

The Record of 14<sup>th</sup> Lecture

## Activities to Prevent Judo Injuries in the UK and France

**Mike Callan**  
**Michel Brousse**

Friday, December 6, 2013 at Hibiya Convention Hall

**MC:** I would like to begin the 14<sup>th</sup> lecture meeting of the Solidarity of International Judo Education. I am Keiko Mitsumoto of the secretariat, and I will be presiding at this meeting. Thank you very much for coming today despite your busy schedule in December. First, the Executive Director of our NPO, Yasuhiro Yamashita, will give a few words of greeting.

### Opening Address

**Yasuhiro Yamashita**

(Executive Director, Solidarity of International Judo Education, and Vice Chancellor and Member of the Board of Trustees, Tokai University)



Good evening, everyone. I am Yasuhiro Yamashita, Executive Director of the NPO Solidarity of International Judo Education. I appreciate so many members participating in the 14th lecture meeting of our NPO, even though it is the year-end when you must be busy.

Today, we have the two distinguished lecturers invited from Europe. One is Dr. Michel Brousse, Professor at Bordeaux University, France, and

Vice-President of the French Judo Federation. I began to enjoy exchange with him in 2003 when I became a director of the International Judo Federation. We have been friends since then, and worked together to promote judo through various activities in Asia and other regions.

The other is Dr. Mike Callan, President of the International Association of Judo Researchers (IAJR). I have been acquainted with Mike, a little bit longer than Michel. In 1986 during a one-year study program in the UK, I first met Mike at a judo hall that I sometimes visited for practice. Since then I have been friends with Mike. He has often accepted Japanese judo athletes and instructors dispatched to the U.K. from Tokai University and other organizations of Japan. Michel and Mike are my judo fellows and excellent researchers whom I respect and trust.

By the way, in August last year I was appointed as Vice President of the All Japan Judo Federation (AJJF). Currently, the judo world is working to resolve various issues. One of the great challenges we should address is to reduce the frequency of fatal accidents or injuries involving a serious disability. These accidents and injuries could be caused by various factors. However, I feel that many of these accidents and injuries might have been prevented, if we at the AJJF had taken more proactive and serious measures. I therefore consider that the AJJF must make utmost efforts to prevent these accidents in the future.

Previously I taught judo at physical education classes in my university. Since I was a judo athlete in active competition, I have firmly believed and said to my students “Judo is a safe sport! Ukemi (break fall) exercises are effective in protecting ourselves!” However, now judo has become considered to be a dangerous sport in Japan. As Vice President of the AJJF, I am determined to think seriously about and work to resolve this problem.

The two speakers we have today will talk primarily about the examples in the U.K. and France. I believe that Dr. Mike Callan and Dr. Michel Brousse will deliver very meaningful

lectures, since the European judo community has had few serious accidents. Many of you who have come here today are people engaged in judo. I would like to think together with you all about how we can prevent serious injuries.

The two lecturers arrived in Japan last week. Since their arrival, they have already lectured on “Violence in sports” and on other various themes, at the AJJF, Japanese Olympic Committee, La Societe Franco-Japonaise, University of Tsukuba, etc. Today’s lectures will mark the last ones they will give during this visit to Japan, and they will return to their countries tomorrow. When I talked with them a little while ago, both Dr. Mike Callan and Dr. Michel Brousse said “Today’s lectures are most important, and we came to Japan to deliver today’s lectures!” showing their great passion and enthusiasm (laughter.)

I hope that today’s event will be meaningful for all participants. Many of those attending here are members of our NPO, the Solidarity of International Judo Education. By expressing my sincere gratitude to all of you for your continued support, I would like to conclude my opening address. Thank you very much.

**MC:** Mr. Yamashita, thank you. First let me introduce Mr. Alexander Bennett, who will act as an interpreter for us today. Many of you who are involved in martial arts may know him, since he is very famous. He is an associate professor at Kansai University. He has also authored many publications related to martial arts, kendo or Japanese fencing, in particular.

Now let us listen to the lecture of Dr. Mike Callan. As Executive Director Yasuhiro Yamashita mentioned earlier, Dr. Mike Callan is the Principal of the Judospace Educational Institute and the President of the International Association of Judo Researchers (IAJR). He was engaged in organizing the 2012 London Olympic Games as a service manager for judo. Today he will give a lecture entitled “Judo Injuries in Children, a Coach Education Solution?” Dr. Callan, please.

## Judo Injuries in Children, a Coach Education Solution?

**Mike Callan**

(Principal of Judospace Educational Institute and President of International Association of Judo Researchers)



Good evening. I am Mike Callan from the Judospace Educational Institute. I am truly honored to be invited by Mr. Yamashita to give my lecture here today. Since I am not good at Japanese, Mr. Bennett will help me as an interpreter.

Today, I will talk about fatal injuries to children during judo practice and make some proposals regarding judo coach education as a solution to this problem.



This slide shows the overview of today’s lecture. I will first talk about the tragedy of fatal injuries to children within the Japanese judo community.

I will then present the process of judo coach education in Europe. This process has introduced various measures, including ethical training, assessment, regulation and monitoring of coaches. I will also discuss whether these practices adopted in Europe can be actually helpful for the Japanese judo community, taking into account a cultural context.

Before moving on to the main subject, I would

like to pray for the souls of the children who died of judo injuries or accidents.

### Risk of Second-impact Syndrome



According to a survey, serious injuries mostly occurred on the head in judo. Head injury is the most frequent direct cause of death in sports. Here are illustrations of head injuries (see figure above). If you hit your head on something, due to the resultant impact, the skull will collide with the brain, causing an internal bleeding. This phenomenon could occur even by shaking your head.

In many cases, fatal accidents are caused by second-impact syndrome. This syndrome is a rare and dangerous result of second concussion that happens when the brain is still healing from a previous concussion suffered during a judo competition or training session. For example, a child may be hit on the head during a judo match. Then, while the child's brain is still healing from the previous concussion, the child may suffer another concussion during a judo competition or training session. This could result in death. This is second-impact syndrome.

**Second-impact Syndrome**  
セカンドインパクト症候群

- May be preventable by removing concussed athletes from practice or play until their symptoms have gone away and the athlete is cleared by a health-care professional.
- Adolescent athletes seem to be the most at risk to develop second-impact syndrome.

University of Washington Medicine

Second-impact syndrome cannot be recognized soon. It can occur even days to weeks after a first concussion is diagnosed. However, the syndrome causes dangerous brain swelling and bleeding that can cause death or permanent disability.

