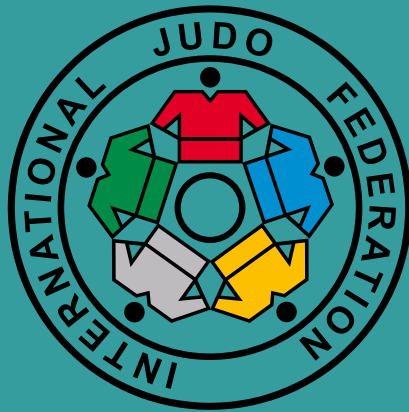


# JUDO

## Implementation of Judo within the Armed Forces and Police Structures

Military and Police Commission







**Marius L. VIZER**  
IJF President

## FOREWORD

The International Judo Federation is devoted to the implementation of judo in all sectors of society.

There has been a great development in judo within Armed Forces and Police Structure as judoka of all abilities have displayed all over the world.

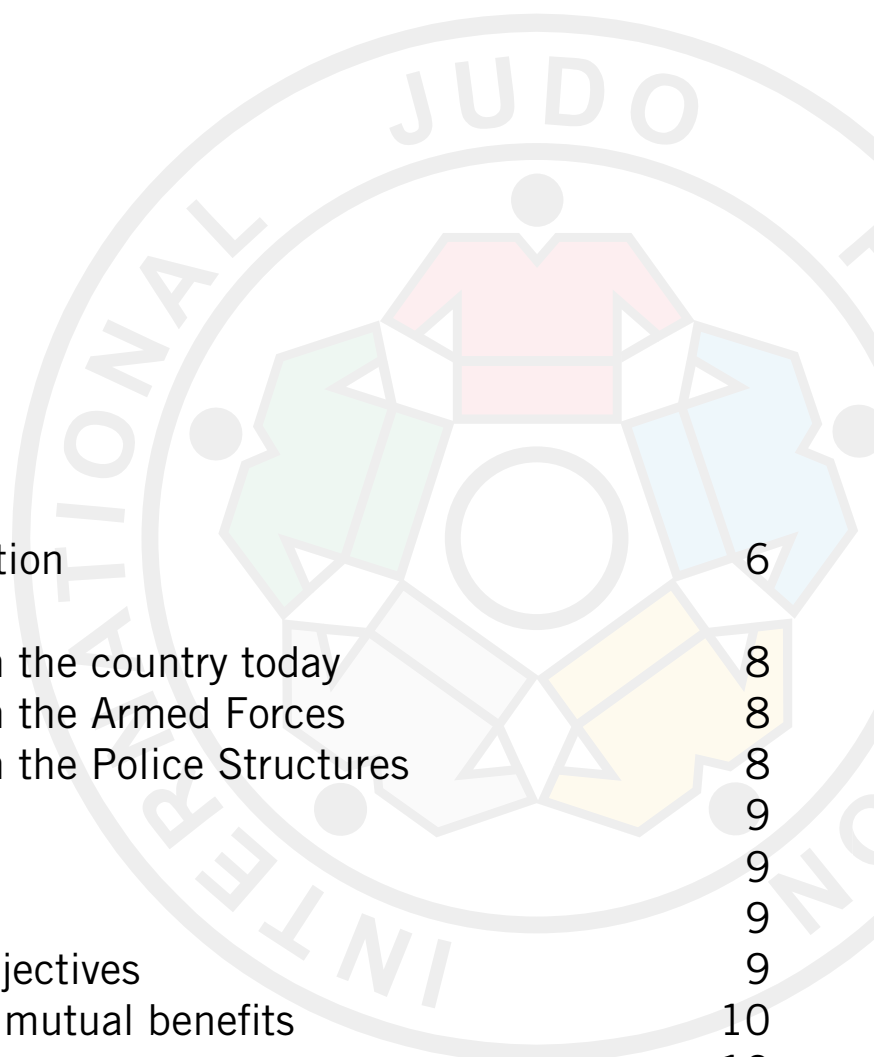
Many elite judoka also work in the Armed Forces and Police Structure and proudly compete with the support of their superiors.

The values of judo and its versatility as a method self-defence and self-discipline are in keeping with those of the military and police and we can formalise the ties between the sport and military sector. Judo is a tool to develop strength, fitness and coordination which are also vital characteristics of those who work in this environment.

By developing judo as a core discipline within this field we can also support athletes with better social and professional integration during and after the conclusion of their sporting careers.

I ask that the judo family follow and support our work to establish a framework for judo to be maximised within the structure of the Armed Forces and Police.





