

REYKJAVÍK
INTERNATIONAL GAMES
17. - 27. JANUARY 2013

How can judo training be helpful for other sports?

Dr Mike Callan

European Judo Union



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*Judo – more
than sport!*



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Overview

- Objective for a judoka
- Physical capacity of a judoka
- Mental capacity of a judoka
- Teamwork
- Judo principles



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Objective

- To produce a technically efficient, tactically aware, competitive, self thinking player, who can work explosively at very high speed for the whole contest time. He must have maximum levels of strength, strength endurance, and high lactate tolerance, with an aerobic capacity to ensure rapid recovery.



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Physical Capacity



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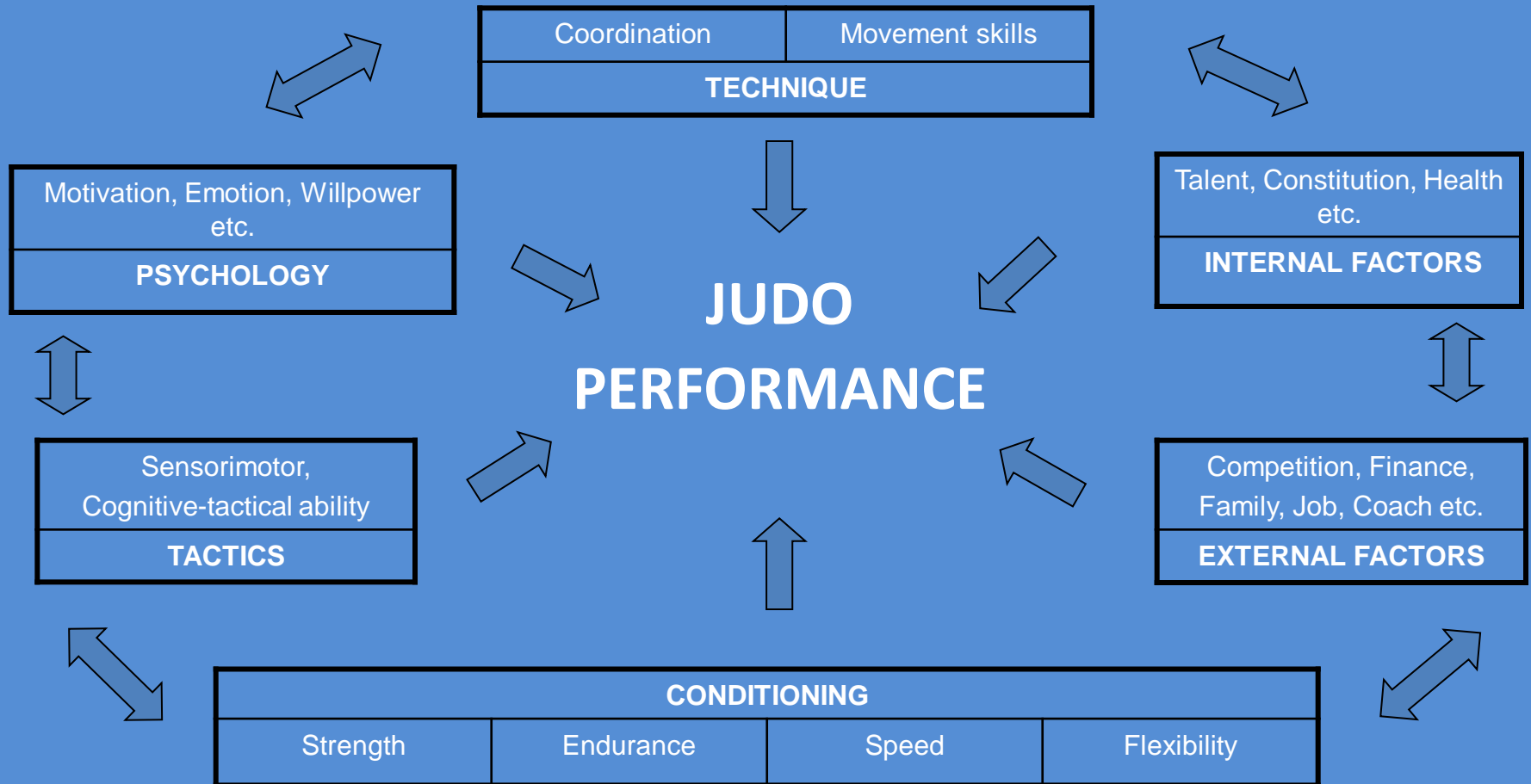