If athletes are diagnosed as having suffered a concussion, they should never participate in judo training sessions or matches for some time. The concussed athletes must be removed from practice or play for several days until their symptoms have gone away, and the athlete is cleared by a health-care professional. If not, they will be in great danger.

Adolescent athletes seem to be the most at risk to develop second-impact syndrome. The results of studies conducted by a researcher, Benjamin Sansone, show that children, especially those between the ages of 15 and 19, are the most likely to sustain these head injuries, which is why education about the dangers of head injuries is so important. Not only judo coaches teaching children, but also their parents should learn all they can about this common childhood injury.

**Second-impact Syndrome**  
セカンドインパクト症候群

- A rare and dangerous result of second concussion that happens when the brain is still healing from a previous concussion.
- Causes dangerous brain swelling and bleeding that can cause death or permanent disability. It can occur even days to weeks after a first concussion is diagnosed.

University of Washington Medicine

**Benjamin Sansone**

- Children, especially those between the ages of 15 and 19, are the most likely to sustain these head injuries
- Which is why education about the dangers of head injuries is so important
- Parents should learn all they can about this common childhood injury



The above slide shows a sign of concussion. The dark portion at the center of the eye, namely, the pupil of the eye remains dilated. No reaction to light in this manner is a clue for diagnosis of a concussion. Also, athletes under age 25 are especially vulnerable to “second-impact syndrome,” according to Dr. James Kinderknecht, a sports medicine and shoulder service physician at the Hospital for Special Surgery in New York City.



It is first important to understand the signs of concussion. These include headache, dizziness, irritability, mood changes, vomiting, changes in vision and hearing and difficulty following instructions. Knowing these various signs is a way to prevent second-impact syndrome.

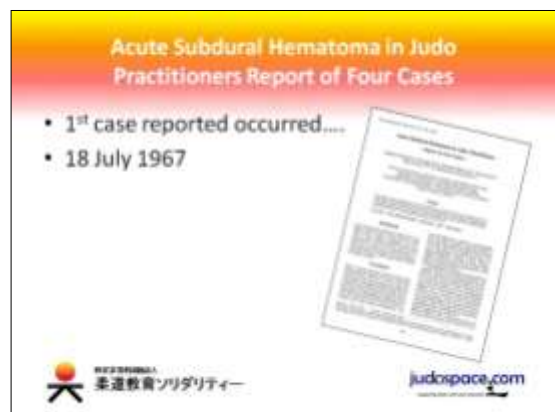
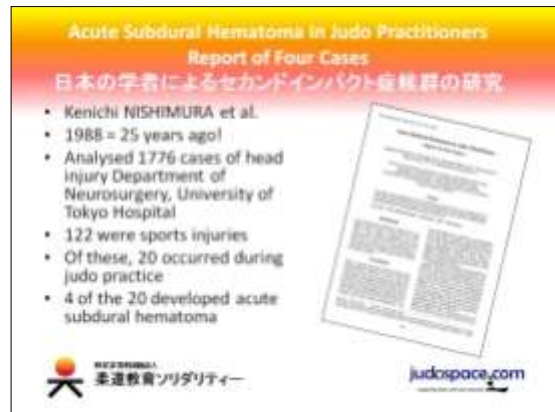


If young athletes have any of these symptoms

in the hours or days immediately after a head injury, their physical activity must be restricted until they are evaluated by a doctor.



Needless to say, second-impact syndrome is not a problem specific to judo. This slide shows an article recently published in a British newspaper. The article is about a 14-year-old rugby player who died from second-impact syndrome. During a game, he had a concussion but he kept on playing and suffered a head injury, which resulted in his death. As indicated by this example, second-impact syndrome is a great problem common to all contact sports.





Let me also give you an example of research into second-impact syndrome by Japanese researchers. This slide shows part of research paper “Acute Subdural Hematoma in Judo Practitioners—Report of Four Cases” which was published by Dr. Kenichi Nishimura et al. in 1988, which was the year when I first visited Japan.

This work analyzed the cases of head injuries, at the Department of Neurosurgery, the University of Tokyo Hospital. Of 1776 cases, 122 were sports injuries. Of these, 20 occurred during judo practice, and four of the 20 cases developed acute subdural hematoma. This paper included an analysis of the first case that occurred in 1967, 47 years ago from now. In other words, this kind of problem has occurred and has been recognized at least since then. I am very concerned about the fact that, despite such research results, the “see-not, hear-not and speak-not” attitudes have continued so far in Japan.

**Mikihiro Mukai**

- “Until now, the judo world has tried to hide things they perceive will be disadvantageous to them. But this trend will worsen the situation, even if we have many discussions about instruction methods, if there is even a single case of death or severe injury, that method is inadequate.
- There may well be some unfortunate accidents, but we as judo instructors must work to eradicate such problems.”

(Budo magazine, August 2010)

柔道教育ソリダリティー judospace.com

Dr. Mikihiro Mukai, a friend of mine also stated that “Until now, the judo world has tried to hide things they perceive will be disadvantageous to them. But this trend will worsen the situation, even if we have many discussions about instruction methods, if there is even a single case of death or severe injury, that method is inadequate. There may well be some unfortunate accidents unrelated to coaching methods, but needless to say we as judo instructors must work to eradicate such problems.”

### What is the Purpose of Judo?

Next, let us consider what is the purpose of

judo— that is, to benefit society.

**The purpose of judo**  
柔道の目的

- The purpose of judo is to benefit society.
- 社会に貢献すること
- Judo is an intellectual, moral and physical education
- 文化・道徳・体育

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**Motivation behind judo**

- We can say that judo was developed from a determination to deal with bullying.
- This work to deal with bullying is not yet finished.
- In this lecture I ask that you continue this work.

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As you are aware, Judo is a way of intellectual, moral and physical education. I have heard that Mr. Jigoro Kano, the Grand Master and founder of judo, was a victim of bullying at school when he was a child. He therefore became determined to learn jujutsu. To put it another way, we can say that judo was developed from a determination to deal with bullying. However, we have still many tasks to be addressed.

One of the objectives of this lecture is to ask that you continue to work hard to resolve the problems regarding bullying and corporal punishment. The great challenge for the Japanese judo community in the future is to make a behavioural change. However, we understand it is extremely difficult to change organizational culture. To this end, we need to achieve the two tasks. One is leadership change, and the other is education of new values.

As for leadership change, I believe that the Japanese judo community has already achieved the leadership change, which I think must have been

very difficult. Now it should make efforts to attain the next task, that is, education of new values. I believe that Dr. Michel Brousse and I were invited here today to help achieve this task.