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## BACKGROUND AND PROJECT INITIATION

Judo came into existence as a form of unarmed combat, grouped under the general name “Jujutsu” or “the gentle practice technique/science/art/method” having as object to avoid an enemy’s strength through leverage, speed, and technique. Judo is “the gentle way” because the end result is maximum efficiency with minimum effort. As a sport, rather than simply a combat form, judo includes a code of sportsmanship, a sense of mutual respect, and a system of ethical and moral development. Judo is both an art and a science. As an art, judo enables its practitioners to gain self-respect, self-confidence, and self-expression; as a science, it involves a mastery of such basic natural laws as gravity, friction, momentum, weight transmission, and unity of forces.

Judo is much more than the mere learning and application of combat techniques, however. In its totality, it is a wonderful system of physical, intellectual, and moral education. Judo has its own culture, systems, heritage, customs, and traditions. Judo gives its practitioners a code of ethics, a way of living, and a way of being. Practiced today by millions of individuals, judo is undoubtedly the most popular combat sport in the world. In terms of national organizations worldwide, judo is one of the largest sport in the world, with the greatest number of member nations in the International Judo Federation, or (IJF). It is a part of the physical education systems of many countries, and practiced in local clubs, junior high and high schools, colleges, regional and national training centres, and in many other areas in the country and across the world.

Judo is a rigorous and demanding physical activity. The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways, such as the development of strength, flexibility, agility, speed, dynamic and static balance, explosive power, and endurance. The practice of active attack and defence helps develop reaction time, coordination, and overall physical self-confidence. Judo practitioners become physically bigger, stronger, and faster through their practice of judo

# WITHIN THE ARMED FORCES AND POLICE STRUCTURES



## THE STATE OF JUDO

### **The state of judo in the country**

*(TO BE FILLED BY THE NATIONAL JUDO FEDERATION)*

- Short history presentation of the National Federation:
  - The year of foundation;
  - Leading.
- Existing judo infrastructure at national level;
- Number of affiliated judo clubs;
- Number of affiliated judokas;
- Number of judokas belonging to the Defence System;
- Results over the time.

### **The state of judo in the Armed Forces**

*(TO BE FILLED BY THE NATIONAL JUDO FEDERATION IN COLLABORATION WITH THE ARMED FORCES)*

- Short presentation of judo in the Armed Forces;
- Judo as a basic preparation sport discipline within the Military Education:
  - Existing Curricula in the military academies;
  - Existing Curricula in the military college.
- Judo as a basic training tool in the operational military units;
- Existing military judo clubs;
- Existing judo events/championships on units' level, inter-units, at category level, on national level;
- Number of the military judokas that are selected in the national judo teams;
- Existing judo infrastructure at Armed Forces level.

### **The state of judo in the Police Structures**

*(TO BE FILLED BY THE NATIONAL JUDO FEDERATION IN COLLABORATION WITH THE POLICE)*

- Short presentation of judo in the Police Structures;
- Judo as a basic preparation sport discipline within the Police Education:
  - Existing Curricula in the police academies;
  - Existing Curricula in the police colleges.
- Judo as a basic training tool in the operational police units;
- Existing police judo clubs;
- Existing judo events/championships on police units' level, inter-units, at category level, on national level;
- Number of the police judokas that are selected in the national judo teams;
- Existing judo infrastructure at Police Structures level.



## PROJECT DEVELOPMENT

### **INTRODUCTION**

In feudal times in Japan, there were various military arts and exercises which the samurai classes were trained and fitted for their special form of warfare. Amongst these was the art of jujutsu, from which the present judo has sprung up. The word jujutsu may be translated freely as “the art of gaining victory by yielding or pliancy.” Originally, the name seems to have been applied to what may best be described as the art of fighting without weapons.

Judo in contrast to most modern sports came with a stated set of objectives or reasons for practicing it. As it made healthy citizens of good character it was of use to the state and of course as a combat art it was useful for the military. Being Asian its principles were naturally drawn from Asian religions and philosophies such as Confucianism and Buddhism.

Implementing judo in the armed forces and police structures and consequently using this discipline as a basic tool of training is of utmost necessity, considering that judo is a complex art. It is: technically and tactically very complex; it takes a long time to get good at it; it is physically and psychologically hard and bruising; it comes from a successful oriental culture; its principles and terminology are Oriental; its roots go back many centuries. Also, judo in the training of the military and police personnel is beneficial because based on its values and principles judo can contribute to the entire and continuous process of professional training for all categories of military and police personnel, regardless of age, gender or rank.

