

## JUDO 1034 STUDENT INFORMATION

**READ THIS !! You are responsible for knowing and comprehending all of the information presented herein.**

LOCATION: Judo 1034 takes place on the St. Paul Campus in the St. Paul Gym.

Lockers are available on a daily or semester pay basis, but are not required.

Information on judo outfit and booklet purchase will be given on the first day of class. Payments can vary. No credit card or bank card payments. If you have questions about judo outfit options, try to communicate them before class via email. BJJ and karate / tae kwon do outfits are generally not adequate. If you own properly fitting judo outfits from another judo activity, they are likely acceptable.

Judo outfits and judo booklets will be ordered through me on the first day of class. Nothing is available through the book store or any other outside source. Nothing is ordered unless prepaid.

Checks and cash will be the method of payment. Amount will be determined. For most students, the total outlay is between \$75 and \$90. I will provide receipts for students who need them to be reimbursed for various scholarship and funding programs.

Prior to obtaining judo outfits: Wear or change into workout like clothing, i.e. sweats, or other loose and comfortable options. Changing should be done in the gym locker rooms only.

If you want to communicate with me, please use [crone001@umn.edu](mailto:crone001@umn.edu).

INDICATE which judo section you are in.

### JUDO (1034) CLASS SYLLABUS

#### COURSE MATERIALS:

1. Judo Outfit (Judogi) Required. You will need to discuss other options with the instructor. Judo outfits will be ordered the first day of class.
2. TEXT: The Basics of Judo by Crone & Holtze (Required)

Almost all class content is covered in this text, and other handouts may not be made available.

COURSE CONTENT:

Physical skills to be taught:

1. Side falling, back falling, front falling.
2. Judo throwing techniques. (Approx. six)
3. Matwork techniques. (Approx. six)
4. Basic principles underlying the mechanics of judo technique.
5. "Free practice" skills (synonymous with "sparring" in striking arts).
6. Related jujitsu techniques as they pertain to judo, and as time permits.

Academic material to be taught:

1. Judo history.
2. Judo terminology as it relates to course content.
3. Tournament information, i.e. Objectives of the contest, basic rules, etc.
4. Application of competition rules and scoring to simulated competition.
4. Relationship of the Principles of Judo to quality sport involvement and transference of sport values to life, those principles being "Maximum efficiency through minimum effort" and "Mutual benefit and welfare".

Teaching aids to be used, as possible:

1. Video tapes: (Others may also be used.)
  - 1984 Los Angeles Olympics.
  - *Tom Crone's Judo Basics*
  - "The Judo of Kyuzo Mifune"

Objectives:

1. The students will be able to demonstrate basic judo techniques on a rudimentary level.

Students will be able to observe and understand a judo competition.

Students will be able to express a general knowledge of the historical and sport significance of judo.

Students will be able to explain and give examples of the use of the Principles of Judo in areas outside of physical judo applications.

Grading:

1. Grading will be based on each of the following: Mid-Semester Exam , Final Exam, Demonstration testing of learned skills, In-Class Participation, . See Student Information Handout). In class = 65% of final grade (20% Demonstration test / 80% in class work), combined written / on-line tests = 35%

Of note: The Demonstration aspect of the in class grade is pre-arranged and student determined from their list of learned skills, and is based on skills taught and reviewed. It occurs during class prior to and during the last week of classes.

2. The instructor may, from time to time, administer quizzes, both announced and un-announced on assigned or already covered skills and academic material.

Critical Information:

Regular class attendance is required. Some material may be presented which is not in the booklet, and students are academically responsible for all material presented. Attendance goes to overall "in class" participation grade consideration. Some allowance will be made for minimal absence.

## **Judo Safety Rules and Procedures**

These rules and procedures are testable material. They also apply to in-class grading, in that violation of them will likely constitute cause for a lesser class work grade.

Everyone is responsible for everyone. If you notice someone in violation, tell them.

The following are required but not totally inclusive. Common sense and a diligent concern for safety at all times is the rule.

1. Do not sit on the mat at any time with legs or arms extended. Do not lie on the mat. The only non-standing mat positions acceptable are seiza (kneeling) and anza ("Indian-style" - sitting cross-legged).
2. Never stand or sit on the edge area with your back to the mat center.
3. Never leave the mat area or the room without letting the instructor in charge know (by your request) and without giving a reason for your departure.
4. Any injuries received during class must be reported to the instructor in charge.
5. If you have a head impact incident, regardless of your definition of its intensity, you must be escorted down the stairs when leaving. If any symptoms such as nausea, dizziness, headache, disorientation, blurred vision occur during the next 24 hours, report to a medical care facility, and do not drive.
6. Hard or metallic objects may not be worn on the mat. For example, this includes rings, watches, body piercing, hair bands with metal, barrettes, joint braces with hard metal or plastic, and all other objects which fit the general prohibition.
7. Bracelets and necklaces made of non-hard materials may not be worn.
8. If for any reason, removal is impossible, then the item must be taped over completely with white athletic tape; or in the case of ear piercing, a band-aid may be used.
9. Toenails and fingernails must be kept short and clean. (Please observe your partners' compliance, as you are likely to be the one cut by long nails.)
10. Do not chew gum or have eat hard candies, etc. while in class. These present possible choking hazards.
11. Never allow you head to touch the mat (except when bridging, which we do not do as a general rule).

12. Do not do other martial arts or related physical activities while in judo class.
13. Only do the judo-related warm-up exercises given to you to learn by the head instructor. For example: the “Hurdler’s Stretch”, the “Yoga Plow”, and the double Hurdlers Stretch-and-lean-back are not allowed.
14. Previous injuries should be reported to the main instructor early in the semester.
15. Begin each session by immediately getting onto the mat and warming up, then practicing skills until the class is called to session.
16. You must practice some falling skills as part of your warm-up.
17. If you have difficulty with falling when being thrown, it is important to determine if the problem resides with you, your partner, or both. Therefore, relate your situation to the head instructor immediately. (This problem will not go away on its own, but only get worse.)
18. Do not do judo skills outside of class, unless you are involved in official judo practice at a judo dojo, or are using a safe mat area with another judoka. Never do judo with your non-judo associates. (Obviously, if you are involved in a self-protection situation, use what you need in a “reasonable restraint” capacity.)

Following these rules will hold you in good stead at any judo school. You might find yourself in a school that does not practice all these rules. That does not mean you should neglect them, as each one is a time-honored safety enhancement procedure. If you feel compelled to introduce this information at a school that does not practice certain rules, be cautious and diplomatic and do so by example.

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