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Contributors to Judo Performance

(Juergen Klinger, Olympic Coach)



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Analysis of the differences in Explosive Strength, Power and Resistance of Explosive Strength Indicators, in Senior and Junior Judokas (Montiero, L., 2012)

- The maximal explosive strength and power output of legs and arms are indicative of the athlete's training level and is considered one of main determinants of athletic performance that require the explosive production of force such as throwing and jumping
- This study analysed the differences in explosive strength, Power and Resistance of Explosive Strength Indicators, in Senior and Junior Judokas of the Portuguese Team.
- Results indicated that absolute maximal strength, muscle power output in the bench press and in countermovement jump performance are significantly different in senior and junior athletes.



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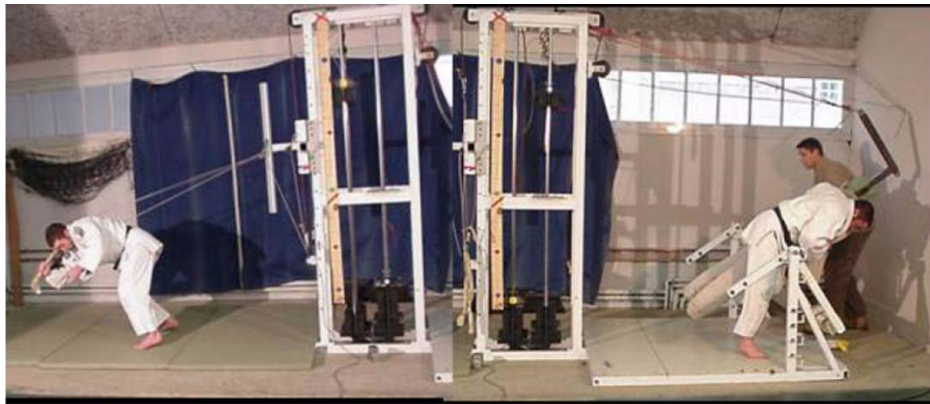


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THE PROGRESS ACHIEVED BY JUDOKAS AFTER STRENGTH TRAINING WITH A JUDO-SPECIFIC MACHINE

(Blais, L., & Trilles, F., 2006)



a - *Morote Seoï Nage*

b - *O Soto Gari*

Figure 1. The machine specific to judo.

- For judo players, as in many sports activities, strength development has become an important element of performance. However, this should not be done separately from the development of technique.
- Specific strength training is used for the strengthening of specific muscle groups, corresponding to the movement in a competitive situation.
- This study analysed the progress of a group of judokas after a training program with the judo specific apparatus.
- The results showed that, using the apparatus, the heaviest weight achieved using the throwing technique is greater. In addition, the judokas' technique improves as a consequence of this training program.



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Physical Capacity of Judo

- Combat is a basic, primal activity, underpins many sports
- Endurance – Judo is an Interval activity, evidenced by the makeup of a contest, male VO₂ max levels of around 50-60 ml·kg⁻¹·min⁻¹ reflect this.
- Lactate tolerance is high for judoka. 15 – 17 mmol·l⁻¹
- Flexibility impacts on technique.



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NHKG

Mental Capacity



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Mental Capacity

- Mental attributes of judoka (Georgina Singleton, European Champion)
 - Mental Toughness
 - Motivated
 - Determined
 - Organised
 - Disciplined
 - Focused
 - Committed
 - Dedicated
 - Self-control



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Athlete's retention of a coach's instruction before a judo competition.

(Mesquita, I. et al. 2008)

- The study analysed the instruction of the Judo coach immediately before the competition, in the process of preparation for the fights.
- The participants were 11 coaches and 58 athletes. 116 instructional episodes were observed.
- After the coaches' instruction, the athletes were interviewed.
- The results showed that:
 - a substantial part of the information was not retained by the athletes
 - the information coherency was inversely related to the number of transmitted ideas.
 - The coaches were, mainly, prescriptive and the form of the information was not important for the retention of the information.
 - Gender was a differentiated variable as the girls showed more coherency in the retained ideas in relation to the ideas transmitted by the coach.