### **PROJECT MAIN GOAL**

The main goal of this Project is to implement judo as a basic training sport in the Armed Forces and Police Structures. Also, it focuses on contributing and finding the best solutions for supporting the athletes in view of their better social and professional integration at the end of their sporting careers.

### **PROJECT SPECIFIC OBJECTIVES**

This project focuses on the following objectives:

- promoting judo values and principles in the Armed Forces and Police Structures;
- increasing the visibility of judo in the Armed Forces and Police Structure;
- increasing the number of judo practitioners within the military and police units;
- introducing judo in the military curriculum;
- developing a curriculum that progresses at the same time that the students move forward;
- including a competition performance component that allows students to challenge themselves for advanced or accelerated promotion;

- introducing judo technique and all its possible applications to self-defence scenarios, situational attacks, and hand to hand combat situations as they perform their duties;
- introducing in each military/police unit and school a competitive judo program that strives to become a driving force for judo talent at National level.

## **PROJECT RESULTS AND MUTUAL BENEFITS**

This project aims at achieving the following immediate and long term outcomes:

- increasing visibility for judo in the Armed Forces and Police Structures;
- increasing the number of the judo players;
- increasing number of coaches and other specialists in judo;
- increasing discipline, morality and respect for others;
- creating better, fitter soldiers and policemen, reacting properly in crisis situations etc;
- consolidating the links between judo national and international organizations and military and police structures.

## **TARGET GROUP**

- Officers, soldiers, civilian personnel from the military units from the existing force categories: army, navy, air forces;
- Students and personnel from the military and police academies;
- Personnel from police departments.



## PROJECT PLAN

Options and needs analysis	
Objective	Recommended activities
Start-up of judo implementation process	Initiating discussions and meetings with the highest military/police and civilian authorities on the importance of judo in the physical training of the military/police personnel.
	Visiting the existing facilities of the selected military units, police departments and military/police academies in view of assessing the state of judo, existing infrastructure, existing material base, training level of the judo instructors, coaching/training methods.
	Organizing judo demonstrations by the National Judo Federation in cooperation with the Ministry of Defence and Ministry of Internal Affairs.
	Organizing conferences on the importance of judo in the training process of the military and police personnel.
	Organizing conferences on the importance of judo as education tool (judo as a way of developing the future military personnel).
Project implementation in the military/police units	Selecting one pilot unit from every force categories for the project implementation.
	Employing one specialist instructor for each appointed unit.
	Organizing courses for instructors in order to specialize as many judo instructors as possible.
	Equipping each unit with at least on judo mat.
	Providing judo equipment for the involved personnel.
	Organizing judo events/championships on units' level, inter-units, at category level, on national level.
Strategy development	
Improving Quality of judo in Selected Institutions and improving the judo competencies of personnel in the selected institutions	Improvements in teaching, training and learning facilities through: <ul style="list-style-type: none"> <li>• Modernization and strengthening of judo facilities;</li> <li>• Updating judo training resources;</li> <li>• Procurement of judo equipment;</li> <li>• Modernization/improvements of supporting departments;</li> <li>• Improve the quality and relevance of the judo programs;</li> <li>• Starting new judo programs.</li> </ul>
	Increased enrolment in existing judo programs, starting new judo programs, providing assistance and enhancement of training and consultancy activities.
	Staff development for improved competence.
	Enhanced interaction of the military/police structures with National Judo Federation and judo clubs.

To significantly increase enrolment of judo in military education	Collaborations for applicable thematic judo training.
Attract more and better qualified judo practitioners	Collaborative activities with National/International Military/Police Judo Organizations
<b>Judo Development for effective training (Pedagogical Training)</b>	
To improve the training outcomes of military/police personnel by improving competence of judo through training.	To cover maximum area for judo training from military and police institutions for basic and advanced training.
<b>Project Monitoring and Evaluation</b>	
To monitor and evaluate the performance of Project Institutions and to identify variance, if any from the plan and suggest remedial measures, as required.	Ensuring successful and timely implementation of the Project at the Central and Institutional levels.
<b>Monitoring and evaluation of performance.</b>	
To mentor the Project Institutions towards quality improvement and audit the Institutional performance in achieving the Institutional goals.	Mentoring
<b>Communications and Visibility Strategy</b>	
To build up strong awareness among relevant audiences about the principles of judo, the objectives, activities and accomplishments of the project, the role of the partner organizations in the implementation of the project and the impact of their cooperation.	<p>Direct communications (workshops, seminars, trainings, etc.) with national, local authorities and military/police personnel;</p> <p>Publicity/public information outreach including press media conference upon major initiatives of judo, press releases, photo opportunities, newspaper and other features;</p> <p>Web based communications.</p>



## PROJECT PHASES

This project will be divided in three main phases:

**Phase 1** – the activities that will be developed in this stage of the project are the following:

- Establishing contact with judo national authorities;
- Initiating preliminary discussions via email;
- Gathering necessary information regarding the current state of judo in the training process (units level) and educational system (high schools, academies, training schools);
- Elaborating the draft of the project;
- Establishing the details related to the program of the visit;
- Official meetings with national authorities.
- Visits to military and police institutions.

