

Avoid injuring your opponent

Avoid injuries to yourself

# Basic Judo Training

相手にケガをさせない 自分もケガをしない

「柔道きほん運動」



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Avoid injuring your opponent

Avoid injuries to yourself

## **Basic Judo Training**

**Level 1 Beginners Basics**

**Level 2 Beginners Practical**

**Level 3 Intermediate Basics**

**Level 4 Intermediate Practical**

**Level 5 Upper Intermediate**

**and above Practical**

This DVD was created based on the 2013 Japan Sports Association, Sports Medicine and Science research report: I Initiatives to Prevent Sport –related Injuries in Junior Athletes.

Every year several deaths occur during judo training and matches. In some cases people sustain severe head and neck injuries which leave them with disabilities. Head injuries occur when using techniques such as o-soto-gari (large outer reap) throws which send your opponent over backward. Neck injuries occur when people receive throws such as se-oi-nage (shoulder throw). It is also possible to sustain an injury when throwing someone with techniques such as uchi-mata (inner thigh throw) or harai-goshi (sweeping hip throw).

The All Japan Judo Federation which is at the center of initiatives to avoid injuries has made the recommendation; ‘Never overlook a serious injury.’ However this is only secondary prevention after an accident has already occurred rather than primary prevention to avoid injuries in the first place.

Therefore in terms of preventing injury we need to pay attention to throwing techniques and not only receiving techniques ‘Avoid injuring your opponent. Avoid injuries to yourself.’ This training program has been developed to teach you the correct moves used in judo. The training program to avoid injuries has been designed to be added to your current training program.



Sho Miyazaki, 10 years old, Shizuku Miyazaki, 8 years old at the time of filming.

## Level 1 Beginners Basics

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### 1. ROLLING EXERCISE

Stretch your arms above your head. Keeping your body straight like a pole roll over. You can learn how to reduce impact by rolling over sideways.



### 2. CRADLE EXERCISE

Hold your knees and bring them up to your chest. Roll backwards and forwards taking care not to let the back of your head touch the mat by keeping your eyes on your stomach. You can learn how to stabilize your neck and head to avoid hitting the mat with the back of your head when thrown over backwards.



### 3. HEAD LIFTS

Place both hands on your stomach and raise your head. Learn how to control your neck to keep the back of your head off the mat after being thrown over backwards (as in cradle exercise).



### 4. FLOOR STRIKES

Lying on your back raise your head lifting it up off the mat and strike the mat with both hands at the same time. Lift your upper body at a 45 degree angle to the floor when you strike the mat. Rather than keeping your head in a lifted position, lowering and raising it each time is better practice for a real fall. With this exercise you can learn the importance of hitting the mat correctly after being thrown (ukemi) and the right timing to reduce impact.



### 5. DEEP SQUATS

From a standing position stretch your arms out in front of you. From that position squat down as deeply as you can. If you find it difficult try standing back to back in pairs or have one person lying down the other squatting down to sit on them. This is preparation for ushiro-ukemi (backward break-falls). You can improve your backward break-fall by keeping your bottom as close to your heels as possible.

## 6. SINGLE ARM LIFTS ON ALL FOURS



From a position on all fours raise one arm out in front of you. Place that arm under your other arm and follow through with your head. This is a preparatory exercise for mae-mawari-ukemi (forward rolling break-fall). It allows you to reduce impact when falling on your shoulder and to avoid hitting the front of your head when making a forward challenge.

## 7. SQUATS



Stand with your feet shoulder width apart. Keeping your upper body as straight as possible bend your knees and lower your body down until your thighs are parallel with the floor.

## 8. SIDE SQUATS



Stand with your feet a little wider than shoulder width apart, bend your knees taking care not to lean forward or to the side. Lower your body until your thighs are parallel with the floor.

## 9. SPLIT SQUATS



Stand with your legs open wide, one in front and one behind. Bend your front knee to 90 degrees and lower your body down until your knee is parallel with the floor.

## 10. FRONT LUNGES



Start by standing with your feet together and back straight. Take a large step forward with one leg then lower your body down until your knee is parallel with the floor. Pushing off the floor with your front leg, raise your body and return back to the starting position. Repeat on both sides taking care not to lean forward.

## Level 1 Beginners Basics

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### 11. SIDE LUNGES

Open your legs shoulder width apart. Stand with your back straight and take a large step to the side with one leg. Lower your body until your thigh is parallel with the floor. Push off the floor with your foot and raise your body back to the starting position. Alternate between left and right side lunges and repeat.