I would like to discuss anti-bullying policies. Of various problems confronting Japan, implementation of anti-bullying policies is of urgent need.



One of them is to link to a coaching license. For example, if coaches are found to act outside the policy, it will be effective to remove their coaching license. To this end, it is necessary to establish a coach education system.



I would also like to point out that the establishment of a new coach education program requires government support. At the same time, it must be academically approved. Just establishing a new coach education system is not enough. Even after the system is established and coaches are given license, their license should be re-validated annually. Such a re-validation system will be necessary.

By linking a license to coach, the quality of coaches can be improved. The Japanese judo community is now faced with various problems. It is therefore all the more necessary for the AJJF to take the lead ahead of other sports, and set a good example for other sports.

### Child Protection Policy in the British Judo Community



Please look at this slide (see the above slide). This is a rule book used in the U.K. It is entitled “Codes of Conduct and Ethics for Coaches” and published by the British Judo Association (BJA). All new BJA coaches are required to fully understand and abide by the Code of Conduct and Ethics in teaching judo. This document clearly states that responsibilities of a Coach include ensuring the welfare of their players. Judo coaches are responsible for not only giving technique instructions but also for safeguarding and supporting their players.

In the next slide you can see “BJA Child Protection Policy, Procedures and Guidelines,” a handbook released by the British Judo Association. This document describes its child protection policy,

what is required to implement the policy, and the procedures. This BJA document states that judo coaches should fully comply with relevant laws and regulations in the UK when teaching judo.



This slide introduces another booklet, “BJA Safeguarding Toolkit,” which describes how to safeguard children in a clear and easy-to-understand manner, citing concrete examples. These two booklets are published by the British Judo Association.

These booklets are based on the principles that children and young people have a right to expect us to protect them from harm. By taking care to uphold these principles the BJA and coaches can help to assure their welfare and development. British Judo recognizes its responsibilities both morally and legally under current legislation (including the Children Acts 1989 and 2004 and the Protection of Children (Scotland) Act 2005) and will use our best efforts to promote good practice to protect children.



Now I would like to explain the reason why the BJA places such a great emphasis on protection of children and vulnerable adults.



This is because the BJA considers that it has an obligation to offer safeguards to the children, BJA staff, and volunteers. The Association recognizes that by doing so, it can maintain professionalism and standards of practice associated with being a member of the BJA. This will lead to further promotion of judo and improved levels of judo.

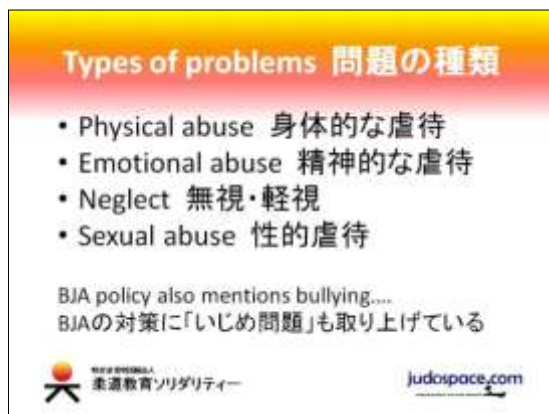
Another reason is to ensure that judo experiences, including practice and games, are fun



and enjoyable in a safe and caring environment.

Also, the BJA respects one of the significant values of British laws, i.e., to treat everyone equally. More specifically, the most important policy for the BJA is to ensure that everyone is treated equally, regardless of age, gender, race, culture, religion, language or ability.

Another purpose of publishing the booklet is to educate all BJA staff and volunteers about child abuse, the forms it can take, and the steps to take in its prevention. There are various types of abuse problems. The BJA guidelines focus on physical abuse, emotional abuse, neglect, and sexual abuse. The BJA policy also mentions bullying.



It is stressed that coaches hold a position of power in the relationship with their athlete, and therefore they must not abuse this position to bully children or vulnerable young adults in their care.



The BJA also defines that what is bullying in a judo situation. Bullying may occur, for example, when the coach is overly zealous—and so the coach resorts to aggressive, physical or verbal behavior, as well as torments, humiliates or ignores an athlete in their charge/care. These are included in what the

BJA considers to be bullying.

## Processes to Protect Children and Vulnerable Young Adults



There are six processes to protect children and vulnerable young adults.

The first one is the use of the Disclosure and Barring Service (DBS). When a person applies to obtain a coaching license, the BJA will ask the police to thoroughly check for the applicant's criminal record, for instance, whether the applicant has been arrested for abuse, or had been marked by the police, before granting the license to the applicant.

The second process is to file complaints. The BJA has established a system to enable parents of athletes to easily file a complaint, whenever they feel that the coaching method is not appropriate.

The third process is whistleblowing. The BJA has also established a system under which when a coach finds that another coach in the same club is doing something wrong, the coach can easily report it personally to the BJA.

The fourth process is parent education, and the fifth is welfare officers. Each club and dojo must have welfare officers, who have studied about abuse and child protection through workshops and seminars. These welfare officers always monitor coaches and their coaching methods to check whether or not there is a problem or not. Finally, the sixth process is coach education



## Five Things Needed to Become a Judo Coach in the UK

To become a judo coach in the UK, you need these five things.



First you need to obtain Level 2 Certificate in Coaching Judo, which certifies you have the judo coaching skills and techniques.

The second thing you have to obtain is the First Aid Certificate. Most certificates must be renewed every year. I myself received a first aid seminar again last week. By coincidence, at the seminar I was given many reference materials concerning concussion in judo.

Thirdly, you should attend a Safeguarding and Protecting Children Workshop, so as to obtain a certificate. The fourth thing is the Disclosure and Barring Service check, which I mentioned earlier. If you have a criminal record, you cannot obtain the coach license. The fifth thing is the current BJA membership. You need to satisfy these five conditions to be a judo coach in the UK.



Shown in the above slide is a Medical Notification Form of the British Judo Association. This form must be filled out when a player became unconscious by anything other than Shime-Waza (a stranglehold). Coaches always have this form at hand either during judo training sessions or competitions. If someone becomes unconscious, coaches should clearly describe the reason in this form. This form states “The Player named below was unconscious at the event named below and has been advised by the Tournament Organiser that they are ineligible to enter any event or take part in any form of training/sport or club sessions for the following 4 weeks.” The coach or parent of the player will sign the form, after agreeing that they will abide by the rules of the British Judo Association.

Signing this form means that if the parent or coach allows the player to take part in any form of training or event, they will do so at their own risk. After signing this form, the BJA will assume no responsibility, if the player gets injured during the said period.