**Phase 2** of the project will focus on project implementation based on the development strategy.

**Phase 3** – this phase will focus mainly on the monitoring and mentoring activities. The activities from all the phases of the project will be made visible, to the target institutions and to national and international interested public, through different media channels, web, conferences, workshops, seminars and judo competitions.

## PROVISIONAL BUDGET

Types of expenses:

- Infrastructure;
- Sport equipment;
- Personal incomes (i.e.: instructors, physiotherapists, sport medics, coaches, athletes, etc.);
- Travel and accommodation expenses.

The necessary funds will be supported by all involved organisations based on an Agreement Protocol previously signed between the National Federation and Ministry of National Defence/National Federation and Ministry of Internal Affairs.



## **Conclusions**

Judo is a rigorous and demanding physical activity. The practice of judo techniques helps people develop basic and fundamental physical fitness in a number of ways such as development of strength, flexibility, agility, speed, dynamic and static balance, explosive power and endurance. The practice of attack and defence activity helps develop reaction time, coordination and overall self-confidence.

Judo is not only a sport it has also strong relation with the exercises of morality, intelligence and the development of any human being. Judo has special values that are deeply linked with education. In the spirit of judo “mental prosperity for self and others” or “maximum efficiency to use of energy” is similar to the idea “spirit oneself to help others” in Confucius thought.

Professor Jigoro Kano’s goals for judo are “maximum efficiency and minimum effort” and “mutual benefit and welfare.” The judo practitioner should get a better understanding of martial arts along with self-confidence and a healthy outlook on life. Judo is one of the best forms of physical and mental development through self-discipline.



## PRACTICAL EXAMPLE

### COURSE SYLLABUS: Introduction to judo

**Class Time:** 1 Hour

#### Uniforms

1. Students will sign for judo uniform on first day of class.
2. Students will change into the judo uniform in Combative Room. The judogi will be used over the gym uniform. Students will keep their issued judo uniforms clean and serviceable at all times.

#### Safety

1. Students will not wear rings, watches, earrings, necklaces, bracelets, or any other objects that may be hazardous.
2. Mouthpieces are mandatory. Students will wear issued glasses with black retaining strap. Students may wear contacts instead of glasses.

#### Course Description

This Kodokan Judo is a 19-lesson course. The course will provide each student with the necessary knowledge and skills to perform basic judo skills such as throws, falls, and grappling techniques. This course is designed to foster self-confidence, social and leadership skills, develop basic self defence techniques, and increased levels of physical fitness. Each student will develop the basic skills, knowledge, and appreciations necessary to safely participate in the sport of judo for a lifetime.

#### Terminal Learning Objectives/Goals

To provide a basic foundation for the practice of judo:

1. State the origin and philosophy of judo and its principles and goals which were espoused by its founder, Jigoro Kano.
2. State the development of judo from its founding to modern times, its governing bodies, and its inclusion in the Olympics.
3. Practice proper judo etiquette and traditional forms.
4. Describe the judo belt rank system (sequence of coloured belts).
5. Explain the point system used in judo contests and the average length of a judo contest.
6. Demonstrate proper falling techniques.
7. Demonstrate the eight positions of off-balance and state the Japanese terminology for these positions of off-balance.
8. Demonstrate the throws:
  - a. Ippon-seoi-nage (one-armed shoulder throw)
  - b. Osoto-gari (large outer reap)
  - c. Uuchi-gari (large inner reap)
  - d. Kouchi-gari (small inner reap)
  - e. Ogoshi (large hip throw)