### 12. SPINNING JUMP ON TWO FEET

From a standing position jump straight up, turn 180 degrees and land. Repeat a few times in one direction then in the other direction. This is preparatory training for body turns used in various techniques.



### 13. SINGLE LEG LIFTS:

#### FORWARD AND BACK

Stand on one leg with a straight knee swing your leg wide, back and forth. This is the basic inner thigh reaping / springing movement used in o-soto-gari (large outer reap).



### 14. SINGLE LEG LIFTS:

#### LEFT AND RIGHT

From a standing position with a straight knee swing your leg wide from left to right. This is basic training for leg techniques.



### 15. SINGLE LEG LIFTS: FORWARD

With a straight knee raise your leg in front of you and hold that position. Maintain for about 3 to 5 seconds taking care not to lean backwards.



## **16. SINGLE LEG LIFTS: BEHIND**

With a straight knee raise your leg behind you and hold that position taking care not to lean forward.



## **17. SINGLE LEG LIFTS: TO THE SIDE**

Hold your leg out to the side with a straight knee and maintain that position. Take care not to lean to the side. This exercise closely recreates the position used when applying and receiving techniques. It helps to strengthen your core and develop good balance.

## Level 2 Beginners Practical

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### 1. BACK BRIDGE

Lying on your back bend your knees and raise them off the ground then raise your back and hold for 3-5 seconds. Return to the starting position. Keep your head, back and thighs in a straight line.



### 2. UPPER BODY LIFTS

Raise your upper body and touch your knees. Alternatively you can touch your ankles. This builds strength in your neck and stomach muscles. Do this exercise as slowly as you can.



### 3. PUSH-UPS ON KNEES

Distribute your body weight equally between your hands and knees. Bend your elbows and repeat the exercise.



### 4. ARM SWINGS:

#### SINGLE HAND SINGLE KNEE

From a position on all fours raise one arm and the opposite knee off the ground. Place the raised arm under the opposite arm and focus on that hand. Repeat alternatively on the left and right. This exercise is preparatory training for maemawari ukemi (forward rolling break-fall).



### 5. ARM SWINGS:

#### SINGLE HAND SINGLE LEG

Open your legs apart in front and behind then raise your back leg. Raise one arm and place it under your other arm focusing on your hand. Alternate left and right and repeat. If you can do this exercise it will improve your mae-mawari-ukemi (forward rolling break-fall).





## **6. DEEP SQUATS SINGLE LEG**

From a position standing on one leg place both arms out in front of you and lower your body down. This gives you practice keeping control while balancing your body weight on one leg. It helps to prepare you to avoid suddenly falling on your bottom after receiving o-soto-gari (large outer reap).



## **7. DUCK WALK**

Bend your knees, lower your body and walk forward. Keep your body as low down as possible and try not to come up as you are walking. With your knees bent and your body lowered move sideways. Take care not to lean to the side.



## **8. HOPPING: SINGLE LEG**

With one leg raised move forward hopping. It's OK to bend the knee of the leg which is raised.



## **9. HOPPING: TO THE SIDE**

Hop moving sideways. Use the same leg hop both to the left and to the right.



## **10. HOPPING: FRONT LEG RAISED**

Stand on one leg. Straighten the leg which is raised. Maintaining that position hop forwards.

## Level 2 Beginners Practical

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### 11. HOPPING: BACK LEG RAISED

Raise your leg behind you and hop forwards. Straighten your raised knee as much as you can.



### 12. HOPPING: ONE LEG RAISED TO THE SIDE

Keeping your knee straight raise your leg to the side. From that position hop forwards. This is training for o-uchi-gari (major inside reap).



### 13. AIRPLANE

Stretch both arms out to the side. Raise one leg behind lowering your upper body forward at the same time. Maintain the pose. Looking from the side your upper body and leg should be in line. Do 10 reps alternating between left and right legs.

## Level 3 Intermediate Basics

*Basic Judo Training*



### 1. SPIDER WALK

From a sitting position with knees bent, place your hands behind you and lift your bottom off the mat. Move forward alternating between hands and feet.



### 2. SHRIMP

From a starting position lying on your back, push off the mat with your feet and propel your body around towards your head. Learning to push off the mat and pivot you can practice defensive moves.