## Conclusion

In closing, I would like to summarize my lecture. First, I told that head injury is the most frequent direct cause of death in sport, and then explained about second-impact syndrome. I also said “Don’t be a Nikko Monkey,” and reminded you of the purpose of judo. After introducing the BJA’s documents and policies, I talked about coach education and the coach license.



I hope that my proposals I have made in today's lecture will be helpful and informative for the Japanese judo community.

Thank you for your kind attention.

**MC:** Dr. Callan, thank you very much. Listening to your lecture, we have received a number of valuable messages that we cannot usually hear in Japan. Questions for Dr. Callan will be accepted after the lectures by the two speakers are finished.

Now let us hear the lecture by Dr. Michel Brousse. As our Executive Director Yamashita mentioned earlier, Dr. Michel Brousse is a professor of sport history at Bordeaux University, France. He is also serving as the Vice-President of the French Judo Federation. The title of his lecture is "Dangerous judo or dangerous coaching?" Dr. Brousse, please.

## Dangerous Judo or Dangerous Coaching? Michel Brousse

(Professor at Bordeaux University, France, and Vice-President of the French Judo Federation)



To begin with, I would like to mention how honored I feel to be here today, and would like to express my warmest thanks to Mr. Yamashita for inviting me to this event.

Injuries and corporal punishment in judo are grave issues. Let me share with you some of my thoughts. In the past, I was greatly disappointed that the Japanese judo community had not taken drastic measures to stop a long history of accidents in judo. However, times have changed. And I would like to stress the profound respect I have for Mr. Yamashita who is sincerely committed to addressing and solving these problems. Many obstacles have to be overcome. But you can be sure that the French Judo Federation will back up your efforts.

## Is Judo a Dangerous Sport?



The title of my lecture is deliberately provocative. Where is the danger coming from? Is it judo that is dangerous or is it bad coaching? Take Alpine skiing, for example; even if Alpine skiing is a

dangerous sport, courses are divided according to the ability of the skiers, i.e. slow beginners start on slow slopes, and steep slopes are just for experienced skiers.

This should also hold true for judo. Without experience and a required level, *randori* and *shiai* are definitively dangerous. Playing judo with a partner –not with an opponent– in light exercises like *yaku soku geiko* are obviously not dangerous as such. This is why I want to make it crystal clear. Judo in itself is not dangerous, but inappropriate coaching is a constant threat to good and sound judo.

During this lecture, I would like to put the stress on the fact that, in France, education comes first and competition comes next. I personally think that competitive judo has to be an option offered to students only when they have mastered the basis of judo. This was the way judo was taught by the Japanese teachers who came to France in the 1950's and this is the way judo teaching is still seen today in my country. We consider judo as a tool meant for educating our youth. Building people and training champions are two completely different things.



As an introduction I would like to look rapidly at the history of martial arts. In some old jujutsu books, the words that are used are “*ware*” (我, myself) and “*teki*” (敵, the enemy). When Jigoro Kano founded judo, he decided to use other words like “*tori*” (取, the one who “takes his partner”) and “*uke*” (受, the one who receives). His purpose was to emphasize the educational value of judo. The difference in words is relevant to highlight the difference in finalities; pure efficiency on one side,

education on the other. This is why in his writings Jigoro Kano advocated judo in a “broad sense” i.e. aimed at building people and was very reluctant about judo in a “narrow sense” i.e. only aimed at winning bouts.

## Sports Accidents in France



Is judo risky? Of course, judo remains as many sports and other human activities a risky practice. But how risky is it? First, we will look at data and determine precisely the kind of injuries we have to deal with in France. Second, I will explain how the French Judo Federation has implemented a policy to prevent injuries by improving the quality of teaching on a regular and national basis.



In France, the administrative aspects of sports including compulsory diploma for teachers, compulsory health insurance for members and so on are ruled by the State. Each national sport organization that has been approved by the French national government is given the mission of a public service i.e. in the case of French judo the mission given by the State to the French Judo Federation is two-fold. One is to offer the French teenagers an educative sport to help them strengthen their



bodies and build their minds, in other words to become good citizens. The other is to give the country judo champions of international caliber, in other words to represent the country at the higher level. These objectives are completely separated.



Is judo dangerous? Traveling on a ship during his first trip to Europe, Jigoro Kano was challenged by a large Russian man. He could not avoid getting into a fight with him. At the same time as he threw him on the floor, Kano intentionally protected the head of the Russian man, who did not know how to take *ukemi*. This example indicates that even though some judo techniques may be dangerous, they can be used safely, when mastered and used appropriately i.e. out of respect for the opponent, an opponent who is not to be seen as an enemy.

Season	Total	Females	%	Males	%	Mortality	Frequency
2006/2006	8200	1024	12.5%	4036	75.2%	343/140	4.1%
2006/2007	5213	1024	19.6%	4289	72.4%	527/106	1.0%
2007/2008	5423	1424	26.2%	4019	74.1%	100/190	1.0%
2008/2009	5418	1421	26.2%	4038	74.3%	343/314	0.5%
2009/2010	5272	1283	24.3%	3989	75.6%	104/276	0.5%
2010/2011	5294	1245	23.5%	3991	75.4%	100/147	0.5%
2011/2012	5228	1242	23.7%	3986	76.3%	103/234	0.5%
2012/2013	6106	1282	21.0%	3883	63.6%	177/321	0.5%

The above figures show the number of judo accidents in France. The French Judo Federation insurance company compiled these data. Whenever an accident occurs, it must be reported to the insurance company within five days, this for administrative purposes. As indicated, judo accidents have occurred in France as well. However,

the French Judo Federation is making constant efforts to have the number of judo accidents decrease continuously.

