



Judo in Italy

A proposal for primary school



Emanuela Pierantozzi, Rosa Maria Muroli

Faculty of Exercise and Sport Sciences, Bologna University

Introduction

Judo, intended as educational sport, contributes to the full development of the person. As a matter of fact, thanks to its peculiar characteristics, judo is able to value and to strengthen the whole structure of child personality. The authors, following their teaching experience, have realized a judo technical manual, printed by F.I.J.L.K.A.M. (judo wrestling karate and martial arts Italian federation) and published in the federal library.



Objective

This manual, according to the objectives expressed in the ministerial programmes after the reform of 2003, proposes to offer some useful guide-lines for teaching judo in the primary school and, at the same time, it suggests specific and appropriate methods.

Manual contest

Purposes

To start a course of motor and judo sporting education in the Italian primary school by intervening in a specific way in the motor and physical area, but acting also in the social, cognitive and emotional one.

Objective

To pursue the global development of the pupil through the teaching and the practice of judo activity.

Programme

The programme consists of five UNITS directly referred to the five classes of primary school.

The specific objectives of the first class are referred, above all, to the teaching of "ukemi"; by means of which the pupil is conducted to the cognition of his body and to the coordination of his motor schemes. The preliminary games, without a competitive value, the "rei", the learning of "hon kesa gatame" and the "facilitated ne waza randori", allow the child an expressive use of his body, the observation of the main rules and the interaction with other children respecting, at the same time, the individual differences.

The specific objectives of the second and third class are based on:

- the introduction of a greater complexity in the execution of the technical gesture;
- the insertion, in the second class, of "group ne waza randori" to train the space-temporal co-ordination and to encourage the acquisition of an attitude of cooperation in the group and of respect for the rules;
- the introduction, in the third class, of the "team ne waza shiai", intended as arbitrated fighting with a "win or defeat" assignation, to start introducing the "sporting spirit";
- the inclusion, during the third year, of the "shared nage waza randori" which will lead the child to a more controlled and aware management of his body and to a better use of his and other "physical properties".

During these two years, the children can test the desire of feeling well, in good health, to realize some performances, to take part and to belong to the class group.

The specific objectives of the fourth and fifth class are based on:

- the development, through the judo sport (ne waza shiai and facilitated shiai) of the comparison and of emulation among the pupils so that they could mature considerations connected with rivalry, own and others' aggressiveness, solidarity and respect for the opponent;
- the deepening of "randori" in the different situation and the study of different technical combinations so that the pupils could get to more effective and aimed technical gestures and movements.

The existence of weight categories in the competitions and in the trainings that requires, for example, a good personal hygiene (feet and hands' short nails, etc..), will make the child more and more conscious about the necessity of practising correct behaviors from the hygienic, healthy and alimentary point of view.

Checks

During the school year, some checks about the sporting and motor behavior of the pupils will be fixed; during them it will be possible to analyze the validity of the supposed hypothesis on which the professional work of the teacher has been programmed and developed.

At the end of the year, instead, a conclusive and summarizing check will be proposed; during it, the teacher could test also the pupil's acquisition of the technical gesture. This event will consist in the "belt passing exam" during which the pupil will be awarded a prize by an official recognition.

We suggest, according to the attended class-courses, the following belt attribution:

- first class: yellow belt
- second class: yellow-orange belt (orange strip)
- third class: orange belt
- fourth class: orange-green belt (green strip)
- fifth class : green belt

Program's synthesis

	UKEMI	NAGE WAZA	NE WAZA	CONTINUATION	TRAINING FORM	FONDAMENTAL
UNITS				NAGE WAZE- NE WAZA		NOTIONS
I	ushiro ukemi		hon kesa gatame		facilitated ne waza randori	rei
	mae ukemi					michiaku
	forward roll					kumi kata
	backward roll					
II	yoko ukemi	o soto gari	hon kesa gatame's liberations	o soto gari- hon kesa gatame	uchikomi	kuzushi
	zempo kaiten ukemi	uki goshi		uki goshi-hon kesa gatame	ne waza randori	
					group ne waza randori	

III		tai otoshi	tate shio gatame and liberations	study of combinations	shared nagewaza randori	
		o goshi	yoko shio gatame and liberations		team ne waza shiai	
		de ashi barai	overthrow n.1			
IV		ippon seoi nage	kuzure kesa gatame and liberations	study of combinations	ne waza shiai	
		ko soto gari	kuzure yoko shio gatame and liberations		facilitated nage waza randori	
		o uchi gari	kuzure tate shio gatame and liberations			
		ko uchi gari	overthrow n.2			
		defences	overthrow n.3			
		renraku				
		gaeshi				
V		morote seoi nage	kami shio gatame and liberations	study of combinations	nage waza randori	
		tani otoshi	ushiro kesa gata and liberations		facilitated nage waza shiai	
		harai goshi	overthrow n.4			
		sasae tsuri komi ashi				
		renraku different directions				