### 3. UPPER ARM STRENGTH TRAINING

Stretch your arms out in front of you. Balance your body weight on your elbow and forearms. Squeezing your arms close to your chest tightening the armpits move forward. With your hands pointing forwards and arms close to your chest have your palms parallel. When your elbows are close to your chest curve your body and extend your toes to make contact with the floor.



### 4. LEG SPINS

Lying on your back raise your head and spin your legs drawing a circle with your feet. Make the movement from your hip joint and not just from the knee down. Alternate spinning inwards and outwards. This is excellent training for getting out of a position when you are pinned on the ground. It's also good for strengthening your core and stomach muscles as well as hip joints. This is a very important exercise for avoiding injury.



### 5. PULLING EXERCISES: STANDING

Working in a pair one person holds the belt in the middle. When pulling on the belt engage your core and keep your body straight to avoid leaning. This is the basic move used for kuzushi (putting your opponent off-balance). Use the movement of your hand to pull keeping your body centered avoiding any bending.

## Level 3 Intermediate Basics

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### 6. PULLING EXERCISES: MOVING

The person pulling takes the ends of the belt one in each hand. Take one step back then from a standing position practice the pulling movement. Perform the exercise without leaning your body.



### 7. PULLING: SINGLE LEG

Stand on one leg, the same leg as your catching hand and practice pulls. It is difficult to balance from a position standing on one leg but take care not to lean when making the pulling movement. The aim of this exercise is to build good balance for inner thigh throws and other techniques where you are on one leg. It will help you avoid hitting your head.



### 8. CARRYING EXERCISE

Partner A lifts partner B onto his back as in the start of a two handed-shoulder throw but without dropping him. The aim is to be able to perform the technique from a well-balanced position.



### 9. CARRYING EXERCISE: LEANING FORWARDS

Lift your partner over your shoulder and onto your back. Hold that position and lean forward. This exercise will help you develop control in your techniques by developing a stable stance.



### 10. BACK LEG SWINGS

Without holding onto anything stand on your pivot foot. Swing your reaping leg out behind you and hold. Return to the starting position and repeat. When you lift your leg try to keep your body from leaning forward. This is preparatory training for throws to help you avoid hitting your head.



### **11. SWING LIFT: HOPPING**

With your reaping leg held behind you, hop on your pivot leg and move forward. Try to keep your leg raised while doing this exercise. If you can do this exercise well you will be able to maintain a stable stance when using an inner thigh reaping throw.



### **12. SIDE PULLS: STANDING**

In a pair partner A holds the belt with both hands and pulls sideways. This is practice for putting your opponent off balance in o-soto-gari (large outer reap).



### **13. SIDE PULLS: SINGLE LEG**

Stand on your pivot leg and raise your reaping leg. Repeat side pulls in the same way but on one leg. It is difficult standing on one leg but take care not to lean in the direction you are pulling.



### **14. SWINGING HOP**

Stand on your pivot leg and hop while swinging your reaping leg forwards and back. You can learn how to perform major outer reap more safely by maintaining a stable stance.

## Level 4 Intermediate Practical

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### 1. REVERSE SHRIMP

Lying on your back bend your knees then put your weight onto your shoulder and elevate your hips pushing off the floor bringing your feet up toward your bottom. Perform on the left and right moving forward in the direction of your feet.



### 2. SIDE SHRIMP

From a position lying on your back use your lower back as the center of your body and make a springing motion to move sideways. This is a fundamental move for ground techniques and also develops core strength.



### 3. JACKKNIFE

Lying on your back touch your toes with both hands lift up your upper body and both legs at the same time. This exercise is more effective if you hold the pose when both legs are raised.



### 4. DOUBLE LEG PULLS: WITH WEIGHT

Working in a pair partner A pulls on the belt recreating the movement needed to pull out your opponent. The aim of the exercise is to be able to perform the pulling out movement without having your opponent pull you out and also without leaning.



### 5. SINGLE LEG STANDING PULLS WITH MOVEMENT

This exercise involves pulls made while constantly moving around on one leg. The aim of the exercise is to learn how to bring your opponent forward.



## **6. SINGLE LEG UCHIKOMI TRAINING: WITH MOVEMENT**

Working in a pair this exercise involves repetition training with movement on one leg. Attempt to put your partner off balance while standing on one leg. Repeat movements retreating.



## **7. CARRY SQUATS**

Using the same technique as in a two-handed shoulder throw place your partner on your back. Perform squats with your partner on your back. The point of this training is to learn the sequence of actions, how to hold a stable pose and also how to avoid placing a burden on your partner.