Circumstances	2009/10	2012/13
Training session	75.4%	76.4%
Competition	17.6%	20.0%
Tournament	7.0%	6.7%
Others	0.0%	1.9%
Total	0.22%	0.18%
Month	2009/10	2012/13
October	508	554
November	707	638
December	609	600
January	720	542
July	46	37
Average value	616	612
	2012/2013	
Setback	200	
Liquidated	140	
Concise	14	

Type of injury	2009/2010	%	2012/2013	%
Back	190	3.01%	133	4.89%
Collarbone	390	12.18%	422	13.02%
Shoulder	238	7.28%	130	5.81%
Arm	226	6.97%	245	6.91%
Total	1044	26.46%	930	20.62%
	2010	%	2013	%
Knee	373	17.5%	438	19.1%
Ankle/foot	364	17.5%	452	19.7%
Leg	80	3.7%	70	3.1%
Total	1217	32.7%	1360	35.7%
	2010	%	2013	%
Neck	148	5.8%	180	6.0%
Hand	42	1.29%	38	1.3%
Chest	43	1.32%	28	1.0%
Total	233	6.01%	246	6.3%

Season	Number	Circumstances	Causes	Age
2005/2006	1			
2006/2007	0			
2007/2008	0	Training session		17 years
2008/2009	1	Back free-ship to Heisei	Heart attack	48 years
2009/2010	2	Training session	Heart attack	42 years
		New accident during match		8 years
2010/2011	1	Training session	Heart attack	52 years
2011/2012	2	Training session	Stroke	77 years
		Training session	Heart attack	49 years
2012/2013	2	Training session	Heart attack	47 years
		Training session	Arteriosclerosis	48 years

Sport Accidentology in France  
フランススポーツでの事故

- Total: 246 deaths (合計: 246の死亡)
- Martial arts: 10 ( martial arts: 10)
- Aquatic sports: 10 (水泳競技: 10)
- Swimming: 27 (水泳: 27)
- Motor sports: 23 (モータースポーツ: 23)
- All sports (athletic activities): 23 (総合スポーツ事故: 23)
- Other sports: 20 (その他のスポーツ: 20)
- Individual sports: 4 (単独のスポーツ: 4)
- Team sports: 2 (チームスポーツ: 2)
- French Judo Federation: 1 (フランス柔道連盟: 1)
- Other: 1 (その他: 1)

Journal de Technologie du Sport, 20 (2011), 108-110

Report in judo: a systematic literature review including suggestions for prevention

No recorded death at martial arts in France in 2010  
2010年に武道競技死亡例ゼロ

From the data sheet, first, you can see that the number of accidents during practice sessions is greater than those occurring during competitions. Second, there are various types of injuries. The data shown on this chart indicate severe injuries. Needless to say, we should not allow any types of judo injuries to occur. Even though we have very few fatal accidents in France, we work actively to reduce them.

This table shows some cases of deaths. However, mostly such cases did not occur during mat sessions or competitions. In many cases, players have died from a heart attack after returning home. In 2009 an eight-year old child died, because of a sled accident during a winter judo and ski camp. In fact, the report from the insurance company clearly mentioned that the child's death was not due to a judo accident. If we consider age groups, death cases occurred more frequently among people older than 50. Fatal accidents are not correlated to beginners, youngsters or violent falls.

When compared with other sports, judo has fewer fatal accidents. Data on sports accidents in France reveal that there were a larger amount of accidents in mountain and aquatic sports. In martial arts practice, in France in 2010, no fatal accident has been recorded.

However, risks exist. Every year, one or two serious injuries of the spine occur involving partial or total paralysis of the judo player. Most of these accidents occurred during competitions, particularly in young athletes, including teenagers. We are highly concerned about this issue; we work to reduce the amount of serious accidents by improving the way of teaching techniques, developing strengthening exercises of the neck, implementing adapted refereeing rules...

Sport Accidentology in France  
フランススポーツでの事故

- Judo is not a - dangerous - practice  
柔道は危険ではない
- In France, mountain sports, aquatic sports, or aerial gliding sports are far more dangerous than judo  
フランスでは登山、水のスポーツ、空中グライディングスポーツは柔道よりはるかに危険なスポーツとして捉えられている
- However, the French Judo Federation is very cautious to offer to members the best quality teaching  
しかし、フランス柔道連盟は質の高い指導法を提供している
- Thus, a strong policy in favor of the betterment of judo teaching has been implemented to develop practice among 100 and youngsters  
子供の指導法開発に力を入れている

Accordingly, is judo dangerous? Obviously, the answer is that judo practice cannot be classified as a dangerous sport. Data show that judo is even safer than other sports.

However, the French Judo Federation remains committed to further reducing the number of accidents. To this end, we are very cautious to offer our members the best quality of teaching. This is a major point.

Besides the health of our members, injuries harm the image of judo. This point should also be taken into account. We wish to protect both people doing judo and the French judo community. When the image of judo is damaged because of injuries and violence, the future of judo is in peril and this could have great economic and social impacts. Preventing injuries and violence, improving the quality of teaching is an investment for the benefit of the whole judo community. Judo practice has to be a pleasure, not a high-risk exercise.

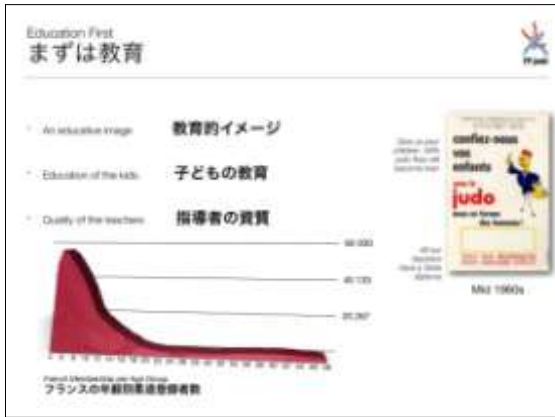
Economic and Social Impacts of Judo Teaching  
柔道指導の経済的、社会的影響

- The French Judo Federation has about 800,000 members. Membership fee is 34 € (same price for all) i.e. about 20 1/2 €  
フランス柔道連盟は80万人の会員。登録費は一人34€=2000万ユーロ
- Each member pays a monthly fee to the Judo club (average 120€) i.e. 12 1/2 €  
クラブ月額は平均120€を支払う
- Employees 34 full + part time 従業員 (常勤+非常勤)
- Technical advisors + 190 clubs 75 + federation 80  
テクニカルアドバイザー 約190人 (地域 75人+連盟 85人)
- Headquarters + 40 + regions, clubs, clubs + 4000  
本部 約60人、各地域、クラブ 約4000人
- Volunteers not included (c. 25,000) ボランティアは含まれていない 約25,000人

## Judo and Education in France

Who is practicing judo in France? The following data inform us about age groups and

consequently give relevant information about the purpose and expectations of our members.



This poster was created in the mid 1960s. It reads: “Give us your children. With judo they will become men”. Underneath can be read: “All our teachers have a state diploma”. Here lies one of the main reasons of the success story of French judo. In fact, since the 1960s, the number of judo players in France has increased continuously attracting more and more people and mostly young kids and youngsters brought to judo by their parents. Data about Membership per Age Group indicating the ratio of children are overwhelmingly high. This leads us to the clearest possible evidence. The way of teaching has to be adapted to the population on the mat. Teaching kids, teaching adults, teaching elite players require different and specific knowledge and approaches. Unfortunately some teachers think that pupils have to adapt themselves to their way of behaving. It is a good way to make them dislike and quit judo practice.