Example of judo lesson plan for primary school

Working hypothesis: n° 3

date: 4th nov 2006

time: from 15.00 p.m to 16.00 p.m

"Review of the fundamental elements of "ushiro ukemi and mae ukemi"

Class: IIA Unit: II

Pupils number: 18

Place where the lesson will be set : school gymnasium

Duration of the lesson: 45'

Apparatus: 10 tatami

Lesson's purpose: consolidation of the fundamentals "ushiro ukemi and mae ukemi", searching for the individual optimum.

Co-ordination, courage.

Physiological purpose: natural strengthening of the skill, the mobility and the agility .

Psycho pedagogic purpose: sociality, comparison and collaboration .

Working hypothesis

Preliminary remark

The lesson examined is part of the second unit of the first cycle and it is referred to the ushiro ukemi and to the mae ukemi. The period of the school year is the initial one and the topic is referred to the revision of the fundamental rules learnt the year before; the repetitions lead to the clarification of the fall techniques and to the overcoming of the possible mistakes.

TIME	PHASES	CONTENT	EXERCISES	NOTES(*)
10'	I	WARM UP(**)	To run in a gentle rhythm along the gymnasium's perimeter. To carry out different walks .	
10'	II	PRELIMINARY GAMES	"Run away or fall" game, version n.1: chin-chest. "Throw and fall" game, version n.3: goal ball (***)	
20'	III	STUDY	Preliminary games to the falls. Specific exercises of ushiro ukemi and mae ukemi. Different falling exercises according to the orders. Ukemi path with exercises on tatami particularly placed.	
5'	IV	WARM DOWN	Breathing in and out exercises, sitting on the floor.	

(*) class and single pupil's answers to the proposals, commitment, progress, behavior, etc

(**) we suggest to begin every lesson with motor, generic exercises which arrange the pupil's organism to a more specific following work. This warming activity should be proposed, according to the pupils' age, also as a game, to predispose in an adequate way the children to the following situations in which attention, discipline and commitment are necessary.



(***) "run away or fall" game, version n.1: chin-chest

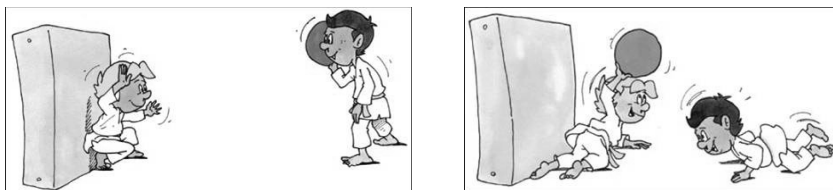
Game path: a child, drawn by lots, holds the pursuer role, while the playmates freely move around the gymnasium with a colored thin cardboard kept by the chin on the chest. At the teacher's starting signal, the pursuer will try to catch the playmates who can save themselves only by executing a backwards fall without losing their thin colored cardboards (safety position). If the pursuer succeeds in catching a child before he had assumed the safety position, the latter will take the place of the pursuer. In any case, the teacher will look after the alternate of the pursuer role among the children.



"run away or fall"

“throw and fall “ game, version n.3: goal ball

Game course: the children are divided in two teams. Each child belonging to the team number 1 must throw the ball inside a makeshift door (for example a big carpet). The door is defended in turns by the children of the team number 2 in a squat position. One point will be assigned for every goal only when the pupil, after having executed his throw, will fall in mae ukemi. When all the fixed throws end, the teams will change their roles. The team that will score more goals, under the same throws, will win.



“throw and fall”

Conclusions

The work is adequate to the Italian scholastic context according to its purposes, objectives and methods. It's integrated with a wider educational program which follows the general objective of the infancy school and the specific one of the secondary Italian school.

It presents itself as a guide that corresponds to the scientific criterions, but it's necessary to specify that, above all, judo activity, in this contest, should:

- 1) be used as a cultural means of education and prevention;
- 2) be a motor and physic activity that respects the multilateralism and polyvalence;
- 3) offer the child, through the judo knowledge and practice, wide possibilities of experience and motor expression.

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Address for correspondence:

Pierantozzi Emanuela

Judo teacher VI dan black belt.

Degrees: 1. Diploma at Higher Institute of Physical Education 2. Bachelor in Exercise and Sport Sciences.

Judo and combat sport Professor, Faculty of Exercise and Sport Sciences, Bologna University.

Researcher, Bologna University, Faculty of Exercise and Sport Sciences.

World and Olympic medalist.

emanuela.pierantozzi@fastwebnet.it