



CANADIAN OLYMPIC ACTIVITY CHALLENGE



JUDO

Judo was first invented by a Japanese man named Jigoro Kano. To Kano, a martial art was more than a sport- it was a way of life. He taught that balance and leverage were stronger than force. Jujitsu moves were the base of his ideas. Judo spread quickly across Japan, and became the first international martial art.

The Olympic Games hosted their first judo matches for men at the Tokyo 1964 Olympic Games. The sport was left out in 1968, but returned to stay in 1972. Judo was a demonstration event for women in 1988, before becoming an official Olympic sport at the Barcelona 1992 Olympic Games.

The aim of judo is to control movement. Men have five minutes per match to do this; women have four. Each fighter tries to place the other in a pin, choke, or arm-lock. An 'ippon', a perfect full-point throw or a 20-second immobilization, ends the fight instantly. Lesser throws and shorter holds are scored, but do not end the combat. When the clock runs out, the person with the most points wins.

Like other Olympic combat sports, judo awards two bronze medals in each weight class. Men and women each have seven weight divisions. People who practice judo are called 'judokas.' In Olympic matches, one judoka wears a traditional white kimono, while their opponent dons a blue one. The contrasting colours help spectators to follow the action.

Judo means 'the gentle way', but don't be fooled. Follow the combat in the Tokyo 2020 Olympic Games, and see the speed and skill it takes to capture an enemy's strength.

To learn more about Judo or to find a local club please visit www.judocanada.ca.

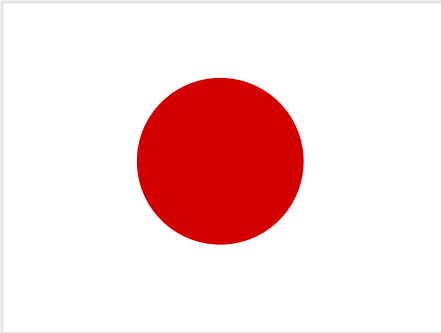


SCHOOL PROGRAM



FEATURED COUNTRY

JAPAN



Martial arts have long been part of Japanese culture. Samurai warriors used them for close combat on the battlefield. These fighting ways fell out of fashion when the samurai days ended. Many years later, Judo was revived when the police force and the Imperial Navy wanted the combat skills. Soon civilians wanted to learn to improve their balance and focus. Even primary schools began to teach these ways.

Judo has spread around the world, but Judo is still Japan's best sport. They have won three times more Olympic gold medals than any other nation. Judokas have brought home more medals than athletes from any other sport.

No matter where judo is taught, its Japanese roots are clearly seen in the sport's terms and customs.

FEATURED ATHLETE



ANTOINE VALOIS-FORTIER

OLYMPIAN, LONDON 2012, RIO 2016

Antoine Valois-Fortier was a fresh face on the international scene when he won a bronze medal in the 81kg class while making his Olympic debut at London 2012. In doing so, he became the first Canadian judoka to earn an Olympic medal since the Sydney 2000 Games where his coach Nicolas Gill was a silver medallist. Since then, Valois-Fortier has become a three-time world championship medallist, taking silver in 2014, bronze in 2015, and bronze in 2019.

To learn more about Antoine, check-out www.olympique.ca.


ACTIVITIES

Described below are Daily Physical Activity judo activities that can be used in the classroom and gym. Have fun!

JUDOKA STABILIZER

In Judo the objective is to score an “ippon”, one full point. To do so, you must skillfully get your opponent to the mat and hold them down. There are multiple techniques to get your opponent off balance and down to the mat. To do so, you must maintain your balance, making the development of stabilizer muscles and your overall balance very important.

 **Participants:** Pairs

 **Space:** Classroom, hallway or gym

 **Equipment:** None required

ACTIVITY DESCRIPTION:

- Stand with your hands along your side.
- Balancing on one leg, raise your other leg out behind you.
- Lean forward with your chest, extending your leg out further behind you.
- For balance, extend your arms outwards, like a bird soaring in the sky.
- Once you have found your balance, close your eyes.
- Try to count to 20 without touching your foot down.
- Rest for 30 seconds.
- Repeat this exercise, alternating legs until you have completed this exercise 3 times per leg.




ACTIVITY EXTENSIONS:


- Take the partner challenge! While you are balancing, your partner is going to try to break your concentration and get you to touch a foot down. Your partner can not touch you but they can try to make you laugh and perhaps even make you have to put a foot down!
- Raise the bar and allow your partner a light touch to your arms or shoulders to try to get you off balance.

CAT AND MOUSE (SPINNING)

A Judoka, a participant in the sport of Judo, must move quickly to surprise an opponent or to make a counterattack. Judo is a sport where your actions and reactions happen with split-second timing. This game of “Cat and Mouse” will challenge the agility and coordination required of you to keep up with your opponent. Watch for an opportunity to make a match-winning move!

 **Participants:** Pairs

 **Space:** Gym or open space

 **Equipment:** Gym floor or gymnastic/wrestling mats

ACTIVITY DESCRIPTION:

- With your partner, move to an open space with a smooth surface.
- Have your partner sit on the floor and assume the role of the mouse, the follower.
- Instruct the mouse to sit with their hands supporting them behind them and the soles of their feet on the floor in front of them.
- Assume the role of the cat, the leader, and stand about 30cm in front of your partner, the mouse’s feet.
- The mouse, the follower, must move with the cat, and try to stay facing the cat. As the cat you are going to try to shuffle quickly around to touch the mouse’s back, between their shoulder blades.
- The cat must always stay facing the mouse, while trying to move around to touch his/her back.
- The mouse, the partner seated on the floor can use their hands and lift their feet from the floor to spin around with more speed.

ACTIVITY EXTENSIONS:

- Take the time trial! Play this for 1 minute with your partner. Record how many times the cat successfully is able to touch the mouse between their shoulder blades within the 1 minute time period. Alternate roles and compare results!
- Play on all fours! Change the rules so that the mouse can only use their hands and feet to hold their body weight to move around.


VISUAL:

https://www.youtube.com/watch?v=_jXOqoF5IsM

KNEE TAP TAG

Judo is a sport of actions and reactions, where athletes put together a series of movements, called a feint, to score a point. To be able to control your opponent, you must develop your reaction time and foot speed. Awareness of your body, coordination, speed and agility are all critical to getting your opponent to the mat!

 **Participants:** Pairs

 **Space:** Classroom, hallway or gym

 **Equipment:** None required

ACTIVITY DESCRIPTION:

- Stand facing your partner.
- Earn a point each time you are able to tap your partner's knee.
- Be quick! If you are close enough to tap your partner's knee, they are likely close enough to tap yours too!
- Start the match by saying "Ready, Set, Go!" in unison.
- Play until one partner earns 5 points and then find a new partner to play!

ACTIVITY EXTENSIONS:

- Rather than tapping one another's knees, now try to tap one another on the back, between the shoulder blades.
- Consider wearing flag football belts and try to pull one another's flags off of the belts. Substitute the flags by tucking pieces of cloth or handkerchiefs tucked into the side of your shorts.
- Eliminate one arm and play with one hand behind your back.

BRINGING IT TO THE CLASSROOM

Judo was first used by samurai warriors for close combat on the battlefield. Do some research on the internet about the samurai warriors and write a few paragraphs to explain who they were, when they existed, and who they fought. Include at least 10 facts. Write three journal/diary entries for a samurai warrior.