<Presentation of a TV program in France>

A TV program in France was shown, which introduced the way kids are taught. Images showed that playing does not stand in the way of learning. Kids can enjoy judo practice and, at the same time, respect judo values and rituals. Parents want their kids to learn discipline, *rei*, and consideration to others though judo practice. General motor skills, self-confidence and socialization are the key words of judo teaching for kids. At that time, judo techniques and sport efficiency are not goals. The main purposes are general motor skills and education. At the end of the program, one of

the small kids summarizes what he learnt: “It is not a fight. You cannot hurt the others.”

Judo can be very attractive not only because one can learn judo values, but also because one can gain self-confidence and learn how to deal with difficult situations and specific techniques like learning how to fall or to deal with a bully. This is why so many children learn judo. These children have fun when practicing. Consequently there is a great chance that they will continue to enjoy judo practice. However, in order to develop our membership, we need to improve our teaching methodology. To become judo teachers, a license – a teaching diploma – authorized by the French national government must be obtained. Four fields of knowledge are important.

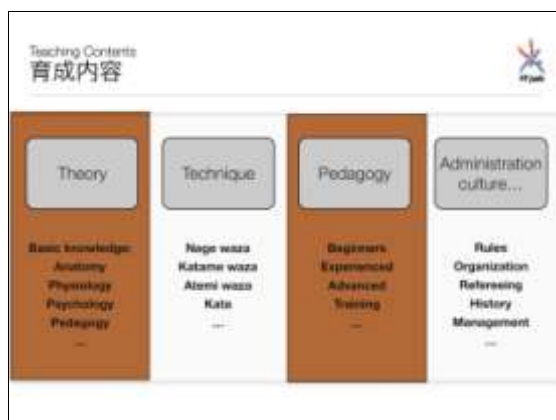


One is safe judo teaching. People who have achieved excellent results in competitions do not always have an aptitude for teaching the right attitude toward beginners. They need to learn a teaching methodology. The French Judo Federation is committed to fostering professional teachers, so that former champions are to be taught in order to become “champions in teaching”. To this end, a



French method of teaching has been established. Having such a unique teaching method also reflects that French judo gives top priority to education.

In France, seminars are frequently held for judo instructors and athletes. We organize yearly seminars for coaches and for *kodansha* (sixth dan and above). We estimate that 45% of the French judo teachers take part in these seminars.



The contents of these seminars include theory, technique, and pedagogy, as well as culture, club management, organization...

Most judo teachers excel in judo techniques. However, more knowledge is needed to become a good judo teacher.

## Sports Competitions and “Leisure Competitions”

I would like to discuss the necessity to adapt judo teaching according to the characteristics of the pupils. Two types of judo players have to be distinguished. On one side you have athletes training to win contests, on the other judo players practicing for the pleasure of it. In the first category, athletes dedicate their time to training and gaining better sport results. The other group is different. These judo players want to learn more, to get better results, but they are generally aware of their limits. Their main purpose is to master judo techniques and enjoy practice. They cannot be taught and trained the same way as the former group. You have professionalism on one side, leisure on the other.

The slide is titled "Sports Competitions and Leisure Competitions" (スポーツ大会もしくはレクリエーション大会). It features a list of bullet points and two images of judo-related materials. The bullet points are:
 

- Elite players are selected by through a championship system. Competitions aim towards choosing the best players for the French national squad and Olympic competitions.
- Leisure tournaments are for mass practice. Their main purpose is friendship, the pleasure of practicing and technical exchange.
- Judo players need to be - mature - physically and intellectually to reach high level of performance.
- Early selection in judo proved inefficient.

 The images include a book titled "JUDO Training Manual" and a Japanese book titled "柔道" (Judo).

Other sports, such as gymnastics and skating, tend to focus on selecting and training gifted children. However, French judo has a different approach. Actually, we have found that training gifted children is definitely not effective. An analysis of Olympic judo champions around the world revealed that many of them were not champions in their childhood. Elite players got their medals at the junior level, not earlier. This means that early selection in judo proved inefficient, in other words, it does not make too much sense to select gifted children and to focus on training them. Too many of those who were trained too early experienced a “burnout”, long-term exhaustion and a diminished interest in judo bouts and workouts.

The slide is titled "Adapted Forms of Competitions" (ふさわしい試合形式). It lists several rules adapted to age groups:
 

- Rules adapted to ages:
  - 年齢別の規定
  - A pedagogical way of refereeing: 教育的審判法
  - A formal grip at the start: 基本的な組み方
  - Some judo techniques not allowed: 禁止技
- Fights in form of randori: 乱取
- No national championships before - cadets - classes: 中学生以下はナショナル大会はない

 The slide includes images of a referee, a medal, and a document.

Based on the idea that judo is education first. Pupils have to be guided progressively. In France, adapted forms of competitions are used according to the ages of players. For example, at a competition for children, when a child commits a foul, the referee gives the child no penalty but explains why judo players should not commit that foul. Such a pedagogical way of refereeing is used according to the age of players.

Leisure competitions are designed not for elite athletes but for common judo-players. These competitions aim to help ordinary players accumulate experience, not to set a record. The purpose of leisure competitions is fundamentally different from that of sports competitions. For example, in a fight in form of *randori*, it is not finished even when a player gets an *ippon*. The player who scores more *ippon* will be the winner.



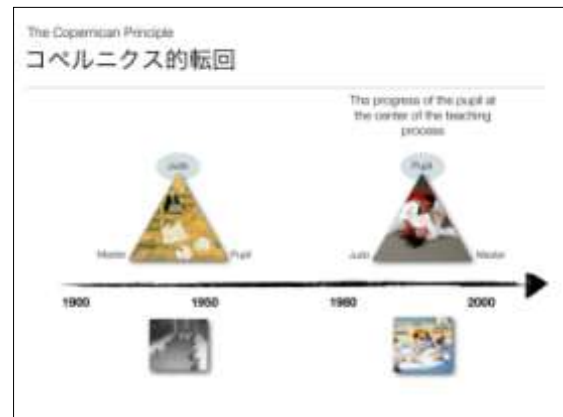
In the 1970s, national championships for children were held. However, soon the French Judo Federation found out that to win the game, coaches gave children the same instructions as they would to adults. So children could not maintain their motivation for a long term, and many children chose to quit judo because the training was too hard for them. To address these problems, the Federation changed its policy.

