



How to use Kata to teach Judo in a Club

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Vice-President Education

Rome - 9-10 March 2013



EDUCATION COMMISSION

POPULATION OF A CLUB



HOW TO IMPROVE
THE TECHNIQUE.

HOW TO MOTIVATE
PEOPLE TO
PRACTICE JUDO

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EVOLUTION OF THE STUDY OF A TECHNIQUE

TECHNIQUE :

- GRIP
- IMBALANCE
- CONTACT
- THROW

UCHI KOMI

UKE IS A MEANS USED BY TORI
TO LEARN AND IMPROVE
THE TECHNIQUE



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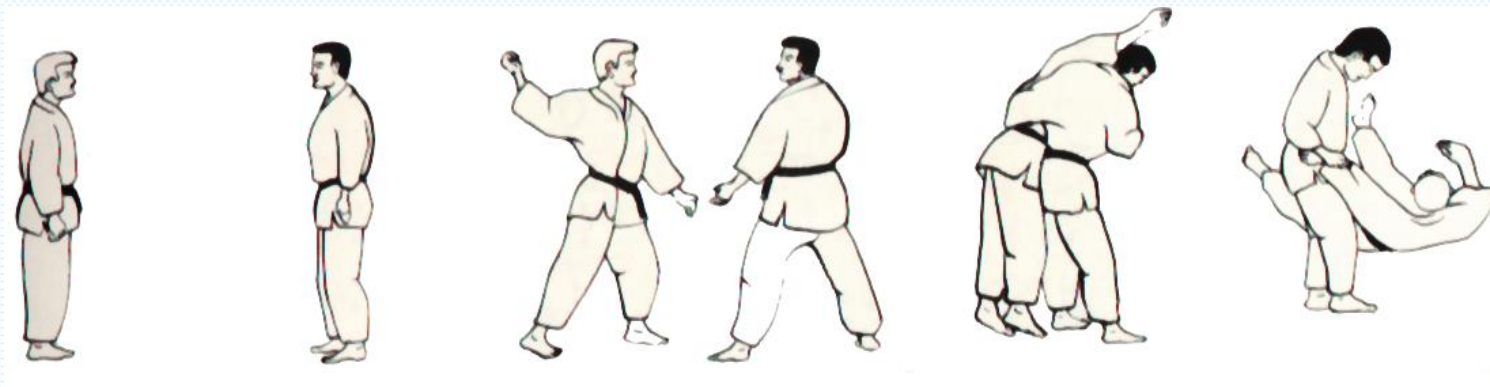


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EVOLUTION OF THE STUDY OF A TECHNIQUE

KATA

THE PRICIPLES ARE SHOWED WITH DISPLACEMENT.
TORI PERFORMS THE TECHNIQUE AND UKE PLAY AN IMPORTANT
ROLE FOR THE CORRECT EXECUTION OF THE ACTION.





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EVOLUTION OF THE STUDY OF A TECHNIQUE

GEIKO

CONTINUOUS CHANGE OF THE ROLE BETWEEN TORI AND UKE. THE MOVEMENTS ARE FREE. PRINCIPLES (KATA) IN ORDER TO STUDY:

- DISPLACEMENT.
- IMBALANCE.
- OPPORTUNITY.
- MOVEMENT OF APPROACH.
- THROW.



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EVOLUTION OF THE STUDY OF A TECHNIQUE

RANDORI

DISAPPEARS THE FIGURE OF UKE:
THERE ARE TWO TORI THAT APPLY
THE BASIC PRICIPLES (KATA) TRYING
TO GET THE FIRST IN THE EXECUTION
OF THE TECHNIQUE.
IN THE RANDORI THERE IS
NO WINNER BUT A CHECK OF
THE IMPROVEMENT OF THE
STUDY OF THE TECHNIQUE.



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RANDORI

TECHNICAL ACTION:

- ADVANTAGE GRIP.
- DISPLACEMENT.
- IMBALANCE.
- OPPORTUNITY.
- MOVEMENT OF APPROACH.
- THROW.