9. Demonstrate the pinning techniques:
  - a. Kesa-gatame (scarf hold)
  - b. Yoko-shiho-gatame (side-locking four-corner hold)
  - c. Kata-gatame (shoulder hold)
  - d. Kami-shiho-gatame (upper four-corner hold)
  - e. Tate-shiho-gatame (straight four-corner hold)
10. Demonstrate proper entry and escape methods from pinning techniques as well as blocking and counters for throwing techniques.
11. Demonstrate the choking techniques and defence against:
  - a. Name-juji-jime (normal cross-handed strangle)
  - b. Hadaka-jime (naked or bare strangle)
12. Demonstrate the joint locking techniques:
  - a. Ude-garami (entangled arm lock)
  - b. Juji-gatame (cross lock)
13. Demonstrate the hand signals used by tournament referees for Ippon, Waza Ari and Yuko and state the size of the contest area in a judo tournament; state the Japanese name for “contest.”
14. Demonstrate the combination techniques:
  - a. Ouchi-gari into kouchi-gari
  - b. Ippon Seoinage to Ko Uchi Gari ippon-seoi-nage into kouchi-gari
15. Demonstrate throwing-pinning combination (transition from tachi-waza into ne-waza):
  - a. Ogoshi into kuzure-kesa-gatame, si osoto-gari into kesa-gatame
  - b. Ippon-seoi-nage into kesa-gatame
16. State the number of Black Belt degrees in judo and the terminology which describes Black Belt holders and judoka who hold ranks below Black Belt.
17. State the Japanese commands used in class for “bow” rei, “begin” Hajime!, and “stop” Mate!; count from “one to ten” in Japanese.

## Course Outline

Date	Lesson	Objectives/Topics
	1	a. Verify Registration b. Discuss the Syllabus c. Course Introduction, Judo Etiquette d. Receive the judogi (judo uniform)
	2	a. Falls (ushiro-ukemi (rear breakfall), mae-ukemi (forward breakfall), mae-mawari-ukemi (forward rolling breakfall) b. Warm Up and Intro to Judo Conditioning c. Review of All Combatives Ground Work d. Ne-waza (Ground Fighting)
	3	a. Review Falls, Warm Up b. Judo Movement and Off balancing Opponents c. Gripping, and Off Balance d. Kesa-gatame (Scarf Hold) and Escape e. Newaza Randori



4	<ul style="list-style-type: none"> <li>a. Warm Up and Intro to Judo Conditioning</li> <li>b. Review Falls, Judo Movement, and Off Balance</li> <li>c. Intro to Newaza (Mat/ground Work ), kata-gatame (Shoulder Hold ) and Escape</li> <li>d. Nage-waza - ippon-seoi-nage (one-armed shoulder throw)</li> </ul>
5	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Newaza (Yoko Shiho Gatame and Basic Turnovers)</li> <li>c. Nage-waza - osoto-gari (large outer reap)</li> </ul>
6	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Newaza (ude-garami Set Ups)</li> <li>c. Nage Waza - ouchi-gari (large inner reap)</li> </ul>
7	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Newaza (juji-gatame - Entries and Set ups)</li> <li>c. Nage-waza - Kouchi-gari (small inner reap)</li> </ul>
8	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Newaza</li> <li>c. Nage Waza - ogoshi (large hip trow)</li> </ul>
9	<ul style="list-style-type: none"> <li>a. Test Review</li> <li>b. Warm up and Conditioning</li> <li>c. Intro to Randori Practice</li> </ul>
10	a. Mid Course Examination
11	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Newaza (name-juji-jime and hadaka-jime Set Ups)</li> <li>c. Randori Practice</li> </ul>
12	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Newaza</li> <li>c. Nage Waza - Intro to Combinations (ouchi-gari into kouchi-gari)</li> </ul>
13	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Newaza (Randori)</li> <li>c. Nage-waza - Intro to Combinations (ippon-seoi-nage into Kouchi-gari)</li> </ul>
14	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Throwing-pinning combination: Ogoshi into Kesa-Gatame and Juji-Gatame</li> </ul>
15	<ul style="list-style-type: none"> <li>a. Warm up and Conditioning</li> <li>b. Throwing-pinning combination: osoto-gari into to Pin osaekomi-waza and Arm Lock kansetsu-waza</li> </ul>



	16	a. Warm up and Conditioning b. Throwing-pinning combination: ippon-seoi-nage into to juji-gatame
	17	a. Warm up and Conditioning b. Randori Session
	18	a. Review for Final Exam
	19	a. End-of-Course Yellow Belt Exam b. Single Elimination Tournament c. Course Assessment and Evaluation

### Course Requirements

1. Mid-Term Exam
2. Practical Final Exam
3. Participation

### Teaching Aids & Devices

1. Judo Mats
2. Judogi
3. Crash Pads

### Grading

Basic judo grade is 500 points. The course evaluation is based on the following criteria:

1. Basic Skills Test 1 (Lesson 10): (150 Points)
2. Basic Skills Test 2 and Written Exam (Lesson 19): (150 Points)
3. Class participation (100)
4. Class Tournament (100)

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