



Method of teaching judo

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● Research Outline

Theme1

I mainly instruct the study of judo. In addition to increasing physical strength, technique is necessary to improve the level of the judo player.

Because the age group ranges from a children to an adults, the instruction method that I apply to each generation is important to the judo player that I intend it for.

For the pre-adolescent judo player in early stages of development, the focus is enjoying judo and aiming for the acquisition of technique that is not beyond physical capabilities.

The young player in particular devises to simplify even a difficult technique of judo, but finally learns the technique with delight.

The adult judo player comes to be able to handle the quantity of hard exercise for the development of muscular strength starting from high school. Therefore I let them undergo body training without overwork, and the contents of judo instruction aim at the acquisition of top-level technical.

My goal is to form an exercise plan of instruction with good efficiency to continue long term security.

Theme2

I will now explain the instruction method of judo for the beginner studying it.

In recent years an accident occurred where a judo player of beginner level strongly hit their head and died. Because I lead the judo physical education class of a junior high school, a high school, and university in Japan, it is very important that I study a method of teaching judo for a beginner safely.

Jigoro Kanou, who was the founder of the judo, devised judo as teaching material for physical education. The purpose is to improve physical strength of the person as well as power. You must tell a beginner to have a kind heart that protects a partner while raising physical strength through exercises of basic judo movements and safe skills.

While both partners does their best and work hard, the most important thing is a method to communicate a mentality of respect for each other as well.