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SHIAI

THERE ARE TWO PLAYERS
WHOSE GOAL IS THE VICTORY.

VICTORY = TECHNIQUE + STRATEGY



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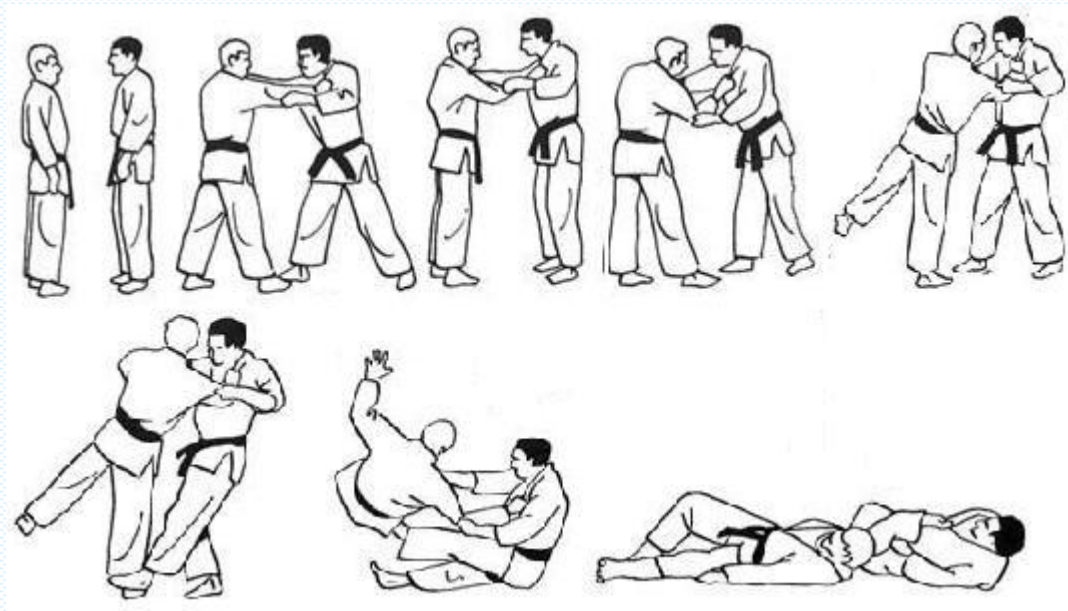
NAGE NO KATA

THE TECHNIQUES ARE PERFORMED WITH DISPLACEMENT.

INITIATIVE OF UKE : GRIP OR DIRECT ATTACK.

EXECUTION OF THE TECHNIQUES: TWO OR THREE STEPS.

DISPLACEMENTS: FORWARD - BACK - SIDE - ROTARY - OPPOSED



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SET THE MOVEMENT WITH THE IMBALANCE OF TORI.

INSERT THE TECHNIQUES ACCORDING TO THE DISPLACEMENT.

FREEDOM TO PERFORM THE TECHNIQUES FORWARD OR BACKWARD.

ACTION – REACTION.

TECHNIQUES IN TWO STEPS -> GAESHI.





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IN KATA BORN THE FOUNDAMENTAL FOR RANDORI.

THE FASTER IS THE PASSAGE OF THE REAR FOOT BY SUPPORTING FOOT TO PUSHING FOOT AND MOST EFFECTIVE IS THE CHANGE OF SPEED TO PERFORM THE TECHNIQUE.

GRIP TO TAKE ADVANTAGE FOR IMBALANCE.



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HOW TO USE KATA TO MOTIVATE PEOPLE TO PRACTICE JUDO

LEARN THE DISPLACEMENTS.

TECHNIQUES ASSOCIATES WITH
DISPLACEMENTS.

CORRECT GRIP FOR CORRECT IMBALANCE.

BASIC PRINCIPLES FOR THE TECHNIQUES.

CULTURE AND TRADITION.