## **8. CARRY EXERCISES: STEPPING**

With your partner on your back move backwards, forwards, left and right. Take extra care not to fall when moving backwards as it is easier to lose balance moving in that direction.



## **9. RESISTANCE SPRINGS**

In a pair one person holds the belt. Practice the springing movement used in an inner reap whilst pulling on the belt. This is training for developing a balanced spring while pulling with both hands.



## **10. JUMPING HOPS**

Pulling with both hands practice the springing movement used in an inner reap while hopping forwards. This develops the strength needed to balance when you are executing a one-legged technique. This exercise will help you to avoid falling onto your head and injuring yourself or your opponent.

## Level 4 Intermediate Practical

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### 11. LEG SWINGS: WITH SIDE PULLS

Swing your leg backwards and forwards while performing side pulls. This is practice for the reaping movement in large outer reap. Because of the pulling movement it will be difficult to maintain balance. Swing your leg backwards and forwards to avoid wobbling.



### 12. LEG SWINGS: WITH SIDE HOPS AND PULLS

While pulling out to the side swing your leg back and forth moving forward. If you can develop good balance with this exercise it will help you to control your opponent and throw them safely in o-soto-gari (large outer reap). The person holding the belt should apply tension where appropriate.



## Level 5 Upper Intermediate and above Practical

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### 1. HANGING SIT-UPS

Wrap your legs around the waist of your partner who is standing. From that position do sit-ups. This exercise strengthens your abdominals and the back of your neck. It will also strengthen your partner's leg and back muscles.



### 2. PULL-UPS: IN PAIRS

Hang from your partners lapels. With both hands holding on to your partner's lapels do pull-ups. The person hanging on can either let their legs just hang or use their partner's knees for support. For the person in the standing position this is strength training for neck and back. For the person doing the pullups it will increase pulling strength in their arms.



### 3. SPINNING BRIDGE

Place your head and both hands on the mat in a head stand position but with both feet on the ground. Flip into a front bridge position then engaging your core spin around forwards and backwards moving between back bridge and front bridge positions while keeping your head on the mat. Repeat.



### 4. WHEELBARROWS

In a pair Partner A grabs Partner B's ankles with both hands. From a push-up position move forward and back, left and right. This is very effective strength training for your upper body. It is also good training for the partner giving support.



### 5. 3 NIN UCHIKOMI: KUZUSHI

Work in a group of three with the aim of putting your opponent off balance. You should concentrate on trying to move your opponent.

## Level 5 Upper Intermediate and above Practical

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### 6. 3 NIN UCHIKOMI: KAKE



This is practice for uchi-mata (inner thigh reaps). Lift your partner onto your back. Wait until your partner is fully lifted on to your back as in a ushiro-ukemi (back break fall) before applying any strength. If you apply strength at the wrong moment when putting your partner off balance you will not be able to execute the move and it won't help your training.

### 7. 3 NIN UCHIKOMI: MOVING

#### FORWARD THOUGH A TECHNIQUE



Move forward from a shoulder throw position with your partner on your back. The person behind applies resistance when you are in position. Once you have achieved this then use all your strength to complete the technique. This will improve your stability when throwing.

### 8. 3 NIN UCHIKOMI: KAKE HOPPING



Carry out this exercise in a group of 3 while hopping. Use techniques which require you to support your body on one leg such as inner thigh throws and o-soto-gari (large outer reap) without actually completing the throw. The person behind receiving the technique plays a very important role.



**Dr. Seiji Miyazaki**

After receiving his Medical Degree from Ehime University, Prof. Miyazaki obtained his Ph.D. in neurophysiology at Tokai University, Kanagawa Prefecture, Japan.

For his postdoctoral training, he studied orthopedic surgery and sports medicine at Tokai University. He is presently Director of Research Institute of Sports Medical Science and Laboratory of sports medicine in Departments of Physical Education at Tokai University, and vice-chairman of medical committee in All Japan Judo Federation.

Prof. Miyazaki was entrained in the Olympic Games (Sydney, Athens and Beijing) and world judo championship (1997, 1999, 2001, 2003, 2005 and 2007) as a team doctor of the Japanese judo national team from 1996 to 2008. He is elected Secretary (2012-2015) of the INTERNATIONAL JUDO SYMPOSIUM and Research conference of Medical Science in judo.

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