For this reason, nowadays no national championships are held for children 15 and under. While it is important to win, it is not good to pursue a victory alone at an early age. We have adapted forms of competitions, to allow all participants to be winners, and to realize that participation is what counts, by making fights in form of *randori* as part of leisure competitions and by encouraging coaches or technical advisers to do a collective warm-up with players.

<Showing a video of a learning task example>

A video of an example of learning task used by the French Judo Federation was shown. The video depicted children experiencing various techniques, like *o soto otoshi* – *not o soto gari* – and having fun

through learning tasks.



Looking back on judo in the 1950s and 1960s, the learning process was centered on practicing techniques, as in the case of any other sports at that time. However, along with social changes, the attitudes toward sports have changed as well.



Why do people practice sports? What is the goal of sports? At present, the mainstream concept is that people play sports not for training but for pleasure and fun, regardless of whether or not they can do it well. In accordance with this trend, I think that we should reconsider teaching methods. Since the purpose of sports changes along with social circumstances, the way of instructing and learning sports must evolve accordingly.

The goals for general judo players in France are socialization, self-confidence, motor development, and introduction to judo techniques. However, what is most important is not mastering judo techniques. Rather, the most important thing is to have pleasure and fun with judo. If you wish to move from educational judo to competitive judo, you can do so. At any rate, our attitude is that education comes first and competition comes second following

a judo player's choice.

In France, judo coaches should follow various rules. For example, some judo techniques like *sutemi waza*, *shime waza*, *kansetsu waza*, *maki komi waza* cannot be taught until the pupil has reached enough physical maturity and has acquired a certain amount of technical ability i.e. two years of practice –green belt– and 13-14 years of age. A sound basic knowledge of judo basis must come first. Thus, we have established a clear hierarchy of teaching contents, to define what kind of technique can be taught to what level of players.

Hierarchy of Teaching Contents  
段階に準じた指導法

Some judo techniques cannot be taught until the pupil has reached enough physical maturity and has acquired a certain amount of technical ability i.e. two years of practice, 13-14 years of age

- 技によってはある程度の身体的育成が必要
- Introduction to *Aesashi waza* from green belt
  - 返し技は緑帯から教える
- Introduction to *sutemi waza* from green or blue belt
  - 捨て身技は緑帯、青帯から
- Introduction to *shime waza* and *kansetsu waza* from blue belt
  - 絞め技、関節技は青帯から



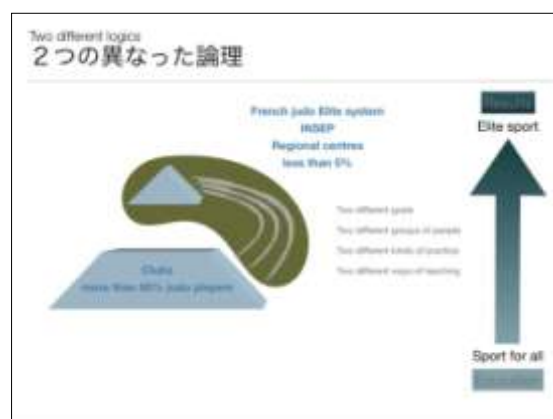
An Adapted For of Teaching  
適切な指導方法

- To adapt exercises to the capacities of the student. Organize waiting time. Give students the right to drink during training
  - 適切な休憩時間と水分補給
- Prepare motivation. Make training session fun. Introduce games, 5/6s individual work and group work to improve personal capacity
  - 練習を楽しくする
- Adapt level of opposition. Prefer random and free forms of *yaku soku gake*. Avoid other opponent much heavier or much older opponents
  - 練習相手や試合相手を考慮する
- At the end of technical work during the training for a group tournament
  - レクリエーション大会の場合は技術的能力に置換する
- Show empathy to your students
  - 生徒に対して思いやり
- Show interest for their personal life and problems in order to help their progress
  - 子供の柔道以外の関心を示す

As with the example of Alpine skiing, we try to ensure that children can practice or compete with opponents who have the same physique and the same level of skills. We expect coaches to put the stress on education in order to develop the children's sense of humanity, such as consideration and empathy for others.

Of all the judo players in France, only a few are active as elite athletes. Most judo players are practicing judo for their pleasure as a leisure sport. Elite athletes account for only 5% of all judo players. The remaining 95% do not participate in top-level competitions, since they do not aim at competitive

judo.



## Conclusion

Conclusion  
結論

Dare to educate with judo, dare to make kids dream, but guide them in their development respecting their personality and self-realization

- 柔道による教育を通して、子供たちに夢を与え、子供の個性を尊重しながら、成長を見守りましょう

I deeply trust the ability of Japanese judo to adapt teaching methodology to modern society. This way Kano's judo will continue to be a unique example as a system of physical, intellectual and moral education

- 日本柔道が嘉納師範の教えを現代社会に適応させ、知育、体育、徳育の模範となることを信じています



In conclusion, I would like to emphasize that it is the mission of judo coaches to educate through judo, even to dare make some kids dream of further goals, but as a rule to do their best to guide all their students in their development respecting their personality and self-realization.

Lastly, I wish to further improve the image of judo established by Jigoro Kano. I believe that Japanese judo can serve as a model for all other sports. With good children and good coaches, you can produce great judo players. I expect that the



Japanese judo community will work confidently to achieve further development. Thank you very much.

**MC:** Dr. Michel Brousse, thank you for your lecture. Here let me tell a behind-the-scenes story. After arriving in Japan, both Dr. Mike Callan and Dr. Michel Brousse were very nervous, saying: “We are going to talk about judo to those engaged in the Japanese judo community. This is equivalent for Japanese people to talk about cheese and wine to a French audience or to talk about how to make a good cup of English tea to a British audience.” Despite such nervousness, they delivered truly meaningful lectures that would inspire the Japanese judo community.

We have some time for a question-and-answer session. We will accept questions from the audience in attendance at this venue. Do you have any questions for these two speakers?

#### <Question from a Participant at the Venue>

Dr. Callan and Dr. Brousse, thank you very much. I have a question for Dr. Brousse. In Japan, national judo competitions are held for elementary and junior high schools students. Like you, I consider this to be one of the factors contributing to various problems. You mentioned that in France you quit holding national championships for children. At that time, were there any problems, such as oppositions from judo players and coaches?