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Teamwork



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Teamwork

- Coaching - Judo and Strength & Conditioning
- Physiotherapy
- Doctors
- Psychologist / Physiologist
- Family / Friends
- Training Partners
- Nutritionist
- Employer / Teacher
- National Coach



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Training Partner

Physiologist

National Coach

Training Partner

Support Team Structure

Support Coach

Player

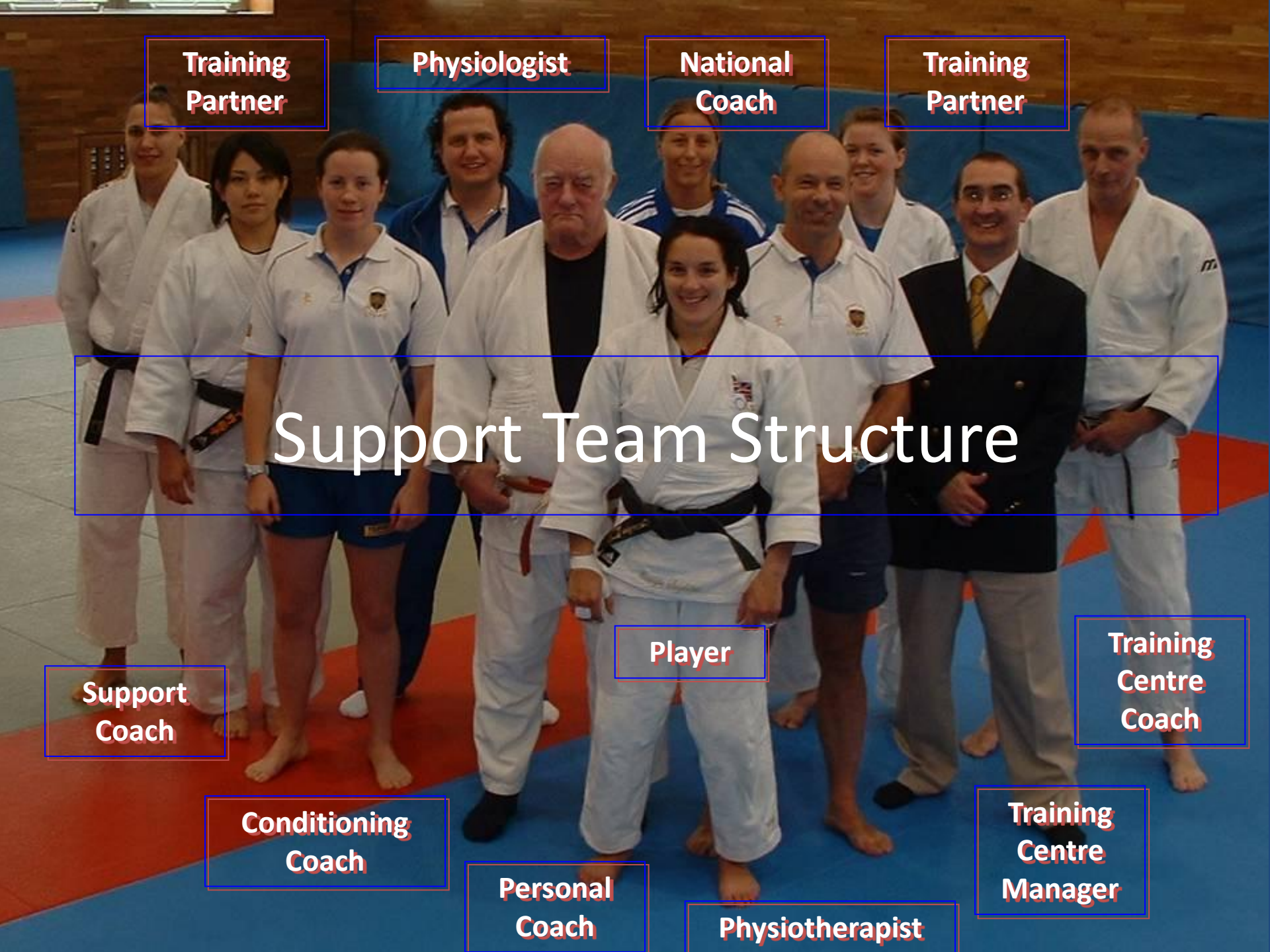
Training Centre Coach

Conditioning Coach

Personal Coach

Physiotherapist

Training Centre Manager



Teamwork



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Judo Principles



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Judo Principles

- Sei-ryoku-zenyo
 - Maximum efficiency
- Jita-kyoei
 - Mutual benefit
- Respect



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Respect?



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How can judo be helpful for other sports

- Balance
- Ukemi
- Co-ordination
- Combat
- Courage
- Confidence
- Techniques
- For life



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Thank you to: Þakka:



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