**Michel Brousse:** Thank you for your question. When we considered quitting national championships for children, of course objections were raised. There were some people who liked to fight in competitions and cared much about winning or losing. However, we found that many children tended to quit judo one or two years after winning a championship, because the training was too hard. Considering such an unfavorable situation, the French Judo Federation inevitably concluded it was necessary to quit holding national championships for children. Still, we have organized local-level championships to help children

accumulate judo experiences. As for national championships for children, many people had opinions that it would be better not to hold these competitions, since these events proved not to be beneficial for the French Judo Federation.

We recently held a local competition, in which local teams competed each other. This event was not intended to determine the winner or loser by the game alone. The winner was determined through comprehensive evaluation in terms of the players’ way of fighting, judo forms and etiquette. It was therefore a new style of competition, in which teamwork is more valued rather than winning for an individual player.

**MC:** Dr. Brousse, thank you for answering the question. I am sorry to say that we can accept a question from only one more person or so, because we don’t have much time.

#### <Question from a Participant at the Venue>

Until the year before the last, I had served as the President of the Japan Cultural Institute in Paris (the Maison de la Culture du Japon in Paris). During my tenure of office, Mr. Yamashita visited the Institute, and I got a lot of benefit from the French Judo Federation, to which Dr. Michel Brousse belongs.

I am very interested that both France and the UK have organizations that have been integrated nationwide. In France, when a player joins a judo club, the player is required to pay 34 € (about 5,000 ¥), which I think will go to the French Judo Federation, according to the handout. In addition, I was also impressed that in France, the national organization also provides accident insurance for its members. This is completely different from Japan. Dr. Brousse, would you please give a brief explanation about the national organization in France? I would also like to ask Dr. Callan to tell me if you have a similar system in the UK.

**Mike Callan:** I will explain about the outline of the British Judo Association (BJA). Let me explain

about insurance as I think you are interested in it. If a judo player becomes a member of the BJA, the player will be given a membership card, which can be used as an insurance certificate as well. For instance, when the player gets injured during a training session, the injury is covered by the insurance as long as the player is a BJA member. This also holds true for coaches. If a judo instructor has a certificate in coaching, it will be used as an insurance certificate. For example, if his/her pupil gets injured during a training session and the coach is sued for the injury, the coach can use the insurance to cover the cost. This is another reason that judo instructors must obtain a coaching certificate.

The British Judo Association pays the insurance premium. The greater the number of accidents, the larger the amount of the insurance premium. Also for this reason, the BJA wants to reduce accidents. It is important for the BJA to reduce the number of accidents in financial terms as well.

**Michel Brousse:** Concerning the French Judo Federation, I will also talk primarily about insurance. The membership fee is 34 Euros per person per year. This fee is common to all Federation members, both adults and children, regardless of the region. The membership fee includes the fees to participate in competitions, to register a *dan* grade, and it stands for an insurance certificate. Accordingly, say, if a player gets injured on the way to a judo hall from home or during a training session, the injury will be covered by the insurance.

Since there are many people doing judo in France, the French Judo Federation can receive a considerable amount of money. While half of the membership fee income is used by the French Judo Federation, the remaining half is returned to the respective local judo associations, which will use the money to promote judo in the region.

### <Question from a Participant at the Venue>

Please tell us about how much club fees do judo players pay in France?

**Michel Brousse:** The monthly fees are different according to the clubs, but are about 250-400 € (from 35,000 to 55,000 ¥).

As for the organizational structure of the French Judo Federation, it has one President, and five vice-presidents who are in charge of five different areas: competitions and sports; judo promotion and development; coaching and education; mass communication; and judo culture.

**MC:** Thank you. Although other participants may want to ask more questions, unfortunately we have no more time. After this meeting, a convivial meeting will be held at a different venue. The two lecturers will also participate in the meeting, where you can ask questions to them if you want.

To wrap up this lecture meeting, Mr. Toshiaki Hashimoto, Assistant Executive Director of our NPO, will deliver a closing remark.

### Closing Address

**Toshiaki Hashimoto**

(Assistant Executive Director, Solidarity of International Judo Education)



I would like to extend our deep gratitude for the two distinguished lecturers, who have stayed in Japan for about ten days. Their lectures reminded me of the essay written by Mr. Jigoro Kano, the Grand Master and founder of judo, on the occasion of the 50<sup>th</sup> anniversary of the Kodokan Judo Institute.

In the essay, Mr. Kano, who sowed the seeds of

judo in overseas countries, wrote as follows:

I have talked about judo in each country. In Japan, however, those doing judo are obsessed with improving techniques alone, caring too much about winning or losing. Unless Japanese judokas study much harder, they will not be able to answer various judo-related questions when asked by foreign people. It would be the reverse of our intention. I therefore hope everyone to learn not only judo techniques, but also other various things about judo. On the occasion of its 50<sup>th</sup> anniversary, the Kodokan Judo Institute is planning to hold various cultural events, including study sessions and lecture meetings.

Mr. Jigoro Kano sowed the seeds of judo around the world. I believe that today's lecture meeting indicates that the seeds of judo have now grown as he intended it to be. I feel very happy that we have been able to listen to various interesting stories from the lecturers invited from overseas countries and enjoy discussions with them.

In both the UK and France, judo is considered as a culture, and is used as a means of nurturing well-balanced individuals and shaping a better future of children. I think the judo communities in the two countries are in line with the basic principle of judo. We will also continue our activities always keeping in mind that the purpose of judo is to nurture well-balanced individuals and to create a brighter future for children, in order to realize the intention of the Grand Master Kano.

Today's lecture meeting was possible thanks to your generous support for the activities of our NPO, led by Executive Director Yamashita. Our NPO can implement a kind of grassroots activities, like today's event in which we try to connect people to people and talk together about judo that can be likened to connecting a dot and another dot. However, I hope that it is larger-scale organizations that should conduct larger-scale activities that are likened to turning a dot into a line or plane. We at the Solidarity of International Judo Education will remain committed to small-scale but worthwhile activities.

In our NPO, Ms. Keiko Mitsumoto, who presided over today's event, and other woman staff members play important roles. I think that this kind of meeting on this theme was only possible by woman staff. I said to Ms. Mitsumoto that the key to success in organizing this kind of symposium is to secure an interpreter who can interpret the contents of lectures appropriately. When we met Mr. Alex Bennett, an expert in *kendo* and *naginata* who lives in Japan and is more accomplished as a martial artist than us, I was convinced that he would be the ideal interpreter for this event. Mr. Bennett, thank you very much.

Lastly, please give another round of applause to Dr. Mike Callan, Dr. Michel Brousse and Dr. Alex Bennett. The lecture meeting is finished. Thank you very much for taking the time to attend. I ask your continued support for our NPO's activities.